



**Wolverhampton
Diabetes Care**

What Care to Expect

Prevention of Type 2 diabetes

Prevention of diabetes strategies will be coordinated by Wolverhampton PCT and integrated with other public health initiatives to improve diet, physical activity and obesity management.

The number of people with Type 2 diabetes is rising, with an increasing number of young people being diagnosed.

Some risk factors for developing diabetes, such as family history, increasing age and ethnic origin, are non-modifiable. However, other risk factors, such as being overweight or obese, having an adverse distribution of body fat and being physically inactive, are modifiable and need to be the focus of prevention strategies.

There is clear evidence that individuals who have impaired glucose tolerance can reduce their risk of developing Type 2 diabetes if they are helped to eat a balanced diet, lose weight and increase their physical activity levels. These interventions will also contribute to a reduction in the number of people who develop coronary heart disease (CHD). In order to have the greatest impact, action must start in childhood.

The Wolverhampton PCT and Public Health Department are to develop strategies for improving diet and nutrition, increasing physical activity, reducing obesity in the whole population to include the young and those in specific higher risk groups such as the ethnic minorities.

The Wolverhampton Diabetes NSF Local Implementation Team will support and promote such policies but will not develop a separate strategy and process of their own so as to avoid confusion, reduplication of effort and ineffective use of resource.