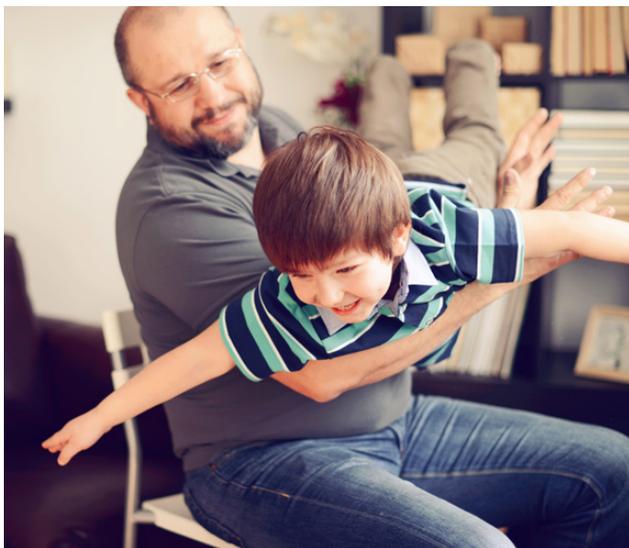


## How to join

If you have been told you are at risk of developing Type 2 diabetes and haven't already been referred to our service:

Ask your GP, nurse or NHS Health Check professional to refer you to the NHS Diabetes Prevention Programme in Essex.



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

Contact us today:

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

**0800 043 9806**

## Frequently asked questions

### Q. Is this programme right for me?

**A.** If you're worried you might be at risk of developing Type 2 diabetes and want to make healthy lifestyle changes then this programme is right for you.

### Q. Am I eligible to join?

**A. You can join the Healthier You programme if you are:**

- ✓ Aged 18 years and over
- ✓ Registered with a GP practice in one of the following:
  - Castlepoint and Rochford
  - North East Essex
  - Mid Essex
  - Thurrock
  - West Essex
- ✓ HbA1c between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmols/l within the last 12 months
- ✓ Not pregnant
- ✓ Able to take part in light/moderate physical activity

### Q. Do I have to pay to join?

**A.** No – This programme is absolutely free to eligible individuals.

### Q. Where will the programme be held?

**A.** Programmes will be available in a range of locations across Essex, visit our website and view our locations page for more details.

### Q. I have Type 2 diabetes, can I join the programme?

**A.** This programme is for people who are at risk of developing Type 2 diabetes. If you have Type 2 diabetes and you would like some support on your condition, please speak to your GP.

### Q. Who delivers this programme?

**A.** Your local Healthier You service is delivered by ICS Health & Wellbeing. You can find out more about who we are and what we do on the website.



**NHS Diabetes  
Prevention  
Programme in  
Essex**

## Healthier You: Essex

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

The NHS Diabetes Prevention Programme in Essex 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 nine month 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

Contact us today:

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## Programme commitment

Spaces on the programme are limited so we ask you to only join if you can commit to attend:

- One to one initial assessment, lasting one hour
- Ten weekly group sessions that include healthy lifestyle advice and physical activity (two hours each session)
- Four monthly group sessions that include strategies to help you maintain your lifestyle changes
- Three one-to-one progress review sessions lasting an hour at three, six and nine months

Sessions are held at various locations throughout Essex with times to suit you, including during the day, evenings and weekends. So you're sure to find a group convenient for you.



**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME

Service provided by  
 Independent  
Clinical Services

## What participants 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!"**



## Features

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