

## What if I decide it's not for me?

We think you will find Healthier You a great help in learning more about, and getting control of, your pre-diabetes. Your GP thinks so too, which is why he or she has brought the programme to your attention.

When you first find out you have pre-diabetes, you need a good start in making healthy lifestyle choices. Healthier You gives you that good start.

However, if you decide not to attend, you will still receive care as usual from your GP and practice nurse.

## I'm keen to start, so what happens next?

Your local co-ordination team will contact you with dates, details and directions for the venue where the programme is being held. After that, simply turn up and take part!

### Contact us

Call 0800 321 3150 or 0121 386 6971  
(8am to 8pm, Mon-Fri)

Visit [www.stopdiabetes.co.uk](http://www.stopdiabetes.co.uk)  
for more information

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**HEALTHIER YOU**

NHS DIABETES PREVENTION PROGRAMME

# Reduce your risk of diabetes

**HEALTHIER YOU**

NHS DIABETES PREVENTION PROGRAMME

## So, what is Healthier You?

- ✔ It's a way of finding out more about how you can reduce your risk of developing diabetes
- ✔ It's an opportunity to meet and share experiences with others

**"A five star approach! I can't wait to get to my practice to see my nurse to tell her how good it's been!"**

Healthier You Participant



### So, what's involved?

You are being invited to join a small group of people with pre-diabetes on a Healthier You education programme. The programme will be held at a local venue. The sessions will be led by facilitators who are trained to ensure that you are provided with honest, up-to-date, evidence-based information about the causes, effects and options for managing your pre-diabetes.

### What makes Healthier You so special?

Healthier You is pretty unique. It's a group programme designed to support you, the person with pre-diabetes, to become the expert. The facilitators are there to help you increase your knowledge and understanding of what having pre-diabetes will mean for you. But, throughout the programme, from beginning to end, you will be the person in control and making the decisions.

### What will I have to do?

**That's easy!** You need to be prepared to attend the Healthier You programme. This is for your benefit, so that you can be sure of having all the information you need. At the programme, you will be one of a group of people with pre-diabetes who will be taking part. The Healthier You programme is built around group activities, but there will be opportunities for individuals to speak to an facilitator on their own if they wish.

### What will I get out of Healthier You?

**Quite a lot!** As well as getting up-to-date information about pre-diabetes, you will learn practical skills which you may find helpful in managing your pre-diabetes. An opportunity will be provided to discuss and explore factors relating to pre-diabetes, such as food choices and activity.

You will also be able to meet and talk to others in the same situation.

At the end of the sessions, everyone taking part in Healthier You will have information to take away for reference.

### But I've never taken part in anything like this before!

For some people, taking an active part in an education programme like Healthier You may seem strange. But if the word 'education' conjures up images of being back in school – think again! In Healthier You, the atmosphere is informal and friendly.

The local co-ordination team running the programme are very approachable and part of their job is to make you feel welcome, and comfortable about attending.

If you find the idea of joining in at these sessions too difficult, no one will make you contribute. But you will get much more out of the sessions if you come prepared to share your experiences, thoughts and opinions. If you would like to bring your partner, a family member or a friend with you to the programme – they will be very welcome.