

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Reed Momenta – Providers of the Tower Hamlets programme

Service provided by

Our 'Healthier You' programme



- Free, nine month community-based behaviour change programme to help people prevent the onset of Type 2 diabetes
- 18 supportive, group-based sessions for up to 20 people delivered by trained, local staff
- Programme designed by experts and underpinned by a decade of research into community-based diabetes prevention and international best practice

Referral criteria

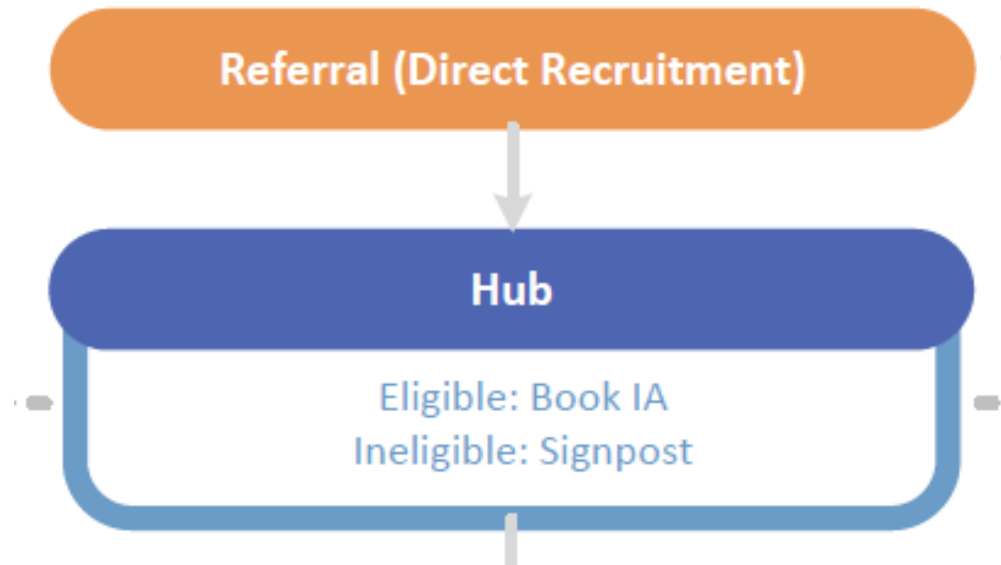


- Aged 18+
- Registered with a Tower Hamlets GP
- **Not** diagnosed with Type 2 diabetes
- Not pregnant at referral
- Have a HbA1c of **42-47 mmol/ml** *latest* test within the last 12 months

- CEG (Clinical Effectiveness Group) have developed a search tool for practices to identify eligible patients.

1. Engagement

Initial engagement



2. Individual Assessment

Includes:

- Blood glucose test (if referral reading is >3 months)
- Height, weight and BMI calculation
- Warwick-Edinburgh Mental Wellbeing Score (WEMWBS)
- Prediabetes perception

Delivered from:

- Third-partner affiliate pharmacies e.g. Cooperative
- Community locations
- GP Surgeries

