

Patient information

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 exercise you do.

Taking this kind of action now is very important as it can reduce your risk of, or even stop you, developing Type 2 diabetes.



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 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 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](https://www.preventing-diabetes.co.uk)

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Service provided by

