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With the start of Diabetes Week today (June 11), Cambridgeshire residents are being encouraged to eat healthily and lead a more active lifestyle to reduce their risk of type 2 diabetes.

Two in three adults are overweight or obese in Cambridgeshire (59.8 per cent) compared to the England average of 61.3 per cent. This figure is considerably higher in Fenland at 70.7 per cent and 66.4 per cent in Huntingdonshire respectively.

Being overweight or obese increases the risk of type 2 diabetes, a common condition that can lead to heart disease, stroke and kidney problems as well as vision loss and blindness.

This National Diabetes Week, health experts in the county are encouraging people aged 40-74 years, if invited, to book in at their local GP clinic for a free NHS Health Check.

Having a NHS Health Check, which is funded by Cambridgeshire County Council's Public Health Grant, not only tells you whether you're at higher risk of getting type 2 diabetes or if you already have the condition, it can also spot early signs of heart disease, stroke, kidney disease and some types of dementia.

The short 20-30 minute check on blood pressure, weight, cholesterol and the lifestyle factors that affect your risk of developing these conditions and gives you advice on how to prevent them.

Figures for 2017-18 show there has been an increase in the number of people accepting their invitation to have a health check in Cambridgeshire with 56 per cent (17,409) receiving one compared with 37 per cent in 2016/17.

Val Thomas, Consultant in Public Health at Cambridgeshire County Council, said: "The NHS Health Check is a great free service that can make a real difference and it is encouraging that more local people are having a Check. It gives people the opportunity to learn about their health and the steps they can take, such as being more physically active, that help lower their risk of developing diabetes or other avoidable conditions. Diabetes Week is a great time to give ourselves a push to improve our health."

If you're aged between 40-74 and do not have a long-term health condition you should have an NHS Health Check every five years. Call or visit your GP now to get your Free NHS Health Check.

For more information about Health Checks, visit <https://www.cambridgeshire.gov.uk/residents/be-well/health-improvement/> or <http://www.nhs.uk/Conditions/nhs-health-check/Pages/NHS-Health-Check.aspx> (<http://www.nhs.uk/Conditions/nhs-health-check/Pages/NHS-Health-Check.aspx>).

If you cannot find time for your FREE NHS Health check at your GP Surgery, Book it with Everyone Health's Changepoint Lifestyle Service today at a clinic near you on 0333 005 0093 or [\[email protected\]](#).



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