

Type 2 diabetes prevention week 2024 **Monday 20th May to Sunday 26th May**

Over 10% of adults in Sandwell have diabetes.
Higher than West Midlands 8.2% and National average 7.3% - and rising!

Diabetes UK joins NHS England as proud campaign partners for this annual awareness week.

What can You do in Sandwell to help raise awareness of diabetes and the risks?

- 1. Get involved:** [Type 2 Diabetes Prevention Week 2024 | Diabetes UK](#)
- 2. Promote the Diabetes UK know your risk booklet and tool:**
<https://shop.diabetes.org.uk/products/type-2-diabetes-know-your-risk>
<https://riskscore.diabetes.org.uk/start>
- 3. Talk about healthy eating and put up a poster:**
[10 steps to healthy eating poster | Diabetes UK](#)
[Diabetes recipes | Tesco Real Food](#)
- 4. Raise awareness in ethnic communities of diabetes higher risks:**
[Ethnicity and type 2 diabetes | Preventing diabetes | Diabetes UK](#)
[Conversations about diabetes in African Caribbean communities: Healthwatch Sandwell](#)
[Diabetes in ethnic communities - things to think about checklist: Healthwatch Sandwell](#)
- 5. Encourage Men to talk about diabetes risks:**
[Jordan's story: Undiagnosed type 2 diabetes after covid nearly cost me my life | Diabetes UK](#)
[Waseem's story: "Taking up walking has helped me with weight loss and my mental wellbeing." | Diabetes UK](#)