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2018

2017

News

Floods 2015

Social media

 Communications and
 Engagement Team

Picture library

Video library

Useful links

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Cumbria is ready to tackle diabetes

[Homepage](#) » [News](#) » [Cumbria is ready to tackle diabetes](#)

Cumbria is ready to tackle diabetes

Posted on Friday 24th June 2016

People at high risk of Type 2 diabetes in Cumbria will start to benefit from the first ever national NHS diabetes prevention programme in the next few weeks.

In Cumbria almost one in eight people are currently at risk of developing Type 2 diabetes, which can lead to an increased risk of health problems, including heart disease, kidney disease and serious eye problems.

Cumbria was one of 27 sites selected as part of the new national Healthier You: NHS Diabetes Prevention Programme, which will provide targeted support to help people avoid the disease.

Those referred will get tailored, personalised support to reduce their risk of Type 2 diabetes including education on healthy eating and lifestyle, help to lose weight and bespoke exercise programmes, all of which together have been proven to reduce the risk of developing the disease.

There are currently 2.8 million people with Type 2 diabetes in England with around 200,000 new diagnoses every year. While Type 1 diabetes cannot be prevented and is not linked to lifestyle, Type 2 diabetes is largely preventable through lifestyle changes.

Dr Craig Melrose, medical director at NHS England Cumbria and the North East, says:

“Type 2 diabetes is a serious but often preventable health condition.

“It’s great that we are now able to offer this personalised, tailored programme for people at risk and offer support on improving their lifestyle habits, including getting more exercise, a better balanced diet and losing and keeping off excess weight.

“Helping people to take more control of their health will reduce the risks of developing the condition and help them live well for longer.”

Posted on Friday 24th June 2016

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