

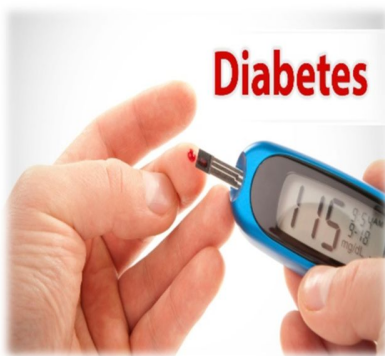
# Diabetes

a short guide

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## What is Diabetes?

**Diabetes** diabetes is a serious life-long health condition that occurs when the amount of glucose (sugar) in the blood is too high because the body can't use it properly. If left untreated high blood glucose levels can cause serious health complications. There are two main types of diabetes type 1 & type 2 they are different conditions caused by different things but just as serious



## Diabetes facts

There are an estimated 4.5 million people in the UK living with diabetes

Around 700 people a day are diagnosed with diabetes.

There are around 35,000 children with diabetes with diabetes

Research suggests people from black and south Asian backgrounds are 2 to 4 times more likely to develop the condition

“ I never knew just how serious the condition diabetes is ”



If you would like to learn more about diabetes and how to help someone book a course with us

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