

Spring 2018 update for General Practices

Healthier You: NHS Diabetes Prevention Programme is part of the national programme which by 2020 is expected to provide support to 100,000 individuals each year. ICS Health and Wellbeing have teamed up with the CCGs in Coventry and Warwickshire to offer the programme and will begin accepting referrals from April 2018. The programme has been available in some areas within the



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



Referrer information sheet

Who's eligible?

- ✓ Aged 18 years and over
- ✓ 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



What are the stages of the Healthier You: NHS Diabetes Prevention Programme?



Stage 1:

Initial one-to-one assessment:

- Anthropometric measurements (height, weight & waist measurement)
- Point of Care testing
- Wellbeing measure
- Goal setting
- Signposting onto other services



Stage 2:

Weekly two hour Healthy Foundations group over seven weeks:

- **Week 1** - What is pre-diabetes & diabetes
- **Week 2** - Energy balance and fat awareness
- **Week 3** - Carbohydrate awareness
- **Week 4** - Food labels
- **Week 5** - Long-term health problems related to impaired glucose regulation
- **Week 6** - Chair-based physical activity session
- **Week 7** - Physical activity and three month review measurement



Stage 3:

Two hour monthly Prevention Plus group sessions over four months:

- **Session 1** - Barriers to change, health values, habits and goals
- **Session 2** - Stress, emotional eating and mindfulness
- **Session 3** - Habitual thoughts, triggers, inner critic and self compassion
- **Session 4** - Gaining control of your health, willpower and review



Stage 4:

During the six and nine month reviews:

- Re-test of anthropometric measurements and lifestyle scores
- Re-test of HbA1c
- Evaluation of progress
- Evaluation of service
- Signposting of other services
- Goal review and setting

How to refer

To refer an individual to the Healthier You: NHS Diabetes Prevention Programme, please ensure they meet the eligibility criteria then complete the referral form which is embedded into your clinical system and send it to:

NHS email: scwcsu.coventrywarwickshire@nhs.net

Kathleen's story to beat Type 2 diabetes

After finding out she was at risk of Type 2 diabetes, Kathleen joined the Worcestershire NHS Healthier You: Diabetes Prevention Programme in her local market town, Evesham. There are a range of venues of which the programme is carried out, however Kathleen's group was held in a leisure centre close to her home.

Kathleen has now completed the nine-month programme and her results are amazing; overall Kathleen has lost 9cm from her waist and her blood sugar reading has reduced from 44 to 41, bringing her into a normal and healthy range. We asked Kathleen to give us an insight into her experience of the programme.

What was the best part of the programme for you?

Without a doubt, the best part of the programme was reducing my blood sugar levels to a normal range and losing weight. The plan was easy to follow and we were advised on several ways to help us along the process, including sensible diets and doable exercises. I felt comfortable within the group and at no time did I feel under pressure.

What was the hardest part of the programme for you?

About a third of the way into the programme I had what I considered a major problem with my right eye, which

meant I was advised not to undertake vigorous exercise. So, I attended the sessions but did little exercise and concentrated more on nutrition and losing weight. Whilst this made it more difficult, I still managed to reach my goal and maintain a healthy lifestyle.

Did you feel supported throughout the process?

The support was phenomenal, there was no pressure just reliable advice which really encouraged me. Everything was explained in a straightforward manner that was easy to understand and follow. The other members of the group were friendly and freely exchanged their views and questions, which were always answered well by our coach.

How has the programme changed your life?

