

The Healthier You: NHS Diabetes Prevention Programme



Overview and details on the programme

The Healthier You: NHS Diabetes Prevention Programme

Healthier You is the free NHS Diabetes Prevention Programme designed to empower people likely to develop type 2 diabetes, to help reduce their risk.

There are currently two million people in England at high risk of developing type 2 diabetes, which is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, and stroke. The Healthier You: NHS Diabetes Prevention Programme, identifies people at risk of developing type 2 diabetes and refers them onto a nine-month, evidence-based lifestyle change programme.

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

The NHS Diabetes Prevention Programme provides tailored support to reduce the risk of type 2 diabetes. It includes education on healthy eating, including what to eat to help regulate blood glucose levels and the correct portion sizes for your food. It also supports you in incorporating activity into your lifestyle along with other holistic wellbeing strategies that have been proven to reduce the risk of developing type 2 diabetes.

- 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

About the programme

This programme provides tailored, personalised support to reduce your risk of developing type 2 diabetes.

- 13 session programmes
- Option to choose Digital or a face to face service
- A Tailored Remote service is available for people who: require a British Sign Language interpreter; have a visual or hearing need; need language support; or for women with a previous history of gestational diabetes



Eligibility Criteria and Initial Assessment

Who's eligible?

- HbA1c results between 42–47.9mmol/mol (6.0–6.4%), or Fasting Plasma Glucose [FPG] results between 5.5–6.9 mmols/l dated, within the last 12 months. If the patient has a history of Gestational Diabetes (GDM), they are eligible with HbA1c < 42 mmol/mol or FPG < 5.5mmol/l. The previous GDM diagnosis must be indicated under the 'Referral Information' section.
- The patient does not have type 2 diabetes – if a reading is in the diabetic range (HbA1c ≥48 or FPG ≥7), the individual is not eligible. If two blood test readings are provided on the referral and one is in the diabetic range, you will be asked to confirm the patient is not being treated as diabetic.
- The patient is registered with a GP practice within one of our contract areas, is not pregnant, and is aged 18 years or over.
- There is no medical reason why this patient should not take part in a programme that includes light-moderate physical activity.
- The patient must not have a diagnosed active eating disorder. If the patient has a history of an eating disorder which is currently inactive, the referring GP must only refer if they deem the patient will be safe on a behaviour change programme with significant nutrition input.
- The patient must not have had bariatric surgery in the last 2 years even if the surgery has been reversed.
- The patient must not be identified as having moderate or severe frailty.

Initial Assessment

All of the programme options, Face to Face, Digital and Tailored Remote Service start with an initial review with a Health Coach to assess your health and wellbeing and understand your individual needs, motivations and programme goals.

Regardless of your choice of programme, the sessions provide education on nutrition, physical activity and holistic wellbeing strategies. The sessions will help you initiate change and empower you for long-term success in reducing your risk of type 2 diabetes.

- 30-minute 1:1 telephone remote session
- Carried out by one of our experienced Health Coaches
- Includes:
 - Introduction
 - Confirmation of your session times and dates
 - Health Based questionnaires
 - Smoking and Demographic questions
 - Signposting



Programme overview

Group-based sessions

- Interactive sessions led by qualified coaches who will help you understand and establish an effective strategy to reduce your risk of developing type 2 diabetes
- Connect with others who are on the same journey
- Sessions are fully supported with our bespoke Wellbeing Way app, online learning and our community Facebook group

The group-based programme has four stages:

1. Initial assessment
2. Six fortnightly group sessions
3. Seven monthly group sessions
4. End of programme review

70% of service users on the group-based programme reduced their HbA1c to a healthy range. 80% of those who start the programme overweight reduce their weight.

Digital Sessions

- Specialist and personalised dietary support from a health coach over nine months. This can be one-to-one or part of a peer support group with Oviva's NHS Digital-approved app
- Entirely remote with no need to travel, so you can access support wherever you are
- Life-time access to psychological and nutritional advice on the app

The digital programme has 3 stages:

- Start
- Change
- Sustain

You will continue to self-track your progress on the Oviva app and grow your knowledge using the weekly online resources, even after the programme ends.




