



We want to tell you about the STOP
Diabetes Research Study.



A research study is a way we try to find out
about the answers to questions.

Our research study was about diabetes.

We want to tell you what we found out.

What is diabetes?



Diabetes is an illness.



People with diabetes have too much sugar
(glucose) in their blood.



Their body cannot use sugar properly.

People with diabetes may feel:



- Tired and ill



- Thirsty



- And need to go to the toilet a lot.

Why did we do this research study?



We want people with learning disabilities to be healthy.



We wanted to know if people with learning disabilities have diabetes.

We wanted to know if people with learning disabilities could get diabetes in the future.



We wanted to know the best way to stop (prevent) diabetes.

Who did the research study?



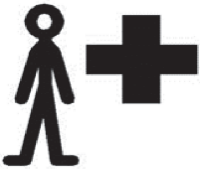
Professor Khunti



Professor Bhaumik



And a research study team to help them.



- Nurse



- Secretary



- Researcher

How did we do the research study?



We asked people with learning disabilities and their carers about their health.

We checked:



- How tall they were.



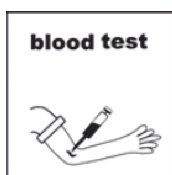
- How much they weighed.



- What was their blood pressure.



We tested their urine (wee).



We tested their blood.



We invited some people and their carers to be part of a small group.

This group learned about staying healthy.

What did we find out?



More than 900 people with learning disabilities took part in our research study.



- Slightly more men than women took part.



- 9 people had diabetes.



- 35 people had too much sugar in their blood.



The good news is that not many people had diabetes!

But



We found a lot of people weighed too much.

529 people weighed too much

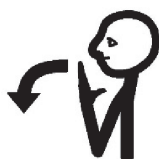


And others were not very active.



Some of these people learned about staying healthy.

We want to teach more people about staying healthy in the future.



We want to thank everyone who has helped us!