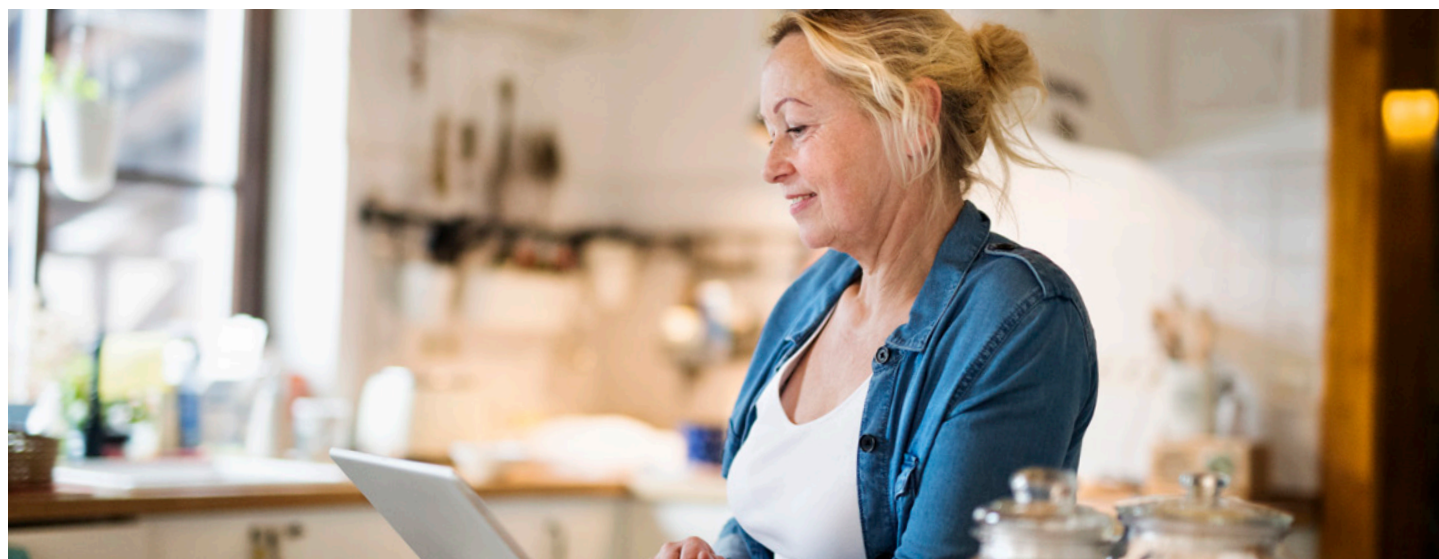
The programme has proved that I can still eat the things that I like and still lose weight, as long as I am sensible. I have more energy which enables me to move around more easily and I can finally wear clothes that I hadn't been able to fit into for a considerable time.

I have more energy which enables me to move around more easily

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

Yes, I intend to continue eating sensibly and hope to lose a lot more weight. It would be silly to waste the efforts of everyone who has bent over backwards to advise me of the right path to follow.

Kathleen says she is most grateful for being given the opportunity to change her life around and hopes anyone in a similar predicament is offered the same help and advice. The great news is that anyone at risk of Type 2 diabetes can be referred to the NHS Healthier You: Diabetes Prevention Programme, visit preventing-diabetes.co.uk for more information.





Paul's story

"The course worked for me. I received the letter from Healthier You and thought I have to do something for my health. I found the course very useful and interesting, and would recommend it to anyone. I am now swimming a couple of times a week and go for regular walks. I feel so much better – before this programme started I had ongoing hip pain, however this has reduced dramatically in recent months. Overall, I have lost 4 stone and my waist has gone from 42 inches to 34 inches, this course has cost me a fortune in new clothes! My HbA1c has also gone from 45 to 31 meaning I have fully reduced my risk of developing Type 2 diabetes."

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Julia's story

"I have been doing this programme for nearly nine months now, I've found it interesting, insightful and motivating. The X-PERT nutrition sessions were very helpful and Lou, my coach, was always ready to answer any questions. The exercise sessions with Kay were excellent and very enjoyable. I have started walking, and even running, every day which I wouldn't have done without the help.

We also did meditation as part of Prevention Plus, which personally I really enjoyed, and the talks on mindfulness were very helpful.

I've reduced my HbA1c from 43 to 41 so I'm no longer pre-diabetic. I would recommend this programme to anyone who is pre-diabetic and is willing to put in the time and effort it takes to turn it around. I will miss the sessions now that they are over.

This programme is about changing your lifestyle and mental outlook – you can do it, I did!"