

NHS Diabetes Prevention Programme: Referrer Information Sheet

Who's eligible?

- Aged 18 years and over
- HbA1c between 42-47 mmol/mol (6.0-6.4%) or FPG between 5.5-6.9 mmol/l within the last 12 months
- If patient has a history of Gestational Diabetes (GDM) with a HbA1c < 42 mmol/mol or FPG < 5.5mmol/l.
- Not pregnant
- Able to take part in light/moderate physical activity



Healthier You NHS Diabetes Prevention Programme: Patient journey



Initial Assessment

- Meet your coach
- Programme overview, including understanding individual needs and motivations
- Assess lifestyle scores
- Signposting onto other services



Milestone 1 & 2

1. Getting Started
2. Healthy Lifestyle & Behaviour Change
3. Healthy Eating & Portion Sizes
4. Understanding Food Labelling
5. Physical Activity



Milestone 3

6. Overcoming Challenges and Obstacles
7. Weight Management
8. Stress & Sleep
9. The Importance of Hydration & Impact of Alcohol



Milestone 4

10. Behaviour Change, habits, review & reflection
11. Mental Wellbeing
12. Review Lifestyle Changes & Impact on Health & Wellbeing
13. Final Session: Celebrating Success

How to refer

To refer an individual to the Healthier You: NHS Diabetes Prevention Programme, please ensure they meet the eligibility criteria then complete the referral form which is embedded into your clinical system and send it to:

hex.ndpp.ncl@nhs.net

General Enquires: info@lwtcsupport.co.uk or 0300 302 0652