

## **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](#)