

# Type 2 Diabetes Prevention Week - 26 May - 1 June 2025

We're proud to be partnering with NHS England again for this annual awareness campaign.

This year, we're keeping it really simple: the main message we want to get across is for people to find out their risk of developing type 2 diabetes using our free [Know Your Risk](#) online tool.

We're also raising awareness of the increased risk of developing type 2 diabetes for women who've had [gestational diabetes](#).

Our Prevention Week webpage is here:

<https://www.diabetes.org.uk/support-us/diabetes-prevention-week>

## Our messages and support

An estimated 6.3 million people live with prediabetes, but many are not aware of this. If left untreated, prediabetes can develop into type 2 diabetes, which can lead to serious health complications. Finding out their risk of developing type 2 diabetes enables people to take action to protect their health.

There are a range of risk factors for type 2 diabetes, including family history and ethnic background, as well as high blood pressure and having obesity. That's why we're encouraging people who live with type 2 diabetes to urge their family and friends to [find out their risk](#), so they can understand what this means for them and their health.

## Reducing risk

Type 2 diabetes isn't preventable for everyone, but support is available to help people reduce their risk and improve their overall health.

The NHS has set up prevention programmes in all nations of the UK to support people at risk of developing type 2 diabetes.

Here's how to access each of these:

- England: <https://www.england.nhs.uk/diabetes/diabetes-prevention/>
- Scotland: <https://mydiabetesmyway.scot.nhs.uk/diabetes-prevention/>
- Wales: <https://phw.nhs.wales/services-and-teams/primary-care-division/all-wales-diabetes-prevention-programme/>
- Northern Ireland – people should contact their GP for a referral to the local prevention programme

## Increased risk for women who've had gestational diabetes

Did you know? Up to 50% of women diagnosed with gestational diabetes develop type 2 diabetes within 5 years.

Women who've had gestational diabetes need an annual blood test to check their blood sugar levels are normal.

Support is available to help women who've previously had gestational diabetes to reduce their risk of developing type 2 diabetes - in England, they can get support through the [NHS Diabetes Prevention Programme](#).

In other areas of the UK, the best place to start is to ask their GP for advice.

## For healthcare professionals

We want healthcare professionals to help promote our [Know Your Risk](#) tool, and signpost patients to our prevention content. There's also lots of useful information on our Prevention Week page:

<https://www.diabetes.org.uk/support-us/diabetes-prevention-week>

## New Prevention e-learning module

We've developed a 1-hour learning module to help non-specialist healthcare professionals provide better care to people at risk of developing type 2 diabetes.

Our new, free, [Type 2 Diabetes Prevention online learning module](#) will equip them with the knowledge, skills and confidence to support people to prevent or delay the onset of type 2 diabetes.

## Help us spread the word

Here's how you can help:

- Share our '[Know Your Risk](#)' tool amongst your networks
- Signpost to our free information and resources for [Understanding Your Risk](#), [Your Guide to Gestational Diabetes](#), and our complete collection of resources in our [Online Shop](#)
- Share our messaging and images amongst your networks – images are attached to the email with this document
- Encourage eligible referrals to the [National Diabetes Prevention Programme](#)
- Encourage healthcare professionals to complete our new, free [Type 2 Diabetes Prevention online learning module](#)
- Use the [NHS Toolkit and assets](#) to raise awareness of the campaign
- Share [Waseem](#) and [Jordan's](#) story of living with type 2 diabetes