



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Service provided by

REED
Wellbeing
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Background

There are currently **200,000** new Type 2 diabetes diagnoses every year. If trends persist, one in three people will be obese by 2034 and **one in 10** will develop Type 2 diabetes.

There is strong international evidence which demonstrates how behavioural interventions, which support people to maintain a healthy weight and be more active, can significantly reduce the risk of developing the condition.

The Healthier You: NHS Diabetes Prevention Programme identifies those at high risk and refers them onto a behaviour change programme.

It is a joint commitment from NHS England, Public Health England and Diabetes UK.

Healthier You: NHS DPP

The NHS DPP is a behaviour change programme that helps those at risk of developing Type 2 diabetes significantly reduce their chances of getting the disease.*

Participants receive support to change their lifestyle in a friendly and supportive group environment, facilitated by specialist staff trained in behaviour change and diabetes prevention and recruited from the local community.

Reed Wellbeing delivers the programme nationally to people referred by primary care several areas across the country.:

Five million people in England are at risk of developing Type 2 diabetes - a largely preventable disease

Referral

- Adult 18+, not pregnant at referral
- Blood glucose level in the past 12 months that indicates prediabetes (HbA1c 42 - 47 mmol/mol; FPG 5.5 - 6.9 mmol/l)
- No subsequent diagnosis of Type 2 diabetes

Refer someone securely by:

- Sending eligible patients a letter suggesting they call us
- Completing our electronic referral form through the **primary care system**
- Calling **0800 092 1191**

Participant journey

On referral, we conduct an individual assessment, including a BMI check and, where appropriate, very brief advice on smoking cessation.

Participants then attend 13 one hour group sessions over 40 weeks. They receive extensive supporting resources, including handouts, trackers and a pedometer.

Designed by experts, our multi-component intervention is underpinned by a decade of research into community-based diabetes prevention and includes:

- **Be Aware** - Understanding health risks
- **Take Control** - Behaviour change
- **Eat Well** - Nutrition guidance
- **Move More** - Physical activity support

For those who are not able to attend our group sessions, they can access the service through a digital app provided by our partner Our Path.

Impact

Over **40,000 people** have used Reed Wellbeing's delivery of The NHS DPP. More than **14,500kg** in weight has been lost. The average weight loss for a completer is 5.4kg.

- **96%** of participants said they'll be able to use the skills we have taught them to reduce their chances of developing Type 2 diabetes.
- **96%** of participants said Healthier You has helped them improve their diet and eating habits.
- **98%** of participants said their Healthier You coach was supportive and knowledgeable.

"I found interacting with the group to very useful. The coaches were very informative and I found the overall experience very positive and rewarding."

"I feel more agile as I've lost weight and doing more exercises. I am also more aware of diabetes and how to eat healthier."

Supporting resources

We work with your local Partnership and CCG to provide extensive support, such as: information leaflets, videos, case studies, session information, case finding and EMR templates.

"I feel more in control of myself. Not only can I walk more easily, but I am also more aware of food labels so I can make healthier food choices."

About us

Reed Wellbeing provides clinically credible high impact lifestyle and wellbeing programmes that help people lead healthier lives.

You can find out more about us and our services at reedwellbeing.org.uk

Contact us

Visit: reedwellbeing.org.uk/healthieryou

Call: 0800 092 1191

Our partners

The Reed Momenta Diabetes Prevention Programme is commissioned by:

