

NHS Diabetes Prevention Programme referrer information sheet

Who's eligible?

- Individuals aged 18 years or over, up to and including 80 years old*
- HbA1c between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmol/l within the last 12 months
- Individuals who have a previous history of - or currently have - Gestational Diabetes
- Not pregnant (unless diagnosed with Gestational Diabetes)
- Able to take part in light/moderate physical activity
- Not had a previous diagnosis of type 2 diabetes



What does the Healthier You NHS Diabetes Prevention Programme cover?

We will cover in detail:

- The risk factors for diabetes and what is happening in the body to cause elevated levels of blood glucose
- What to eat to achieve a nutritional balance for optimal health
- The impact of mental and physical stress on the body and how this causes elevated levels of blood glucose
- The impact of poor quality or insufficient amounts of sleep on your health
- The required amount of daily movement for optimal health and how this can be achieved

The programme is delivered locally, face-to-face in small groups, digitally via an app or in on-line groups for those with specific language or other needs.

Users will learn:

- How to make healthy changes to their nutrition in a way that they enjoy
- How to build healthy habits that are sustainable in the long term
- Stress management techniques to mitigate against the physiological effects of stress
- How to overcome issues with sleep to feel better and improve their health
- How to find a style of movement and physical activity they enjoy
- How to find ways to move that take into consideration restricted mobility

* Those over 80 years old are eligible if their GP confirms that the likely benefits of participation outweigh any potential risks of taking part in a weight loss programme.

How to refer

To refer an individual to their free, local Healthier You service, please ensure they meet the eligibility criteria then complete the referral form which is embedded into your clinical system.

Patients can also self refer to the programme. They just need their HbA1c result and NHS number. They can phone **0333 577 3010** or visit <https://preventing-diabetes.co.uk>

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