



The Healthier You: NHS Diabetes Prevention Programme Frequently Asked Questions



Why have I been invited to attend the NHS Diabetes Prevention Programme?

Your doctor, or another healthcare professional, has recommended that you attend this non-medical self-management programme because you are at high risk of developing Type 2 diabetes.

What is the NHS Diabetes Prevention Programme?

The aim of the NHS Diabetes Prevention Programme is to help you improve your knowledge, ability and confidence whilst offering you the support you need to make good lifestyle choices.



What happens on the programme?

Full information about what you can expect on the programme can be found at www.lwtcsupport.co.uk/about

Can I bring someone along with me?

Yes, in fact it is encouraged! If you have a family member or carer that would like to attend please let us know.



I have a disability / I don't speak English - will my needs be catered for?

Yes, but please let us know as soon as possible about any extra help you may need.

What topics will the programme cover?

Know your health and understand what Type 2 diabetes is:

- Healthy lifestyle and behaviour change
- Healthy eating
- Understand food labelling
- Create an individual physical activity plan
- Learn how to plan ahead
- Set individual weight management goals
- Learn about the effects of alcohol

How will this be of help to me?

There are many ways the NHS Diabetes Prevention Programme will help you, in particular:

- You will understand the impact of your everyday lifestyle choices on your health and so be empowered to manage your own health and wellbeing more effectively.
- You will be able to prevent disease progression.
- You will be able to help your family and friends avoid developing Type 2 diabetes.
- The atmosphere in the sessions is informal and it's a great way of getting to share experiences with others in a similar situation to yourself and pick up some useful information along the way

What happens next?

Once you have registered for the NHS Diabetes Prevention Programme, you will be contacted by a Living Well Taking Control Coach to discuss the next steps.

What if I have a question - whom do I contact?

Your Living Well Taking Control Coach will give you his or her contact details once you start on the programme. In the meantime if you have a question, please email us at info@lwtcsupport.co.uk. If you would rather call us our number is 0300 302 0652 and the current option is 3.

