

What is Diabetes?

Diabetes develops when glucose can't enter the body's cells to be used as fuel. This happens because either:

In the case of **Type 1 diabetes**, there is no key (insulin) to unlock the door to the cells

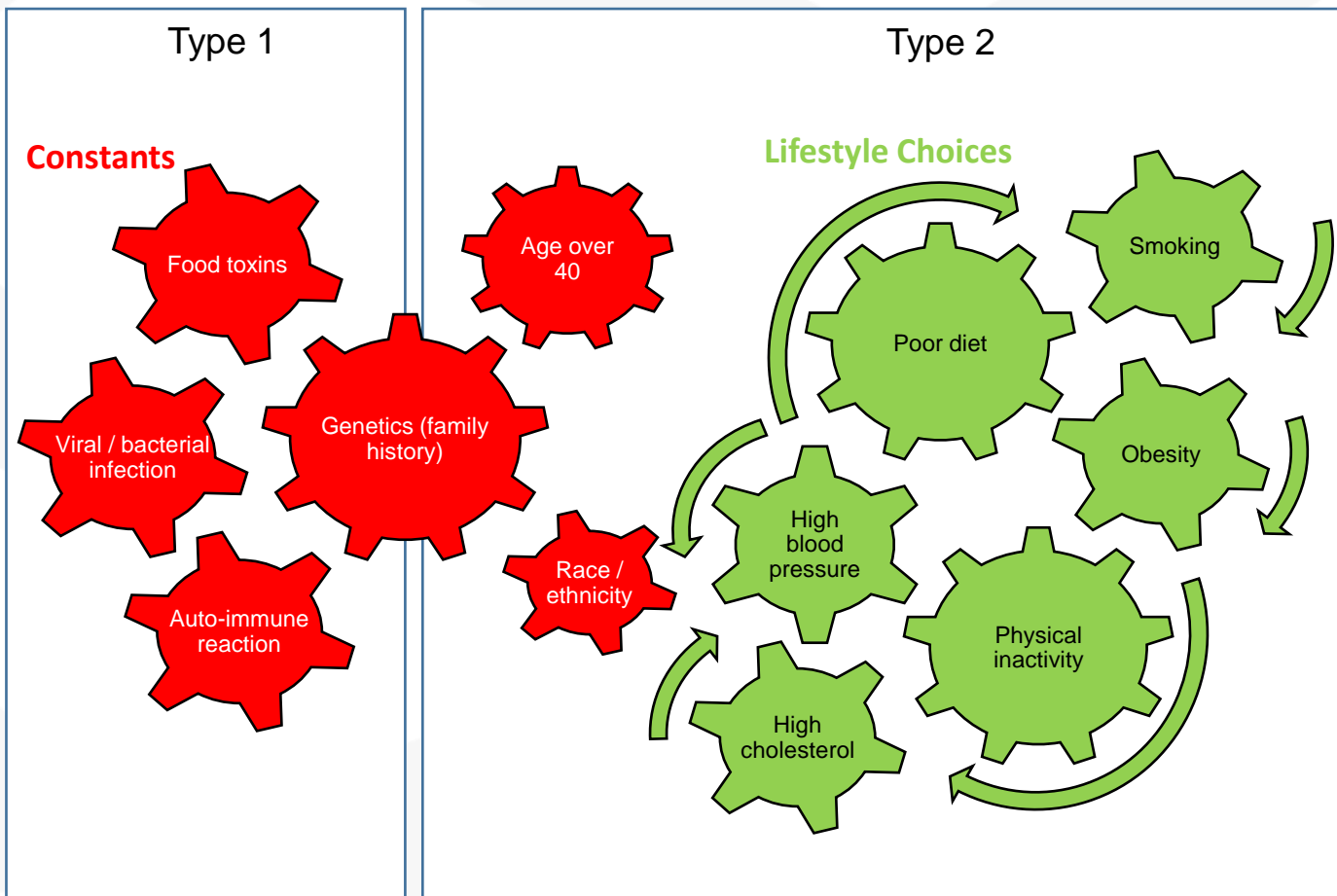


Or, in the case of **Type 2 diabetes**, the key (insulin) is unable to unlock the door properly



and/or the key (insulin) is there but the lock doesn't work properly

What causes Diabetes?



