NHS

WELCOME

Living Well Taking Control

Your local Healthier You: NHS Diabetes Prevention Programme provider

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

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Preventing Type 2 Diabetes

More than half of all cases of Type 2 diabetes could be prevented or delayed.

13.6 million people are now at an increased risk of type 2 diabetes in the UK.

Research has consistently shown that combined lifestyle interventions can be effective in reducing the risk of type 2 diabetes by about 50%

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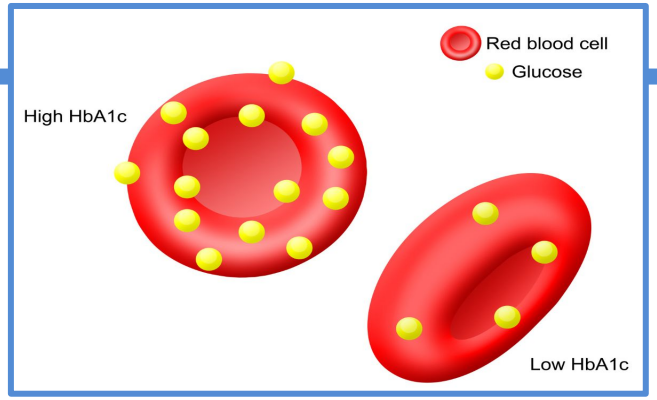
What is Pre-Diabetes ?

Prediabetes means your blood glucose level is higher than normal, but not high enough to be diagnosed with type 2 diabetes.

HbA1c is between 42-47 mmol/mol.

Without making lifestyle changes most people are at high risk of developing type 2 diabetes.

Prediabetes is symptomless for the majority.



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Are you at risk of developing type 2 Diabetes?

Some risk factors that we can change to reduce our risk:

- Lifestyle
- Weight
- Blood pressure

Some risk factors we cannot change but increase our chances of developing Type 2 Diabetes:

- Our age
- Family history
- Our ethnicity

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Complications of Type 2 Diabetes

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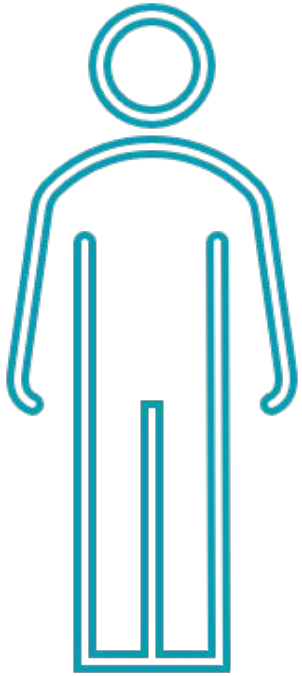

Blindness

Stroke

Kidney failure

Nerve damage

Amputation

Heart disease

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The good news!

By engaging in the NHS Diabetes Prevention Programme, you will be equipped with the knowledge and support you need to make small changes to all aspects of your lifestyle – to reduce your risk of developing type 2 diabetes

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Our 5 Key Healthy Lifestyle Messages

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1. Healthy Diet
2. Regular Physical Activity
3. Maintain a Healthy Weight
4. Positive Mental Wellbeing
5. Make Healthy Lifestyle Choices

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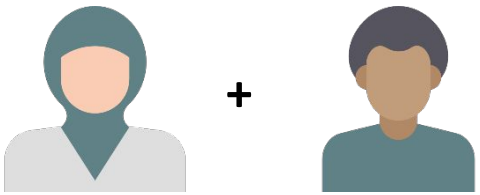
The face-to-face programme journey

Step 1: Invitation to Participate

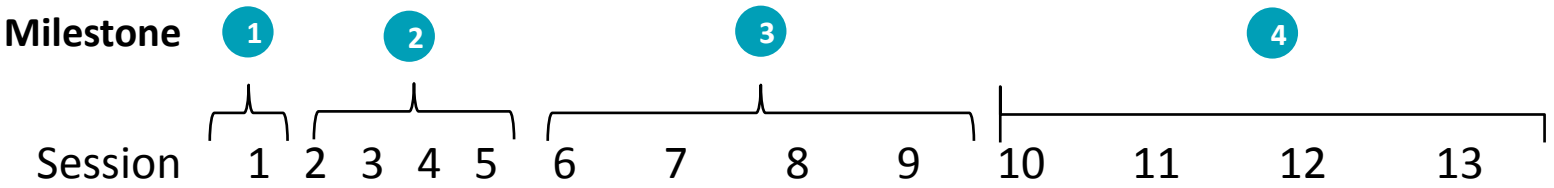
Step 2: Relationship building



Individual Assessment meeting with their Locality Coach

- Programme outline and desired outcomes
- Achievable benefits from the programme
- Collection of baseline measurements
- Information on additional support

Step 3: 13 face-to-face group sessions



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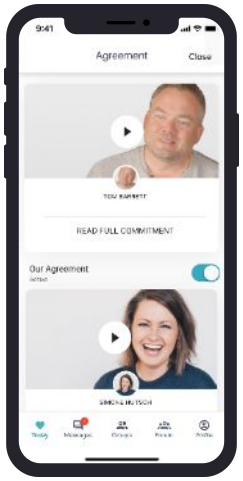
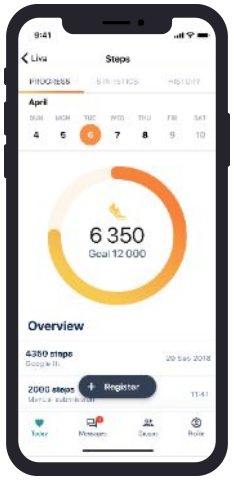
The Digital service

Truly Personalised, 1-2-1 Coaching

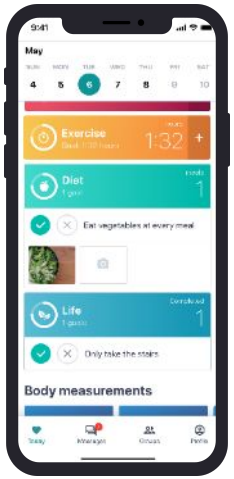


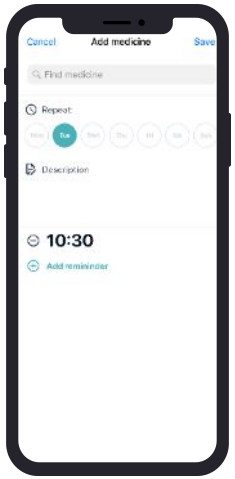
Goal Tracking



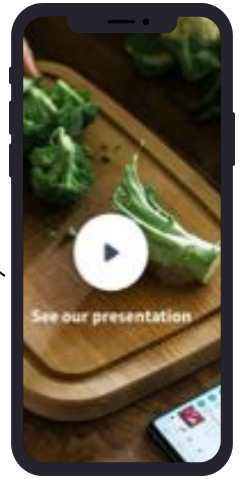
Peer to Peer Support

Individualised Lifestyle Pla





Friendly, Encouraging Nudges



Inspiring, Aligned Curriculum
Minimum of 18 interventions

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Participant feedback

You realize you are not alone.

Helped me understand why and how a heathier lifestyle can be achieved with support.

I am looking forward to learning more about diabetes and meeting and getting to know the other people on the course. Hopefully, we should all be able to learn from each other

A most helpful, welcoming and well-informed coach who put everyone at ease. Very useful, clear booklets

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