

Clinician Guidance: Script for Healthier You NHS Diabetes Prevention Programme Referral

This resource is for people working in healthcare that will encounter patients who are eligible for the Healthier You NHS Diabetes Prevention Programme. The programme is available face to face within community venues or via a smart phone app. You can use this document to help you navigate the conversation about a referral to the programme.

To be referred to this programme, an individual must be:

- Over 18 years old, and;
 - Not be pregnant at the point of referral, and;
 - Have an HbA1c between 42-47 mmol/mol or Fasting Plasma Glucose between 5.5-6.9 mmols/l dated within the last 12 months.
- or
- Have a history of Gestational Diabetes and a HbA1c less than 42 mmol/mol (< 6.0%) or a Fasting Plasma Glucose below 5.5mmol/l

Once a person has been identified, you can use the following script to facilitate a conversation about a referral to the programme.

