



**Are you a health professional?  
Are your patients at risk of Type 2 diabetes?  
Did you know you can refer those at risk to  
your local Healthier You service?**

As a GP or health professional, you will already be aware that the risk of Type 2 diabetes is significantly reduced if your patients make positive changes to their diet, weight and the amount of physical activity they do.

Your local Healthier You service can support your patients in taking action in all of these areas. Taking this kind of action now is very important as it can reduce your patients' risk of, or even stop the development of, the very serious health condition of Type 2 diabetes.

**0333 577 3010**

**[www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk)**

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME

Service provided by  
 Health & Wellbeing



## 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 attend weekly group sessions with a trained health and wellbeing coach, followed by four monthly group maintenance sessions. Participants also receive one-to-one progress review appointments with their coach.

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

## Who's eligible?

- ✓ Aged 18 years and over
- ✓ Registered with a GP practice within Cambridgeshire and Peterborough CCG area
- ✓ HbA1c between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmols/l within the last 12 months
- ✓ Not pregnant
- ✓ Able to take part in light/moderate physical activity

## How to refer

To refer an individual to the Healthier You Programme, please ensure they meet the eligibility criteria then complete the referral form and send it to:

NHS email:

[scwcsu.cambridgeshirepeterborough@nhs.net](mailto:scwcsu.cambridgeshirepeterborough@nhs.net)

## For more information

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