



NHS Healthier You Service: North Central London

Prevent Type 2 diabetes and Gestational Diabetes in pregnancy

Now is the time to live well and take control

Your doctor or nurse has recommended that you attend a free, non-medical, lifestyle programme because you are at increased risk of developing Type 2 diabetes.

The NHS Diabetes Prevention Programme provided by Living Well Taking Control gives you the support you need to help manage your health and prevent the onset of Type 2 diabetes and Gestational Diabetes in future pregnancies. You will join thousands of people across the country who have worked with us to change their lives for a healthier future.

Type 2 diabetes is caused by an inability to properly regulate blood sugar levels in the human body. There are currently around 5 million people in danger of developing Type 2 diabetes in this country and women who have previously been diagnosed with Gestational Diabetes are at higher risk than the general population of developing Type 2 diabetes.

Type 2 diabetes contributes to a range of health problems, including:

- **Heart disease**
- **Stroke**
- **Vision loss**
- **Nerve damage and blood circulation problems**

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME



All the help you need

While Type 2 diabetes is a serious condition, with support around three in five cases of Type 2 diabetes can be prevented or delayed by maintaining a healthy weight, eating well and being active. This programme will improve your knowledge, ability and confidence to make better lifestyle choices, helping you towards:

- **A healthier diet**
- **Better exercise**
- **Emotional wellbeing**
- **Weight management**
- **Reduced risk of developing Gestational Diabetes in future pregnancies**

You won't be alone, joining a small group of people who are also at risk of developing Type 2 diabetes. In 13 sessions spread over nine months, your trained Coach will provide the motivation, resources, advice, and support you need to increase your physical activity, and help you improve your diet – everything you need to make a positive difference to your life.

The programme is free, fully accessible and supports non-English speakers. You can even bring someone with you for extra support if you'd like to.

Live well and take control – today

At the end of the NHS Diabetes Prevention programme you will feel the benefits of a healthier lifestyle:

- **Improving your quality of life**
- **Helping you to make better health decisions**
- **Reducing your risk of developing Type 2 diabetes**



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To find out more about the programme please see our website at: www.lwtcsupport.co.uk

And for more information on Type 2 diabetes, please visit the NHS Choices website: www.nhs.uk/conditions/type-2-diabetes/