Tailored Remote sessions

- We offer a range of tailored groups, including for people who: require a British Sign Language interpreter; have a visual or hearing need; need language support; or for women with a previous history of gestational diabetes
- All sessions are run remotely over Microsoft Teams, so you can attend from the comfort of your own home or a location of your choice
- Follows the same stages as our group-based sessions
























What to expect

The Healthier You: NHS Diabetes Prevention Programme uses a blended, evidence-based approach, offering educational sessions around nutrition, physical activity and behaviour change methods.

The programme consists of 13 sessions taking place over 9 months and covers the following 3 topics:

-  **Eating Well (EW)** - Supporting you to eat nourishing foods and achieve a healthy weight
-  **Moving More (MM)** - Understand how physical activity is crucially beneficial to preventing type 2 diabetes and will support you to become more physically active
-  **Taking Charge (TC)** - Understand ways to feel more in control of your health now and for the future

☐ Fortnightly sessions ☐ Monthly sessions

Session number	Week	Session Title	Topic
1	1	Understanding Diabetes and getting started	 EW/TC 
2	3	Habits, including social and cultural influences on food	 EW/TC 
3	5	Movement for medicine	 MM
4	7	What is a healthy diet and addressing barriers	 EW/TC 
5	9	Stress and snacking	 EW/TC 
6	11	Thoughts and community support	 EW/TC 
7	15	The impact of meal planning and understanding food labels	 EW/TC 
8	19	Lifestyle planning and the impact of sleep	 EW/TC 
9	23	Motivation and physical activity	 MM
10	27	Mindfulness, tips for eating out and home cooking	 EW/TC 
11	31	Asserting yourself and taking ownership of your health	 EW/TC 
12	35	Continuing your physical activity	 MM
13	39	Maintaining change and managing setbacks	 EW/TC 

Frequently Asked Questions

Why have I been referred?

There are two referral routes onto the programme.

1. You have recently had a HbA1c or FPG blood test reading that has signified you are at risk of developing Type 2 diabetes, with the risk range being between 42-47 mmol/mol.
2. You are pregnant and have developed gestational diabetes

What is HbA1c and what does this number mean?

HbA1c is a measurement of the amount of glucose in your blood. If it measures between 42 and 47 mmol/mol, it signifies you're at risk of developing Type 2 diabetes.

Why does the programme last so long?

The programme covers a lot of information and so is delivered over a 9-month period. We want to give you time to take it in and continue to support you whilst you put it into practice.

What about the holiday I have booked?

The programme is very flexible, so if you do have a holiday booked, we can put you on sessions that fit around your plans.

I have another condition which makes it very difficult/impossible to exercise, can I still attend the programme?

Yes, absolutely. There is a lot more included in the sessions than just physical activity.

What if I can't attend my appointment or group session?

You can use the link in your reminder email to book a catch up session, or you can call the team on 0333 577 3010 who can help you with this.

What do I need for the sessions?

Please make sure you bring a pen and paper with you to each session, there may be activities where you want to make notes to support your learning. We will also be asking you to record your goals at each session.

Testimonials

"I work in a primary school, so my favourite part of the programme has been being able to be more active with the children."

"I know there are thousands of people out there who would have their life changed by attending the programme."

"It is great to be inspired by other people on the programme; their ideas and contributions helped me to make changes and I felt encouraged and supported."

"I feel a lot happier with my shape and the way I feel. My clothes are now fitting better and I feel a lot better."

"The programme offers long-term benefits that you'll truly appreciate down the road."

"It has given me the information I needed to put into practice things I knew already but did not know how to implement."

"It is suitable for people from a diverse set of backgrounds."

"I feel like a new person!"



Contact details

Want to find out more about the Healthier You: NHS Diabetes Prevention Programme? Have any questions about your referral? Please contact our friendly team on the details below:



Email:

info@preventing-diabetes.co.uk



Phone:

0333 577 3010

All calls are recorded for training and quality purposes.

Our office hours are:

Monday: 9am-7pm

Tuesday: 9am-5pm

Wednesday: 9am-7pm

Thursday: 9am-5pm

Friday: 9am-5pm

Saturday: 9am-4:30pm

