

# Referrer information sheet

## Who's eligible?

- Individuals aged 18 years or over, up to and including 80 years old
- HbA1c between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmol/l within the last 12 months
- Individuals who have a previous history of Gestational Diabetes Mellitus (GDM) and 'normoglycaemia', defined as having an HbA1c lower than 42 mmol/mol or an FPG of less than 5.5 mmol/l within the 12 months prior to date of referral into the service
- Not pregnant
- Able to take part in light/moderate physical activity



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

### We will cover in detail:

- The risk factors for diabetes and what is happening in the body to cause elevated levels of blood glucose
- What changes might be beneficial in safeguarding against type 2 diabetes and the associated complications.
- What to eat to achieve a nutritional balance for optimal health
- The impact of mental and physical stress on the body and how this causes elevated levels of blood glucose
- The impact of poor quality or insufficient amounts of sleep on your health
- The required amount of daily movement for optimal health and how this can be achieved

### Skills users will develop on the programme include learning:

- How to make healthy changes to their nutrition in a way that they enjoy and without restricting any foods
- How to build healthy habits that make it easy to stick to the changes they make long term
- Stress management techniques to mitigate against the physiological effects of stress
- How to overcome issues with sleep to feel better and improve their health
- How to find a style of movement they enjoy
- How to find ways to move that take into consideration restricted mobility
- How to maintain an enjoyable healthy lifestyle long term

*\* Individuals who are over 80 years old are eligible to access the service if their GP provides written confirmation to the provider that they perceive the benefits of the NDPP to outweigh any potential risks of participating in a weight loss programme.*

## How to refer

To refer an individual to their local Healthier You service, 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.devon-ndpp@nhs.net](mailto:scwcsu.devon-ndpp@nhs.net)

[preventing-diabetes.co.uk](http://preventing-diabetes.co.uk)

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