



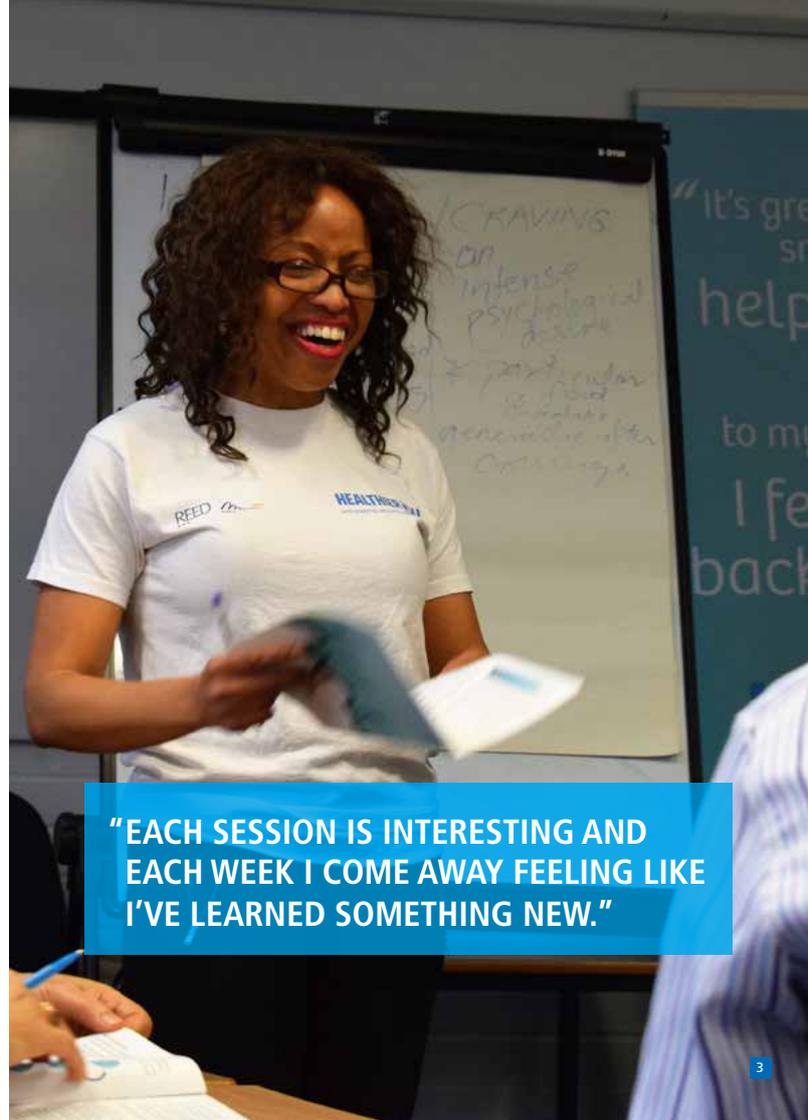
# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

## YOUR JOURNEY

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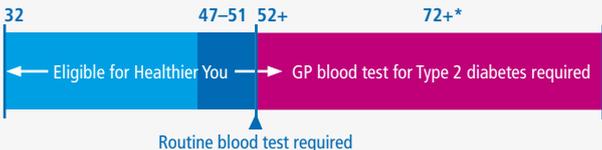
**"EACH SESSION IS INTERESTING AND EACH WEEK I COME AWAY FEELING LIKE I'VE LEARNED SOMETHING NEW."**

# YOUR JOURNEY STARTS HERE

Welcome to Healthier You: the NHS Diabetes Prevention Programme. This is the first step towards taking control of your prediabetes.

## Making sense of your assessment

Glycolated Haemoglobin (A1c) / Mmol/mol



\*POCT results above 72 mmol/mol in the absence of any symptoms of Type 2 diabetes are likely due to the presence of haemoglobin variants or a medical condition

Over the next nine months you'll attend 13 free group sessions with us. Trained coaches will help you make a number of small but sustainable changes to your lifestyle to reduce your chances of developing Type 2 diabetes. We will support you every step of the way.



