

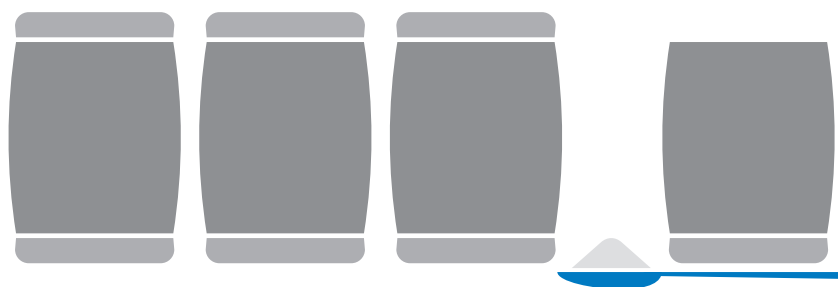
# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

## Spring 2018 update for General Practices

Welcome to the launch of the NHS Diabetes Prevention Programme (NDPP) newsletter. We are very excited to share the latest news, updates and key highlights with you.

ICS Health & Wellbeing partnered with the NHS in 2016 to deliver the NDPP on a national level. Since its launch, we have received over 63,000 referrals and delivered over 30,000 face-to-face initial assessments.



**Fact:** The average weight loss after nine months is **3.88kg**, that's nearly four bags of sugar

## NDPP news and updates

We're excited to announce that the reach of the NDPP will be increasing, and the programme is to be rolled across additional areas across the UK. Please find all areas covered by the NDPP below:

Barnet and Enfield, Berkshire, Cambridge and Peterborough, Camden, Islington and Haringey, Coventry and Warwickshire, Derbyshire, Essex, Hereford and Worcester, Hertfordshire, Humber, Coast and Vale, Lincolnshire, North East London, North West London, Norfolk and Waveney, Sheffield, South London, South Yorkshire and Bassetlaw and Suffolk.

## Diabetes Prevention Week 16-22 April 2018



This April we launched our first event for Diabetes Prevention Week, a campaign that aims to raise awareness of the Healthier You: NHS Diabetes Prevention Programme.

Around 60% of cases of Type 2 diabetes can be delayed or prevented by making simple lifestyle changes, and we wanted to raise awareness amongst the public and health care professionals about the preventative programme available.

We were joined on the day by Diabetes UK, Healthy Hearts and Whittington Health Diabetes Self-Management, who spoke to patients about the services that they offer.

### Please find some highlights from the day below:

- Know your risk – find out your risk of developing Type 2 diabetes in just a few minutes
- HbA1c tests – free blood tests for those identified as ‘high risk’
- Physical activity session – a taster of the ‘Healthy Foundations’ phase of the programme
- Mindfulness session – a taster of the ‘Prevention Plus’ phase of the programme
- Community services – find out more by having a chat with Healthy Hearts, Diabetes UK and Whittington Health Diabetes Self-Management
- Why we do what we do – find out more about what personally motivates us to work on the NDPP

# Zaman's road to preventing Type 2 diabetes

With a family history of diabetes, a stressful life and a sedentary lifestyle, Zaman was referred to the Healthier You: NHS Diabetes Prevention Programme by his GP. After his Initial Assessment, Zaman joined the London programme near his home in Hounslow.

Zaman acknowledged that he was much lighter in his thirties and lifestyle changes needed to be made. Since being on the programme, Zaman has lost 15kg! We asked him some questions so he could share his experience with us.

**What was your favourite part of the programme?**

The Initial Assessment was a great wake up call for me as it made me aware of how overweight I was and the importance of making healthier choices and goal-setting. My coach was amazing during the whole course and helped me to put a plan together to match my lifestyle.

**What was the hardest part of the programme for you?**

Initially some of the concepts during the group sessions were hard to understand; however, my questions were always answered and my coach helped me to understand anything I was unsure about.

**How did you find the support groups?**

My group was excellent at grasping information quickly so we all supported each other when needed, we were all so determined and motivated – we even bought weights for the physical activity sessions! Angelica - my coach - always helped to fill in the gaps when I wasn't sure, which made the plan easier to follow. The booklet was also handy to use at home with useful visuals to help me along the way.

*“The Initial Assessment was a great wake up call for me as it made me aware of how overweight I was”*

**Will you continue to follow the programme now you have finished?**

Absolutely, this is a permanent lifestyle change for me. Initially I wasn't sure if it was worth it but I completed the course and I would definitely recommend it to others. My advice to others starting the course is to follow it through and you'll learn so much more.

If you're like Zaman and need support to change your lifestyle for the better, join our programme. Ask your GP how to get referred or contact us via our website: [preventing-diabetes.co.uk](http://preventing-diabetes.co.uk)