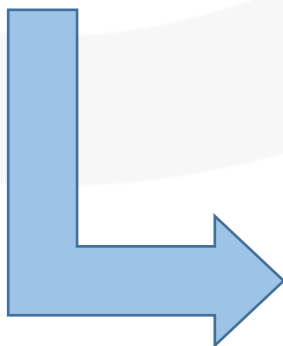
How we assess your type 2 diabetes risk

These are the risk factors that you can't change, so focus on the things that you can change or maintain.

These are the risk factors that you can change. Even small changes can help reduce your risk.

	Points		Points
Age: 57		Waist measurement: 91.4cm	
49 or younger	0	Less than 90cm (35.5in)	0
50 - 59	5	90 - 99.9cm (35.5 - 39.3in)	4
60 - 69	9	100 - 109.9cm (39.4 - 43.3in)	6
70 or older	13	110cm (43.4in) or above	9
Gender		BMI: 28.1	
Male	1	Less than 25	0
Female	0	25 - 29.9	3
Ethnicity		30 - 34.9	5
Only white European	0	35 or above	8
Other ethnic group	6	High blood pressure	
Relatives with diabetes		Yes	5
Yes	5	No	0
No	0		

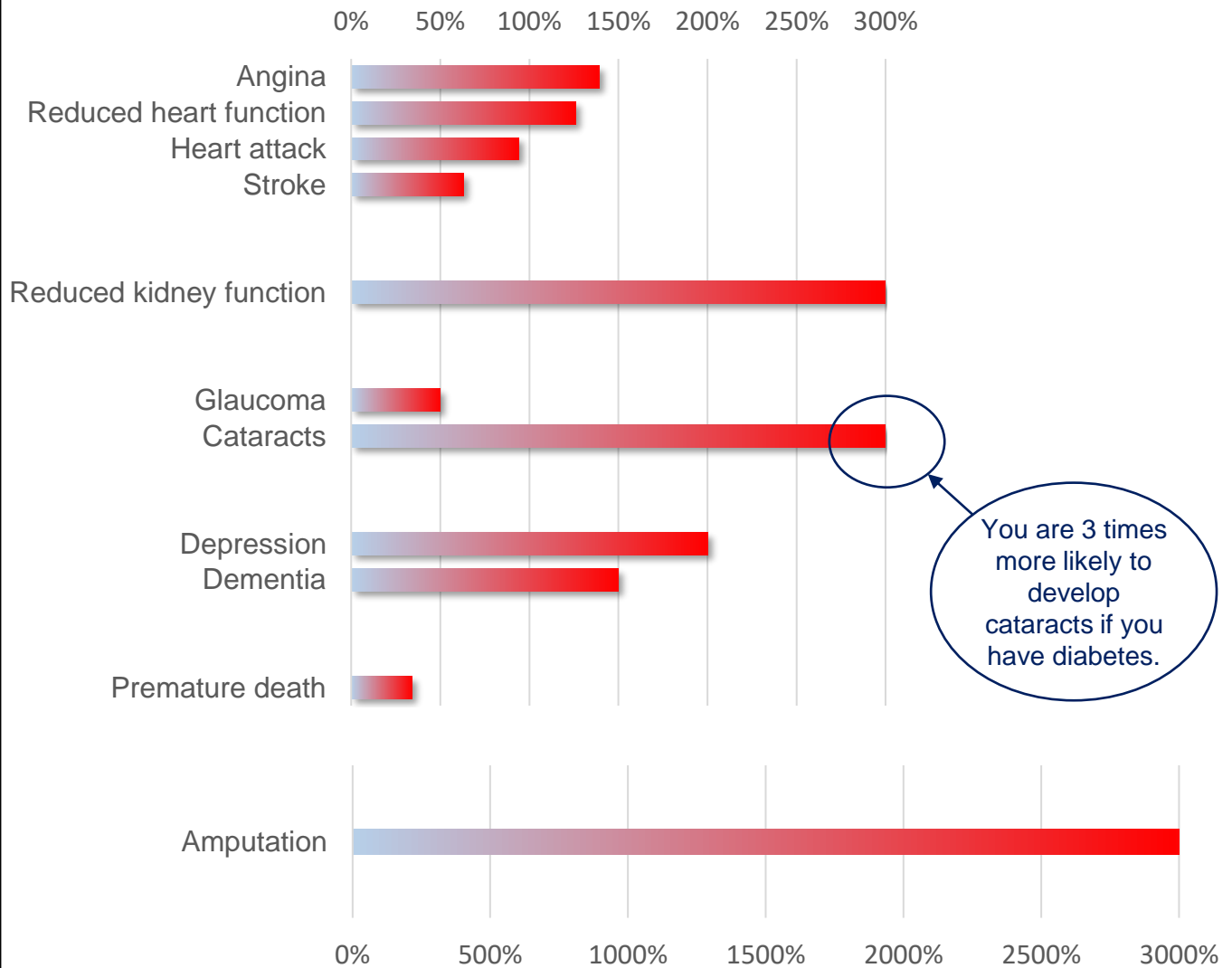
Total score 13



	Diabetes Risk Score	Risk of developing Type 2 diabetes within 10 years
Low	0-6	1%
Medium	7-15	7%
High	16-24	33%
Very high	25-47	50%

How can diabetes affect your health?