NHS approved 40 week support



Group sessions



Ongoing support



Trained coaches



Simple lifestyle changes



Nutrition and activity guidance

## THE HEALTHIER YOU PROGRAMME

### WHAT TO EXPECT

#### SESSION FREQUENCY

- FORTNIGHTLY SESSIONS
- MONTHLY SESSIONS

### Getting Started

During your first session, you will meet your Health and Wellbeing Coach and your group, who will remain with you throughout the programme.

Fun and interactive support and advice sessions will help you to start your journey with us.

### Sustaining Change

You should already be starting to feel healthier!

You will find out how to make your new lifestyle changes become part of your everyday life - now and in the future.

### Moving Forwards

We finish by preparing you to continue your healthy, active lifestyle once you have completed the programme.

You will return to your GP to have another blood test and look for an improvement in your risk of developing Type 2 diabetes.

**START** → **FINISH**





Jen was shocked when she received a letter from her GP telling her that she was in danger of developing Type 2 diabetes.

## JEN'S STORY

"The main reason I took part in the programme is that I'm terrified of being diabetic. When I read that the programme was a long commitment, I nearly didn't go. But I thought I really don't want to get diabetes.

"Each session is interesting and each week I come away feeling like I've learned something new. I find all the sessions really informative and they're fun.

"But above all, it's been a real eye-opener.

I feel more empowered in reducing the possibility of having diabetes, and I feel more strongly than ever that I've really got to try hard to avoid it.

"The course has been enlightening and very, very worthwhile."



Luis Quintas Claro, from South London, first heard about Healthier You when his GP recommended it, after a blood test showed his blood sugar levels were high.

## LUIS' STORY

"I've taken part in the programme because I can see what diabetes has done to my dad. He used to be quite a big guy, really strong, and he's become very frail. Also, I've just turned 40 and I have two boys aged nine and 11, so I have to take care of myself.

"The changes we're making are really sustainable. It's not about dieting and eating less, it's about healthy alternatives and small lifestyle changes.

"I'm definitely more energetic since starting Healthier You. You are given very useful advice and tips on how to be more active and stay healthy.

"I really look forward to the programme – it's local, the coach is very friendly and helpful, and the materials we are given are very easy to use and understand.

"But my favourite thing is seeing what my weight is – I've lost seven kilos so far, which I'm really happy about."



Nigel received a call from his local surgery to tell him he was at risk of developing Type 2 diabetes and recommending that he take part in the Healthier You: NHS Diabetes Prevention Programme.

## NIGEL'S STORY

"I thought the programme was a good idea so I went on with it."

"I think the best thing we got out of it was talking to each other. There were about eight or other ten people, and without exception I think we all lost weight and everyone's sugar levels went.

I haven't desperately changed my diet. I just more conscious about what I am eating."

"I would recommend the programme to someone; if they were at risk I would say it's a very good thing to do."



Dorothy was told about the Healthier You programme by her GP practice, when a blood test showed that she was at risk of developing Type 2 diabetes.

## DOROTHY'S STORY

"It was a surprise. You don't think about these sorts of things, so it was quite a shock really. Since I've started, I make sure I go out a lot because I'm wearing my pedometer, and that makes me go a little bit more.

"I've lost about one stone and ten pounds, and I'm feeling fine.

"It's nice to go and meet other people and know that they feel the same as you. You meet big people and small people; lots of people think that diabetes only affects big people, but that's not the case.

"I'm looking forward to going to the next session and seeing if my blood sugar has gone down.

"I know for sure I will continue this lifestyle after the programme; it's being frightened of what could happen that makes me carry on."

"This programme works around acquiring new habits towards food, that's what it's all about. I've found my way back to having a sense of wellbeing, I feel better and a bit more in control."

