

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 12 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:

- Anthropometric measurements (height, weight & waist measurement)
- Point of Care testing
- Wellbeing measure
- Goal setting
- Signposting onto other services



Stage 2:

Weekly two hour Healthy Foundations group over seven weeks:

- **Week 1** - What is pre-diabetes & diabetes
- **Week 2** - Chair-based physical activity session
- **Week 3** - Energy balance and fat awareness
- **Week 4** - Carbohydrate awareness
- **Week 5** - Food labels
- **Week 6** - Long-term health problems related to impaired glucose regulation
- **Week 7** - Physical activity and 3 month review measurements



Stage 3:

Two hour monthly Prevention Plus group sessions over four months:

- **Session 1** - Barriers to change, health values, habits and goals
- **Session 2** - Stress, emotional eating and mindfulness
- **Session 3** - Habitual thoughts, triggers, inner critic and self compassion
- **Session 4** - Gaining control of your health, willpower and review



Stage 4:

During the six and nine month reviews:

- Re-test of anthropometric measurements and lifestyle scores
- Re-test of HbA1c
- Evaluation of progress
- Evaluation of service
- Signposting of other services
- Goal review and setting

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