

Healthier You NHS Diabetes Prevention Programme

Self-referral model - FAQs for Patients and the Public

What is the Healthier You NHS Diabetes Prevention Programme?

The Healthier You programme helps those at high risk of Type 2 diabetes to reduce their risk. It is a 9 month programme which includes help and guidance to eat well and provides tips on weight loss (where appropriate) and physical activity. The programme consists of one 2 hour session per week for the first 7 weeks, followed by one 2 hour session per month for the next 4 months plus a review session after 9 months of the programme.

To help keep you focused and motivated on your goals, you'll have access to trained health coaches, and you'll be able to meet other people in your area who are also trying to reduce their risk of Type 2 diabetes.

How is the programme being delivered during the pandemic?

Although the programme is normally delivered in groups at different times and locations, right now it's offered over telephone or group video conference, or online through apps and websites. Participants will need access to a phone and/or a computer or tablet.

The infographic features a blue background with the ICS Health & Wellbeing logo in the top right. The main heading 'Service users have access to' is in large white text. Below it, several icons represent different services: four smartphones showing the ICS H&W app, a laptop displaying an e-learning platform, a smartphone showing an email reminder, a tablet showing a physical activity video, and a booklet titled 'Local signposting pack'. To the right, a stack of five handbooks is shown with the text '5 handbooks available in varying languages'. The bottom right corner features a 'Signposting manual' booklet with a photo of a woman.

ICS Health & Wellbeing

Service users have access to

ICS H&W app

Email reminders / e-learning

Physical activity video

Local signposting pack

E-learning platform

5 handbooks available in varying languages

Signposting manual

Who is eligible to join?

Anyone who is identified as at moderate to high risk of Type 2 diabetes using the Diabetes UK risk tool, or through a blood test from their GP practice, is eligible to join the programme – provided they are not pregnant, are aged 18-79 and do not have a current diagnosis of Type 2 diabetes.

How do I join the programme?

The easiest way to see if you are eligible and to sign up to the programme is to complete the Diabetes UK risk tool at riskscore.diabetes.org.uk <https://riskscore.diabetes.org.uk/start>

If you score 16 or more you will be able to sign up to your local Healthier You service. You will need to know your waist, height and weight measurement to complete the Diabetes UK risk tool.

How can I join if I can't access the Diabetes UK risk tool?

If you are unable to use the Diabetes UK risk tool to sign up then you can be referred by your GP practice.

What will I achieve on the programme?

Your free local Healthier You service can help you put your health back in your hands by supporting you to make changes to your diet, get more physically active and lose weight (where appropriate). Taking this action is really important as it can reduce your risk of developing Type 2 diabetes.

You can watch short videos of previous participants' experiences on the Healthier You programme using the links below:

- Harry's story <https://www.youtube.com/watch?v=6dWWVWa3At8&feature=youtu.be>
- Adrish's story <https://www.youtube.com/watch?v=E0khFEpPTiU>
- Mabel's story <https://www.youtube.com/watch?v=UPC0JxPCmdg&feature=youtu.be>
- Hansa's story <https://www.youtube.com/watch?v=k1ZVPAiunC8>
- Pam's story <https://www.youtube.com/watch?v=0FDCgvJun98&feature=youtu.be>
- Michael's story <https://www.youtube.com/watch?v=oh7748RDehg>

Why should I reduce my risk of Type 2 diabetes?

Type 2 diabetes can be a very serious health condition that can cause long-term health problems.

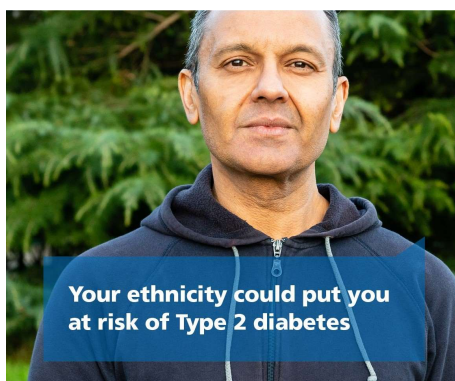
It can lead to sight loss, kidney failure, loss of a limb, and makes you at least twice as likely to have a heart attack or stroke. Being diagnosed with Type 2 diabetes can have a huge impact on you and your family and can mean lots of changes to the way you live your life.

It's very important that you find out if you are at high risk of Type 2 diabetes so you can get support to lower your risk.

Who is more at risk of Type 2 diabetes?