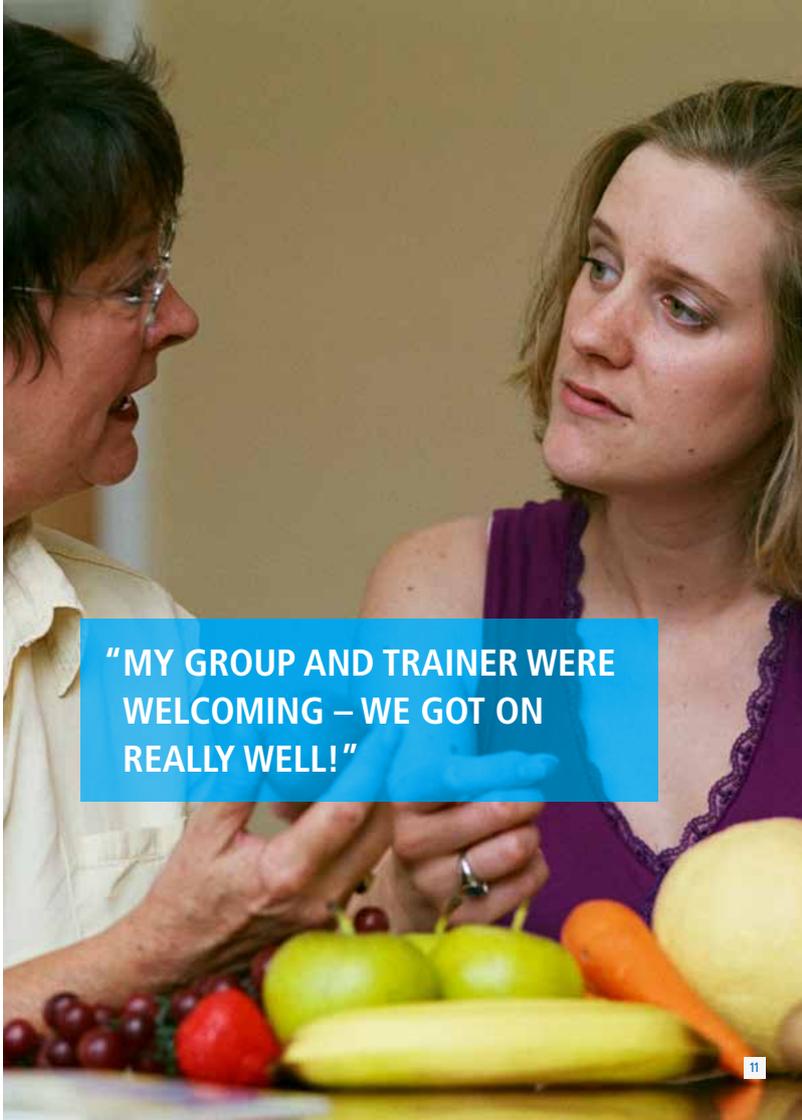
**CLIVE**

"I've lost two and a half stone. I think the length of the programme helps you achieve longer term behaviour change. My group and trainer were welcoming – we got on really well!"

**SUSAN**

"I found it very, very helpful. I wanted to change my life around, which I did. I would definitely recommend the programme."

**ANDREW**



**"MY GROUP AND TRAINER WERE WELCOMING – WE GOT ON REALLY WELL!"**

# **DEVELOPING TYPE 2 DIABETES ISN'T INEVITABLE.**

We're here to help you make lasting, positive change.

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## **What happens next?**

We will call you to book you onto the local programme that suits you best.

## **What happens if I can't get to the first session?**

We will arrange for you to go to another programme where possible.

## **What do I wear?**

Whatever you feel comfortable in – there is no activity in the sessions.

## **Will I need to buy anything in your sessions?**

No, all our resources are free.

## **Where are the group sessions?**

We use a range of convenient community venues.

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## **For more information:**

**Visit:** [reedwellbeing.org.uk/healthieryou](https://reedwellbeing.org.uk/healthieryou)

**Call:** 0800 092 1191

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