

Are you at risk of diabetes?

- Do you live in Norfolk or are you registered with a Norfolk GP and are you over 40 years old?
- Can you answer yes to any of the following questions?
- Do you have a family history of type 2 diabetes?
- Do you have a history of coronary heart disease?
- Do you have impaired fasting glucose?
- Have you ever had diabetes during pregnancy?
- Do you have a BMI of 30kg/m² or more?

If so, you could be at risk of developing type 2 diabetes and you may be able to take part in a diet and lifestyle programme, the Norfolk Diabetes Prevention Study

What's involved?

- Screening blood sugar test
- For those at highest risk, the chance to take part in a diet and lifestyle programme

**To find out if you are eligible to take part or find out more, contact the Norfolk DPS team
01603 597300**

www.norfolkdiabetespreventionstudy.nhs.uk

Norfolk Diabetes
N D P S
Prevention Study

Norfolk and Norwich University Hospitals 

NHS Foundation Trust