

## *Herts Valleys CCG updates*



### **Are you at risk of Type 2 diabetes?**

In west Hertfordshire around 30,000 people are living with diabetes – around 1 in 20 residents. Of this number about nine out of 10 patients have Type 2 diabetes, which is often linked to lifestyle issues such as an unhealthy diet and lack of exercise.

It's Diabetes Prevention Week from 1 - 7 April and we are raising awareness of the programs available locally to residents who are at risk of developing Type 2 diabetes.

The first step is to get your risk score [here](#).

If you think you might be at risk, ask at your GP practice or visit the local Healthier You web page: <https://preventing-diabetes.co.uk/hertfordshire/>