

# Patient information sheet

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 physical activity you do. Taking action now is very important as it can stop you developing Type 2 diabetes.

## What does the Healthier You NHS Diabetes Prevention Programme support with?



### Moving More

Understand how physical activity is crucially beneficial to prevent type 2 diabetes and will support you to become more physically active



### Eating Well

Support you to eat nourishing foods and achieve a healthy weight



### Taking Charge

Understand ways to feel more in control of your health now and for the future



## How to join

If you have been told that you are:

- At high risk of developing Type 2 diabetes,
- Are pregnant and been diagnosed with gestational diabetes
- Have a history of gestational diabetes

Please ask your GP practice if you are eligible for referral to your local Healthier You programme.

For further information,  
please contact us at:  
[info@preventing-diabetes.co.uk](mailto:info@preventing-diabetes.co.uk)  
0333 577 3010  
[preventing-diabetes.co.uk](http://preventing-diabetes.co.uk)



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