

**NHS** Camden

Camden Mobile Health

Are you aged 30-70? Come and visit us for a free diabetes risk check, information and advice, no appointment needed

We will be open at the below locations:

Bus location

Date

St Pancras Way Estate

St Pancras Way, NW1 9EH

Friday 10 October

11am-3pm

Euston Community Hub

North Gower Street, NW1 2LY

Friday 17 October

11am-3pm

Hampstead Community Centre

78 Hampstead High Street, NW3 1RE

Friday 24 October

11am-3pm

Castlehaven Community Association

23 Castlehaven Road, NW1 8RU

Friday 31 October

11am-3pm

The **Camden Mobile Health Bus** is a walk-in service offering free diabetes risk checks, health information and advice to support residents to make positive health and wellbeing choices, and to prevent them from developing serious health conditions in the future.



What is a diabetes risk check?

A diabetes risk check is open to anyone aged between 30 to 70. It is a short 15-20 minute appointment between you and a healthcare professional.

As we get older, we have a higher risk of developing conditions such as diabetes. This check helps us identify your level of risk and helps us find ways for you to lower this risk by exploring how you can reduce factors that affect this, such as your blood pressure and weight.

What can I expect during my check?

We will take your body measurements including your weight, height, waist and check your blood pressure. These measurements will help us assess your risk for developing diabetes. We will discuss actions you can take to improve your health and wellbeing, depending on your risk level. A sample of your blood will only be taken for testing if you are assessed as being at high risk for diabetes.

What happens if I am high risk?

If the measurements taken during your appointment identify you as a person at high risk for diabetes the healthcare professional will take a sample of your blood for testing to determine if you have diabetes or not. The medical team will then contact you with the test results within 4 weeks after the check.

Why is the diabetes risk check only for people aged 30 - 70?

The diabetes risk check is focused on people aged 30 to 70 because certain body and lifestyle factors can start to emerge as potential risk factors for each of us as we get older. By inviting people in this age group to have a diabetes risk check as soon as they can we hope to identify people who might be at risk early so they can take steps to reduce their risk to maintain and improve their health.

Does the bus offer anything other than a diabetes risk check?

Camden Mobile Health is focused on diabetes prevention. This means we do not hold or have access to personal medical records on board and cannot help with routine medical or emergency medical concerns. For routine medical questions please contact your GP. In an emergency always dial 999. Other health services may join us from time to time. Find more information about these services and the full bus schedule at [**camden.gov.uk/camden-mobile-health**](https://camden.gov.uk/camden-mobile-health)

I have a question that is not covered here, who can I contact to find out more?

If you would like to contact us, please email [**mobilehealth@camden.gov.uk**](mailto:mobilehealth@camden.gov.uk)

