

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 mmol/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?



Initial assessment:

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



Remote group 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

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.sussex-eastssurrey@nhs.net