

## **New Diabetes UK newsletter for ethnic minority communities**

Diabetes UK today launches 'Diabetes Lifestyle', a newsletter providing invaluable information and advice specifically for the black and minority ethnic (BME) communities.



"Some people from BME communities are up to six times more likely to develop Type 2 diabetes than the white population. In addition, they risk developing the condition earlier in life," said Jenne Dixit, Equality and Diversity Advisor at Diabetes UK.

"It is essential we reach all the UK's diverse communities to raise awareness of diabetes and the potential for preventing the long-term complications such as heart and kidney disease, strokes, blindness and amputation."

'Diabetes Lifestyle' contains a variety of news and articles on diabetes management and care, local community events, and campaigning and volunteering issues. Readers will also be able to get answers to general health questions from a Diabetes UK Care Advisor in the 'Dear Roopinder' page.

People from BME groups at high risk of developing Type 2 diabetes include those over 25 who are overweight or have a family history of diabetes.

'Diabetes Lifestyle' has been distributed to community and religious leaders throughout the UK, as well as Diabetes UK's national and regional offices and voluntary groups.

**You can download a copy of 'Diabetes lifestyle' at:**  
[www.diabetes.org.uk/news/June05/lifestyle.htm](http://www.diabetes.org.uk/news/June05/lifestyle.htm)

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