



## Diabetes Awareness

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin.

At the end of the session learners will:

- Understand what diabetes is and its prevalence in the UK
- Know the cause of diabetes, the symptoms and how it is diagnosed
- Know what the main types of diabetes are
- Understand how diabetes is treated and how it can be prevented
- Have an awareness of complications that can be caused through diabetes
- Understand the importance of supporting people with a diabetes
- Implement diabetes awareness measures in the workplace.

