



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

HEREFORDSHIRE

Service provided by

REED 



Background

The prevalence of Type 2 diabetes is expected to rise dramatically over the next 30 years. Managing the condition and its complications will put unprecedented strain on the NHS. Diabetes currently costs the NHS £8.8 billion every year.

In recognition of this NHS England, in collaboration with Public Health England and Diabetes UK, have commissioned Healthier You: the NHS Diabetes Prevention Programme, the world's first such national initiative.

Overview

Healthier You: the NHS Diabetes Prevention Programme is a nine-month behaviour change programme that helps those at risk of developing Type 2 diabetes significantly reduce their chances of getting the disease.

Participants receive support to change their lifestyle in a friendly and supportive group environment, facilitated by specialist staff trained in behaviour change and diabetes prevention and recruited from the local community.

Reed Momenta is delivering the programme to people in Herefordshire who are at a risk of developing Type 2 diabetes.

10,000 people in Herefordshire are at risk of developing Type 2 Diabetes - a largely preventable disease

Referral

Anyone aged 18+ with a blood glucose level in the past 12 months that falls into the prediabetes range (HbA1c 42 - 47 mmol/mol; FPG 5.5- 6.9 mmol/l) is eligible for our evidence-based behaviour change programme.

Refer someone securely by:

- Completing our electronic referral form through the primary care system
- Faxing a referral form to 020 840 15162
- Emailing healthieryou.herefordshire@nhs.net
- Online at healthieryouherefordshire.org
- Calling 0800 092 1191

Assessment

On referral, we will conduct a 20 minute individual assessment delivered via our partner LloydsPharmacy, other affiliated local pharmacies or directly by Reed Momenta trained staff. This will include:

- Height, weight and BMI calculation
- Warwick-Edinburgh Mental Wellbeing Scale score
- Baseline Blood glucose reading (HbA1c / FPG) (if no test in last three months)
- Where appropriate, very brief advice on smoking cessation

Blood tests and selected other measurements will be repeated at weeks 26 and 40.

Support

18 group sessions over 40 weeks at convenient community venues. Participants receive extensive supporting resources, including colour handouts, trackers and a pedometer.

Our support has been designed by experts and is underpinned by a decade of research into community-based diabetes prevention. Multi-component interventions include:

- Be Aware - Understanding health risks
- Eat Well - Nutrition guidance
- Take Control - Behaviour change
- Move More - Physical activity support

Additional benefits

Participants may be eligible for up to:

- 12 weeks free Slimming World membership
- 12 weeks free local leisure centre/physical activity provision