

# 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
- If patient has a history of Gestational Diabetes (GDM) then patient is eligible with HbA1c < 42 mmol/mol or FPG < 5.5mmol/l.
- 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

### 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

### 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



### 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.herts-wessex@nhs.net](mailto:scwcsu.herts-wessex@nhs.net)

[preventing-diabetes.co.uk](http://preventing-diabetes.co.uk)