

## Risk factors of diabetes

Some factors can increase your risk of developing type 2 diabetes.

Because the symptoms of diabetes are not always obvious, it is important to be aware of the risk factors that may increase your risk of developing type 2 diabetes.

Common risk factors include:

- Age - you are more at risk if you are white and over 40 (or 25 if you're African Caribbean, Black African, or South Asian (Indian, Pakistani or Bangladeshi))
- Being obese or overweight
- Ethnicity - being of African Caribbean, Black African, or South Asian (Indian, Pakistani or Bangladeshi) or Chinese descent
- If you have a close relative with diabetes (e.g. a parent, brother, or sister)
- Medical history - if you have a history of high blood pressure, heart attack or strokes, gestational diabetes or severe mental illness

## How to access the service

All referrals will be followed up by an assessment to determine the type of support you will receive. We will work with you to identify outcomes and support you to successfully achieve them.

Referrals can be made by yourself, a relative or a professional. Either complete the referral form online or download it to print out and return to us by post.

If you require further information before you complete the form, please contact us by phone or email.

When we receive your form, you will be contacted by the Service Coordinator to arrange an assessment. We will also discuss the level and type of support you need.

**Access the referral form at**  
[brunelcare.org.uk/diabetes-prevention-service](https://brunelcare.org.uk/diabetes-prevention-service)

**Email:**  
[hwyni.dis@brunelcare.org.uk](mailto:hwyni.dis@brunelcare.org.uk)

**or call:**  
07776 652 805

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Regulator of Social Housing (LH0269)



# Diabetes Prevention Service

A prevention and support service for adults over 55 who are at risk of developing type 2 diabetes.

**brunelcare**  
SUPPORT

**NHS**  
Bristol, North Somerset  
and South Gloucestershire  
Integrated Care Board

# Diabetes Prevention Service



## Who can use the service?

**In partnership with NHS Bristol, North Somerset and South Gloucestershire Integrated Care Board, the Diabetes Prevention Service is for members of the Bristol community aged over 55 years who may be at risk of developing type 2 diabetes.**

The aim of the service is to provide person-centred support to prevent the onset of the disease, lower the risks of developing the disease and promote a healthy lifestyle.

## How we support you

When you use the Diabetes Prevention Service, we will support you to continue living independently and stay in control of your health by:

- ✓ Supporting you to identify and reduce your risk of developing type 2 diabetes
- ✓ Providing one-on-one support and planning pre-agreed outcomes for you to achieve
- ✓ Supporting you to do things for yourself and gain your own independence
- ✓ Referring you to specialist diabetes professionals where required
- ✓ Referring you to the Brunelcare Help When You Need It support service where required
- ✓ Equipping you with the knowledge to be able to continue living healthily when the support ends

We use person-centred approaches that are responsive and reflective of your individual health needs.



## What is type 2 diabetes?

Type 2 diabetes is a serious condition where your pancreas can't make enough insulin, which causes the level of sugar (glucose) in the blood to become too high.

### Symptoms

Type 2 diabetes develops more slowly than type 1 diabetes, so many people who have type 2 diabetes don't realise it.

Symptoms can include:

- Feeling more tired than usual
- Going to the toilet often, especially at night
- Feeling thirsty all the time
- Cuts and wounds taking longer to heal
- Itching around your genitals or repeatedly getting thrush
- Blurred vision
- Losing weight without trying