

Patient information

You have taken an important first step and found out you are at high risk of Type 2 diabetes. The Healthier You NHS Diabetes Prevention Programme will help you take control of your health, supporting you to make changes to your diet, weight and the amount of physical activity you do.

Taking action now is very important as it can prevent you developing Type 2 diabetes.



What are the stages of your local Healthier You service?



We will cover in detail:

- The risk factors for diabetes and what is happening in the body to cause elevated levels of blood glucose
- What changes might be beneficial to you in safeguarding yourself against Type 2 diabetes and the associated complications.
- What to eat to achieve a nutritional balance for optimal health
- The impact of mental and physical stress on the body and how this causes elevated levels of blood glucose
- The impact of poor quality or insufficient amounts of sleep on your health
- The required amount of daily movement for optimal health and how this can be achieved



Skills you will develop on the programme include learning:

- How to make healthy changes to your nutrition in a way that you enjoy and without restricting any foods.
- How to build healthy habits that make it easy to stick to the changes you make long term
- Stress management techniques to mitigate against the physiological effects of stress
- How to overcome issues with sleep to feel better and improve your health
- How to find a style of movement you enjoy
- How to find ways to move that take into consideration restricted mobility
- How to maintain an enjoyable healthy lifestyle long term

How to join

If you have been told that you are at high risk of developing Type 2 diabetes and haven't already been referred to our service, please ask your GP practice if you are eligible for referral to your local Healthier You service. For further information, please contact us at: info@preventing-diabetes.co.uk 0333 577 3010 preventing-diabetes.co.uk

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