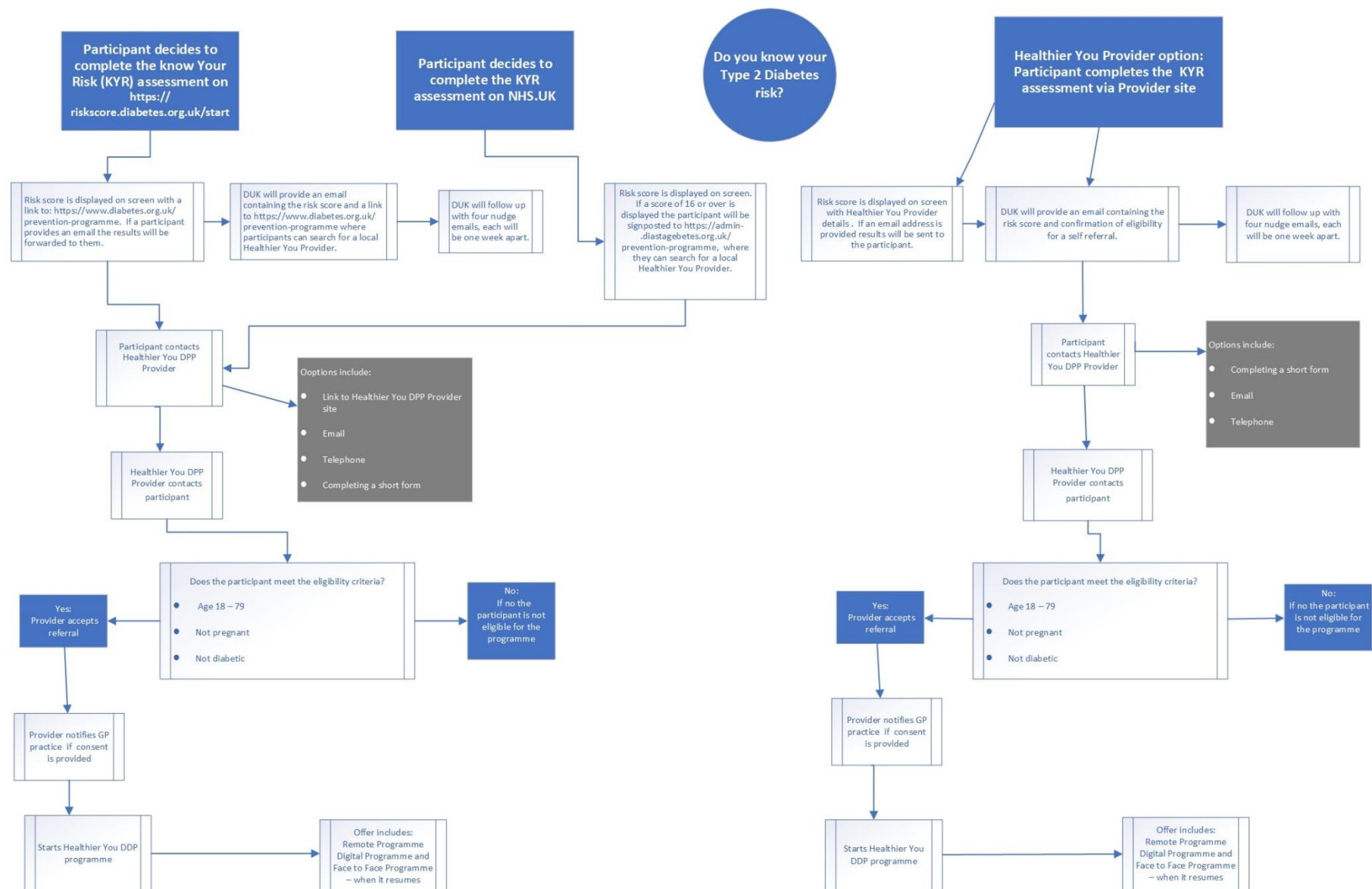
Anyone can develop Type 2 diabetes, but certain factors can increase your risk:

- The older you are, the greater your risk is likely to be. However, those from the ethnic groups outlined below tend to be at risk at a younger age.
- You're two to six times more at risk if you have a parent, child, brother or sister with Type 2 diabetes.
- You're more likely to get Type 2 diabetes if you're over 25 and from a Chinese, South Asian, African-Caribbean or Black-African ethnic background.
- You are more at risk of type 2 diabetes if you carry excess weight, have obesity or if you've ever had high blood pressure.
- You're more at risk if you've ever had a heart attack or stroke, if you've ever had schizophrenia, bipolar disorder or depression, or if you are receiving treatment with anti-psychotic medication
- You're more at risk if you are a woman who has had polycystic ovarian syndrome, gestational diabetes, or given birth to a baby weighing over 10 pounds.



Know Your Risk Tool

Self Referral to Healthier You NHS Diabetes Prevention Programme



Appendix B

Step 1: Access the Diabetes risk tool at: riskscore.diabetes.org.uk

**TYPE 2 DIABETES
KNOW YOUR RISK**

Finding out your risk of Type 2 diabetes only takes a few minutes. It could be the most important thing you do today.

To calculate your risk we will ask you for sensitive personal data, for example about your health or ethnicity. This will help us provide you the most relevant information. We promise to store your sensitive personal data securely and keep it confidential.

☐ Please tick the box to tell us you are happy for us to use this information

Before you start, grab a tape measure and scales...

Find out your risk >

You must be 18 or over to complete this tool.
Please note: the results will not be accurate if you are pregnant.

Developed by Diabetes UK, the University of Leicester and the University Hospital of Leicester NHS Trust

The Know Your Risk tool is not a diagnostic tool. It is designed for people without a current diagnosis of diabetes and is intended to highlight a person's risk of developing Type 2 diabetes in the next 10 years. The results are not medical advice. If you are at risk or concerned about diabetes, we advise visiting a healthcare professional for further information.

You'll need an accurate measurement of your:

- ☒ height
- ☒ weight
- ☒ waist

**TYPE 2 DIABETES
KNOW YOUR RISK**

Step 2: Complete the risk assessment. A risk score will be displayed on screen and if the participant provides an email address the results will also be emailed to them.

If the participant gets a Moderate score 16-24 or a High Score 25-47 and meet the eligibility criteria they will be presented with a link to access the DDP Healthier You Programme.

Access the Diabetes risk tool at: riskscore.diabetes.org.uk

RESTART | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | RESULTS

Your risk is Moderate
Your answers add up to 21

Low: 0 - 6 | Increased: 7 - 15 | **Moderate: 16 - 24** | High: 25 - 47

1 in 10 people with your risk will get Type 2 diabetes in the next 10 years.

Your health is at risk. Your score shows you could be eligible for a free place on the Healthier You NHS Diabetes Prevention Programme designed to help people at risk of type 2 diabetes to reduce their risk. If you live in England find out who your local provider is and sign up.

to be tested for type 2 diabetes. See below for where you're scoring points and talk to your doctor about the areas that you can change to reduce your risk.

If you want to know more about your risk level, what makes you more at risk and how you can prevent type 2 diabetes, our website has a lot of simple information and advice. If you are able to, you may still want to contact your GP to discuss your results.

Your risk explained

These are the risk factors that you can't change, so focus on the things that you can change or maintain.	Points	These are the risk factors that you can change. Even small changes can help reduce your risk.	Points
Age: 45		Waist measurement: 104.1cm	
49 or younger	0	Less than 90cm (35.5in)	0
50 - 59	5	90 - 99.9cm (35.5 - 39.3in)	4
60 - 69	9	100 - 109.9cm (39.4 - 43.3in)	6
70 or older	13	110cm (43.4in) or above	9
Gender		BMI: 29.8	

Step 3: From the results page the Participant will be directed to find their local Healthier You Provider via the postcode look up tool.

HEALTHIER YOU NHS DIABETES PREVENTION PROGRAMME

Because of the score you received from the Know Your Risk tool, your results show that you may be eligible to join the Healthier You NHS Diabetes Prevention Programme.

Find your nearest Healthier You service:

Enter a postcode

Healthier You is a joint partnership between Diabetes UK, Public Health England and NHS England. The programme is designed to help people who are at high risk of developing type 2 diabetes to change their habits and reduce their risk.

Your free, local Healthier You NHS Diabetes Prevention Programme (NHS DPP) will provide valuable support to help you put your health back in your hands by providing a range of personalised support to help you eat well and tips on weight loss and physical activity.

Although the programme is normally delivered in groups at different times and locations, right now it's offered over telephone or group video conference, or online through apps and websites. The programme is open to people who:

- live in England
- are over 18
- are not pregnant
- do not have diabetes currently
- and have received a score of over 16 when using the Know Your Risk tool

If you are able to, you may still want to contact your GP to discuss your results.

If you live in Scotland, Wales or Northern Ireland, the NHS DPP is not available. Find out more about preventing type 2 diabetes if you think you are at high risk.

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

You make our work possible

Someone is diagnosed with diabetes every two minutes. Your donation can change lives.

Donate now