

Referrer information sheet

Who's eligible?

- ✓ Aged 18 years and over
- ✓ HbA1c between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmols/l within the last 24 months
- ✓ Not pregnant
- ✓ Able to take part in light/moderate physical activity



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



Stage 1:

Initial one-to-one assessment:

- Programme overview, including understanding individual needs and motivations
- Anthropometric measurements (height, weight & waist measurement)
- Assess lifestyle scores
- Goal setting
- Signposting onto other services



Stage 2:

Weekly two hour remote group sessions over seven weeks:

- **Session 1** - Understanding diabetes
- **Session 2** - Physical activity session
- **Session 3** - What is a balanced lifestyle?
- **Session 4** - What is a healthy diet?
- **Session 5** - Practical solutions for a healthier you
- **Session 6** - Know your health
- **Session 7** - Physical activity and 3 month review measurements



Stage 3:

Two hour monthly group sessions over four months:

- **Session 1** - Values and obstacles
- **Session 2** - Stress, mindfulness and mindful eating
- **Session 3** - Habits, self-compassion and visualisation
- **Session 4** - Sleep and creating your health blue print



Stage 4:

During the six and nine month reviews:

- Re-test of anthropometric measurements and lifestyle scores
- Evaluation of progress
- Evaluation of service
- Signposting of other services
- Goal setting and review

How to refer

To refer an individual to the Healthier You: NHS Diabetes Prevention Programme, please ensure they meet the eligibility criteria then complete the referral form which is embedded into your clinical system and send it to:

NHS email: scwcsu.essex@nhs.net