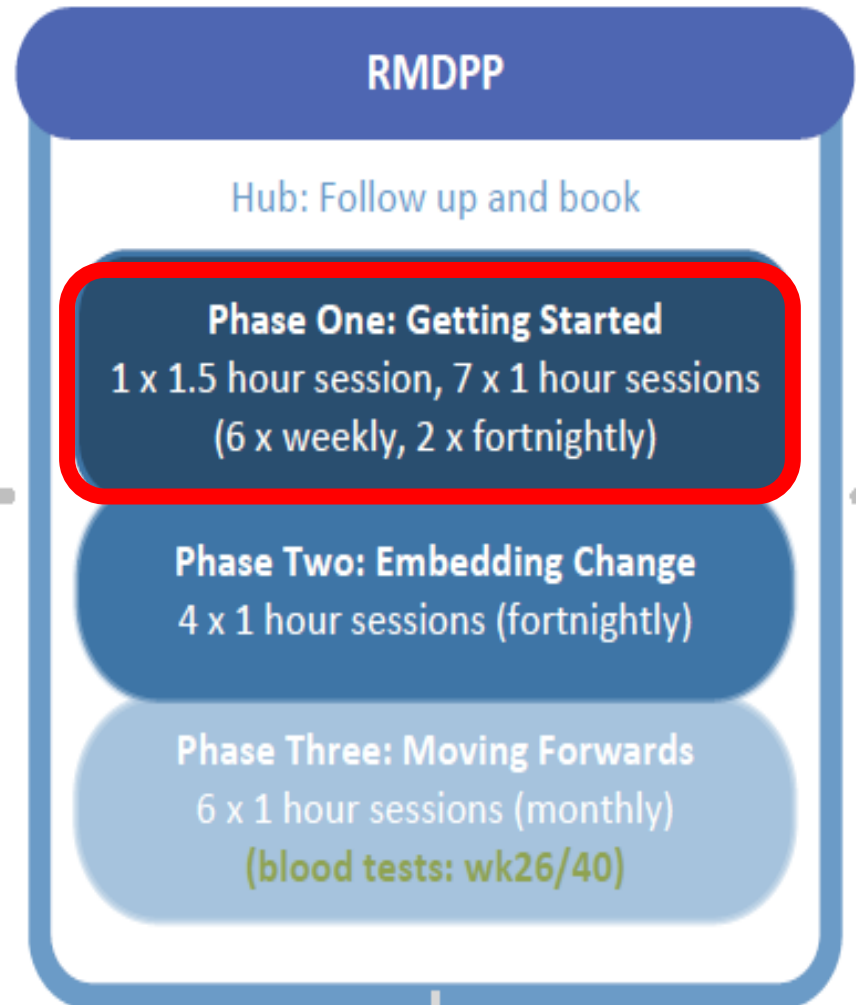
3. Behavioural intervention

Getting Started

- Session one: 2 hours
- Sessions two-six: weekly, one hour
- Sessions seven-eight: fortnightly, one hour

Example topics

- Introducing prediabetes
- Eatwell guide and a healthy balanced diet
- Cardiovascular activity



Programme content

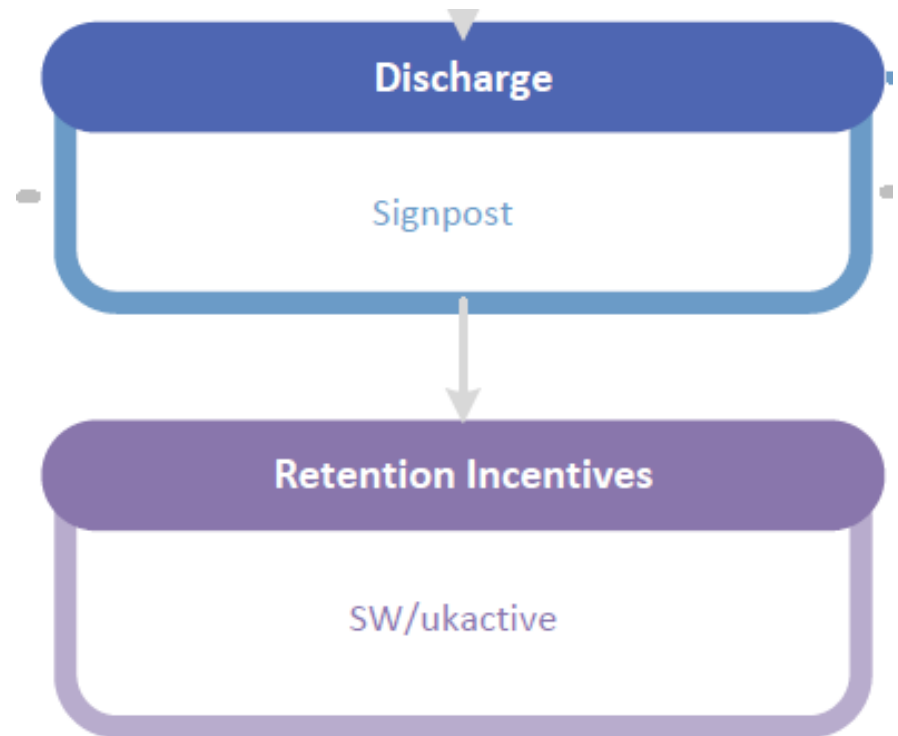


Incentives and signposting

Programme completion



touching hearts, changing lives



Feedback to primary care



Regular summaries by GP practice and CCG

Four programme feedback points, with relevant read codes:

1. Individual Assessment
2. Point of discharge – including explanation of why discharge occurred
3. Six month blood test (session 13)
4. Completion

Provider details



Visit reedmomenta.co.uk/healthieryou

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