

# 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.nth@nhs.net](mailto:hex.ndpp.nth@nhs.net)

General Enquires: [info@lwtcsupport.co.uk](mailto:info@lwtcsupport.co.uk)