Increased risk of health complications caused by Diabetes



Health complications usually develop after years of poorly controlled diabetes.

How to reduce your diabetes risk

Control your Blood Pressure

High blood pressure increases risk by >50%.

Vital Signs Assessment. Fact Sheet
Blood Pressure

How high blood pressure can affect your health

- Your beating heart pumps blood containing energy and oxygen to where it's needed around your body.
- The force that this pumping exerts on your artery walls is your blood pressure.
- If your blood pressure is too high it places extra strain on your heart and blood vessels.

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Keep Active

30 minutes per day, 5 days per week reduces risk by 58%.

Vital Signs Assessment. Fact Sheet
Keep Active

Keeping active is good for almost every aspect of your health

- Maintains your bones, keeps your joints supple, helps your posture.
- Reduces your heart age.
- Helps you sleep.
- Burns off those calories and keeps your weight down.
- Hydrates and freshens your skin making you look younger.
- Reduces the symptoms of anxiety and depression.

Here are some activities and the calories you can burn in 30 minutes.

YOGA (HATHA) 95 calories	VACUUMING 130 calories	WALKING 135 calories	GARDENING 145 calories
CLIMBING STAIRS 155 calories	ROWING MACHINE 185 calories	HIKING 205 calories	BADMINTON 215 calories
SWIMMING (LEISURELY) 235 calories	JOGGING 270 calories	AEROBICS 285 calories	TENNIS 285 calories
CYCLING 290 calories	DANCING 300 calories	MARTIAL ARTS 400 calories	RUNNING (7 MPH) 425 calories

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Stop Smoking

Smoking increases risk by up to 40%.

Vital Signs Assessment. Fact Sheet
Stop Smoking

Health effects of smoking.

Its not too late to stop smoking

- Ten minutes:** After quitting, your blood pressure decreases.
- Eight hours:** The amount of carbon monoxide in your blood drops back to normal while oxygen increases to normal.
- Forty-eight hours:** Your heart's nerve endings start to regenerate and you can smell and taste things better.
- One to nine months:** Coughing, mucus congestion, wheezing, and shortness of breath decrease.
- One year:** The added risk of heart disease declines to half of that of a smoker.
- Five years:** Your stroke risk may be reduced to that of someone who never smoked.
- Ten years:** Your risk of all smoking-related cancers such as lung, mouth, and throat decreases by up to 50 percent.
- Fifteen years:** Your risk of heart disease and smoking-related death is now similar to that of someone who never smoked.

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Lower your 'bad' cholesterol.

Vital Signs Assessment. Fact Sheet
Cholesterol

Too much of the wrong type of cholesterol can be bad for you.

"Bad". Target <1.7. Multiplies harmful effects of other CVD risk factors (smoking, blood pressure, cholesterol).

Measured in millimoles per litre (mmol/L)

LDL

"Bad". Target <3. Any higher and it begins to clog up your arteries, restricting blood flow (atherosclerosis).

HDL

"Happy". Target >1 - 1.5. Keeps "Bad" cholesterol at healthy levels by helping your body transport it away.

Overall cholesterol targets:

- Total cholesterol (TC): target <5.
- Ratio of TC to HDL: target <5.

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Eat Healthy

Every 1kg (2.2 pounds) of weight loss reduces risk by 13%.

Vital Signs Assessment. Fact Sheet
Eat Healthy

Follow the Eatwell Guide to what you should eat from each of 5 food groups.

- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates, choosing wholegrain versions where possible.
- Drink 6-8 cups/glasses of fluid a day. Fluids high in fat, salt or sugar should be drunk in small amounts.
- Choose unsaturated oils and spreads and eat in small amounts.
- Have some dairy or dairy alternatives (such as soya drinks), choosing lower fat and lower sugar options.
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).
- Eat at least 5 portions of a variety of fruit and vegetables every day.

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