

**NHS**

# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Service provided by

**Reed Wellbeing**  
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## Background

Every 2 minutes, someone finds out that they have Type 2 diabetes

There are currently 200,000 new Type 2 diabetes diagnoses every year. If trends persist, one in three people will be obese by 2034 and one in 10 will develop Type 2 diabetes.

There is strong international evidence which demonstrates how behavioural interventions, which support people to maintain a healthy weight and be more active, can significantly reduce the risk of developing the condition.

The Healthier You: NHS Diabetes Prevention Programme identifies those at high risk and refers them onto a behaviour change programme.

Our programme is funded by the NHS and free to service users.

## Healthier You: NHS DPP

A free behaviour change programme that helps those at risk of developing Type 2 Diabetes significantly reduce their chances of getting the disease.\*

- 13 group sessions, each 1.5 hours for up to 20 people
- Sessions 1-4 fortnightly, sessions 5-13 monthly
- Developed by experts and underpinned by a decade of research into community-based diabetes prevention
- Participants receive support to change their lifestyle in a friendly and supportive group environment, facilitated by specialist Health & Wellbeing Coaches, over 9 months, or via a Digital Stream.

# Referral

To be eligible for the programme, the person must be:

- 1 Adult 18+
- 2 Have an HbA1c of 42-47 mmol/ml (6.0-6.4%) or an FPG of 5.5-6.9 mmol/l tested in the last 24 months
- 3 Not have been diagnosed with Type 2 Diabetes
- 4 Not be pregnant at the time of referral
- 5 Be able to participate in NHS Diabetes Prevention Programme
- 6 If Previous Diagnosis of GDM – They are eligible with a HbA1c < 42 mmol/mol or FPG < 5.5mmol/l tested within the last 24 months
- 7 Where the patient is over 80 years – provide written confirmation, that you consider the benefits of the programme to outweigh any potential risks associated with weight loss for the individual.

Refer someone securely by:

- Sending eligible patients a letter suggesting they call us
- Completing our electronic referral form through the Primary Care System
- Calling 0800 092 1191

## Individual Assessment

- 1 Programme Support Adviser contacts participant within five to ten working days
- 2 A 15 minute engagement/motivation call further helps the participant to understand the programme and gains their commitment to attending. It also establishes if the participant would prefer Remote Delivery or Digital Delivery.
- 3 In a non Covid-19 environment, we can provide face-to-face support for an Individual Assessment, if the participant prefers.
- 4 If the participant does not want face-to-face support, our Digital Stream is offered (the participant's digital literacy is tested first)
- 5 If the participant turns down the service they are signposted on to other relevant services in the area

Explain Type 2 diabetes risk and its implications

Deliver our brief intervention for diabetes prevention (aligned with NICE PH38/PH49) risk

Give very brief advice for smoking cessation to participants who smoke

Establish Participant commitment and book onto programme

Direct participants to [reedwellbeing.com/healthieryou](https://reedwellbeing.com/healthieryou) for additional resources

If face-to-face Individual Assessment is carried out, then height and weight will need to be measured

# Programme Overview

## Participant options after Individual Assessment

### Face to Face Delivery

As these are re-introduced as appropriate in the current environment

Who	Format	Time
Reed Wellbeing Coaches	Face to Face Delivery of the Programme in Community Venues Groups of 20 max	13 x 1.5 Hour Sessions: Sessions 1-4: Fortnightly Sessions 5-13: 4 Weekly/Monthly

### Remote Delivery

Offered as the main delivery method due to Covid-19 restrictions.

Remote Video Programme	Telephone Programme	Waiting list for face-to-face
Using Microsoft Teams Resources sent in advance to participant's home address Instructions and links to be sent to participants email address	Join using a dedicated number Resources sent in advance to participant's home address Details of each session to be sent via email, text or letter	Put on waiting list and will be contacted when face-to-face groups commence again

### Digital Programme

Only offered after suitability and eligibility has been assessed by provider.

Who	Format	Time
Second Nature	9-month online programme – minimum fortnightly contact	Must have access to internet / smart device

# What To Expect

## Session frequency

● FORTNIGHTLY SESSIONS

● MONTHLY SESSIONS

### Getting Started

During the first session, participants will meet their Health and Wellbeing Coach and their group, who will remain with them throughout the programme.

Fun and interactive support and advice sessions will help them to start their journey with us.

### Sustaining Change

Participants should already be starting to feel healthier!

They will find out how to make their new lifestyle changes become part of their everyday life - now and in the future.

### Moving Forwards

We finish by preparing them to continue their healthy, active lifestyle once they have completed the programme.

They will return to their GP to have another blood test and look for an improvement in their risk of developing Type 2 diabetes.

START

FINISH



NHS approved 40 week support



Group sessions



Ongoing support



Trained coaches



Simple lifestyle changes



Nutrition and activity guidance

# Sessions

Session 1	Understanding Prediabetes	Helps understanding of diagnosis Introduces principles of lifestyle modification
Session 2	Know How to Eat Well	Basic principles of healthy eating Use of self-monitoring of behaviour
Session 3	Make Every Day Active	Increasing physical activity levels Understanding the concept of energy balance
Session 4	Carbs, Carbs, Carbs	Understanding the role of complex carbs Wholegrain alternative and importance of fibre
Session 5	Fats Under The Spotlight	Understanding sugar Identifying hidden sugars and alcohol strategies
Session 6	Sugars & Snacks Under The Spotlight	Helps participants understand the influence of different types of sugars on health, weight control and diabetes prevention

