

An estimated **4.5 million people** are living with diabetes in the UK

**1.1 million** of these people are undiagnosed

In England **2,913,538** people are diagnosed with diabetes



An estimated **700 people** are diagnosed with diabetes each day that's equivalent to **1 person every 2 minutes**



**90%** of people diagnosed have Type 2 diabetes

## Living with Type 2 diabetes?

Making changes to your lifestyle can help you manage your condition

1. Eat well
2. Keep active
3. Give up smoking

4. Attend a **DESMOND** diabetes programme to find out more about Type 2 diabetes. Speak to your nurse or GP about a referral.

