



Every 2 minutes
someone finds
out that they have
Type 2 diabetes.

The National Diabetes Prevention Programme (*Healthier YOU*)

Programme overview:

The Healthier You programme is designed to empower people with a high risk of developing diabetes to take charge of their health and wellbeing.

After completing an initial one-to one assessment, participants meet in groups with a trained health a wellbeing coach for 10 weeks, followed by four monthly group maintenance sessions. Participants also received one-to-one progress review sessions with a coach.

Throughout the nine month programmed, participants learn how to incorporate healthier eating, physical activity, problem-solving and coping skills into their daily lives.

Who is eligible?

- ✓ Aged 18 years and over
- ✓ Registered with a GP practice within Cambridgeshire and Peterborough CCG area
- ✓ HbA1c blood test results between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmols/l within the last 6 months
- ✓ Not pregnant
- ✓ Able to take part in light/moderate physical activity

You may be sent a letter to invite you to attend

There is no cure for this chronic medical condition, which can lead to major health problems such as heart disease, blindness and even amputations.

Healthier You: the NHS Diabetes Prevention Programme offers free support to help you reduce your risk of developing Type 2 diabetes.

Taking action now is very important.

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME