

# Healthier You NHS Diabetes Prevention Programme

## Self-referral model - FAQs for Patients and the Public

Type 2 diabetes is a very serious 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.

Other factors associated with an increased risk include:

- 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.

### 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 9-12 month programme which includes help and guidance to eat well and provides tips on weight loss (where appropriate) and physical activity.

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.

### 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). 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](#)
- [Adrish's story](#)
- [Mabel's story](#)
- [Hansa's story](#)
- [Pam's story](#)
- [Michael's story](#)