



# NHS Diabetes Prevention Programme in Lincolnshire

## Healthier You: Lincolnshire

You have taken an important first step and found out you are at high risk of Type 2 diabetes.

The FREE NHS Diabetes Prevention Programme in Lincolnshire will help you take control of your health, supporting you to make changes to your diet, weight and the amount of exercise you do.

Taking this kind of action now is very important as it can reduce your risk of, or even stop you, developing Type 2 diabetes.

## How does it work?

In a group setting, you will work with a trained health coach to learn the skills you need to make lasting lifestyle changes. Our programme will help you to:

- Learn about nutrition and health
- Add physical activity into your lifestyle
- Stay motivated
- Solve problems that can get in the way of healthy changes
- Gain life changing skills and knowledge for long term success



**90% of Type 2 diabetes diagnosis could have been prevented by undertaking simple lifestyle changes.**

## Programme Structure: 24 hours in total

Spread over a total of 9 months, the Diabetes Prevention Programme is in 4 stages:



### STAGE 1 Initial Assessment

1 hour: 1-2-1 appointment where we take your measurements, work out your lifestyle score and set your personalised goals.



### STAGE 2 Nutrition and physical activity sessions

14 hours: 7 x weekly 2 hour group sessions which include health lifestyle advice and movement.



### STAGE 3 Build on sustaining lifestyle changes

8 hours: 4 x monthly 2 hour Prevention Plus group sessions which help you understand barriers to change and help you gain control.



### STAGE 4 Six and nine month one-to-one review

1 hour: One-to-one review where your measurements and lifestyle scores are taken and your goals are reviewed. Taken at 6 & 9 months (6 month review within Prevention Plus session).

### DON'T MISS OUT!

Spaces on this FREE Programme are limited. You will need to attend as many sessions as possible as after Stage 1 your place cannot be offered to someone else.

## What others say...

“ I love the group sessions. My coach has given me great advice, and helped me stay on track and keep positive!”

“ I’m thrilled, at my 3 month progress review session I have seen an improvement in all my scores!”



## 24 hours to change your life

The Diabetes Prevention Programme includes the following great features:

- Highly skilled health and wellbeing coaches trained to guide and encourage you
- Mixture of one-to-one and group sessions
- Access to a national programme that uses the latest research evidence
- Solve problems that get in the way of making healthy changes
- Learn how healthy eating and physical activity can help reduce your risk of Type 2 diabetes
- Free attendance

## How to join

If you have been told you are at high risk of developing Type 2 diabetes and would like to join the Programme there are two ways you can do it:

**Self-refer:** This is the quickest way is to refer yourself into the Programme. You will need your HbA1c blood reading, date and your NHS number from your GP.

**Online:** [www.preventing-diabetes.co.uk/self-referral](http://www.preventing-diabetes.co.uk/self-referral)

**Telephone:** 0333 577 3010 (local rate)

**GP Referral:** If you are unsure or would like more information, you can ask your GP practice to make the referral for you. You will then be contacted by letter by your local Healthier You provider, ICS Health & Wellbeing. *You must respond to this letter in order to enrol onto the Programme.*

## Now is the time to take charge of your health



## Frequently asked questions

### Q: Why should I join the Programme?

- Reduce your risk of developing type 2 Diabetes
- Free access to highly skilled health coaches
- Learn how to solve problems that get in the way of making healthy choices
- A chance to meet new people and make friends

### Q: Where and when will the sessions be?

- The initial assessment will often be at your GP practice
- Group sessions will be available in a range of locations
- Set up based on local participating people so groups will be close to you
- Groups run during the daytime, evenings and weekend (subject to availability)

### Q: Does the programme involve exercise?

- There is some light physical activity but it will be tailored to suit your needs so there is no need to worry

### Q: I'm nervous about going on my own – can someone come with me?

- You can bring someone to your Initial Assessment to support you
- Most venues will allow you to bring someone but you can check this at your Initial Assessment
- Groups are very friendly and supportive so you needn't be worried

Still have questions? Contact us today:

**0333 577 3010**

[info@preventing-diabetes.co.uk](mailto:info@preventing-diabetes.co.uk)

[www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk)