Patient information

NHS

You have taken an important first step and found out you are at high risk of Type 2 diabetes. The NHS Diabetes Prevention Programme will help you take control of your health, supporting you to make changes to your diet, weight and the amount of physical activity you do.

Taking action now is very important as it can stop you developing Type 2 diabetes.

What are the stages of the Healthier You: NHS Diabetes Prevention Programme?

Initial assessment:
- Programme overview, including understanding individual needs and motivations
- Assess lifestyle scores
- Signposting onto other services

Remote sessions:
Fortnightly sessions:
1. Understanding diabetes
2. What is a balanced lifestyle?
3. Thinking about getting active?
4. What is a healthy diet?
5. Practical solutions for a healthier you
6. Enjoying my physical activity

Monthly sessions:
7. Know your health
8. Values and obstacles
9. Stress, mindfulness and mindful eating
10. Physical activity within my community
11. Habits, self-compassion and visualisation
12. Sleep and creating your health blue print
13. Designing my physical activity plan

End of programme one-to-one review:
- Reassess lifestyle scores
- Evaluation of progress
- Evaluation of service
- Signposting onto other services
- Goal setting and review

Due to COVID-19, all our sessions are now being held remotely over the phone. These sessions still allow for any questions for the coach, and interaction with other users on the programme. You can also download our app, once you have started the programme, to keep track of your health and goals and to support you throughout.

How to join

If you have been told you are at risk of developing Type 2 diabetes and haven't already been referred to our service: Ask your GP, nurse or NHS Health Check professional to refer you to your local Healthier You programme or self refer on our website or by contacting us:

info@preventing-diabetes.co.uk
0333 577 3010

preventing-diabetes.co.uk

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

Service provided by

ICS Health & Wellbeing