<p>Session</p> <p>7</p>	<p>Know Your Triggers</p>	<p>Changing patterns of behaviour</p> <p>Includes environmental and psychological factors</p>
<p>Session</p> <p>8</p>	<p>Unders Exploring Regular Eating</p>	<p>Mindful eating and planning</p> <p>Regulates appetite and support weight control</p>
<p>Session</p> <p>9</p>	<p>Fitter, Healthier, Happier</p>	<p>Cardiovascular and muscle-strengthening exercise</p> <p>Overcoming barriers to participation</p>
<p>Session</p> <p>10</p>	<p>Feeling Fuller For Longer</p>	<p>Understanding the role of protein and dairy</p>
<p>Session</p> <p>11</p>	<p>Eating Out, Shopping &amp; Prep</p>	<p>Healthy eating and social occasions</p> <p>Eating healthily on a budget</p>
<p>Session</p> <p>12</p>	<p>Mind Matters</p>	<p>Challenging thought patterns and managing stress</p>
<p>Session</p> <p>13</p>	<p>Moving Forwards</p>	<p>Celebrating achievements and setting new goals</p>



# Key Principles

## Goal setting

**SMART Goal**  
Set your goal for the next week. Talk to your Momenta coach and the rest of your group if you need any support with this.

Momenta is about starting where you are now, and progressing at your own pace.

**Top Tip** I will write down everything I eat and drink in my food diary on 3 days this week.

**Bronze** I will write down everything I eat and drink in my food diary on 5 days this week.

**Silver** I will write down everything I eat and drink in my food diary on 7 days this week.

**Gold** I will write down everything I eat and drink in my food diary on 7 days this week.

**Other** Use your food diary to keep track of your snacks and drinks every day so you can see your progress on the Rule of 300.

**Momenta DPP behaviour checklist**

Behaviour / target	Bronze	Silver	Gold	Start DPP (Phase 1)	1st DPP (Phase 2)	2nd DPP (Phase 3)	End DPP (Phase 4)
1. I am physically active and achieve 10,000 steps	21,000	40,000	70,000	10,000	15,000	20,000	25,000
2. I limit my intake of alcohol (no. drinks in 24hrs max)	3 days	5 days	7 days	1 drink	2 drinks	3 drinks	4 drinks
3. I eat 2 meals a day	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
4. I eat 2 snacks a day	3 days	5 days	7 days	1 snack	2 snacks	3 snacks	4 snacks
5. I include my fruit and veg in my diet	1-3 days	4-6 days	7 days	1 fruit	2 fruits	3 fruits	4 fruits
6. I limit my daily energy intake to 2,000 kcal	3 days	5 days	7 days	1,500 kcal	1,800 kcal	2,000 kcal	2,200 kcal
7. I eat my daily energy intake in 3 meals	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
8. I eat my daily energy intake in 3 meals and 2 snacks	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
9. I eat my daily energy intake in 3 meals and 2 snacks and 1 drink	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
10. I eat my daily energy intake in 3 meals and 2 snacks and 1 drink and 1 snack	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
11. I eat my daily energy intake in 3 meals and 2 snacks and 1 drink and 1 snack and 1 drink	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
12. I eat my daily energy intake in 3 meals and 2 snacks and 1 drink and 1 snack and 1 drink and 1 snack	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
13. I eat my daily energy intake in 3 meals and 2 snacks and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
14. I eat my daily energy intake in 3 meals and 2 snacks and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
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19. I eat my daily energy intake in 3 meals and 2 snacks and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
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25. I eat my daily energy intake in 3 meals and 2 snacks and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink and 1 snack and 1 drink	3 days	5 days	7 days	1 meal	2 meals	3 meals	4 meals
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## Monitoring

**Weight tracker**  
My weight loss target by week 26 is:  kg  
Use the table below to regularly track your weight and help you think about the reasons for any weight changes (up or down).

Week	Date	Weight	Weekly change	Reason for change
1	Week 1 (20th May)	110kg	+0	Baseline daily intake in diary - make me fit!
2	Week 2 (27th May)	108.5kg	-1.5kg	First 7 day diary and starting up my steps
3	Week 3 (3rd Jun)	107.5kg	-1kg	
4	Week 4 (10th Jun)			
5	Week 5 (17th Jun)			
6	Week 6 (24th Jun)			
7	Week 7 (1st Jul)			
8	Week 8 (8th Jul)			
9	Week 9 (15th Jul)			
10	Week 10 (22nd Jul)			

**Daily food diary - Example**  
Day/date: Tuesday, 8 October

Time	Meal or snack	Quantity and details of what you ate or drank	Calories	Steps	Notes
7:30am	Meal	1 ham and cheese croissant, 1 hot shirley soft drink, 200ml glass of orange juice	300 150 90	0	2 cups of coffee 0.5 pint of tea 1 glass of orange juice 1 glass of water
12:00pm	Snack	2 small slices of chocolate cake	350	0	Coloured birthday of work party! Banquets have 1 slot
5pm	Snack	1 Shakers bar	250	0	Energy - record later Determined to chocolate display at the bar
8pm	Meal	Chicken stir fry, 1 dog level chicken breast, 2 cups mixed veg, 1 cup brown rice and 1 tablespoon soy sauce	250 250 20	230	1 pint of wine 2 cups of tea
9:30pm	Snack	150ml can of low-fat yogurt	100	0	1 diary
		<b>Total calories</b>	<b>1555</b>		

**Steps / step credits tracker**  
Use this to track your steps and step credits every day. You think about the reasons for any differences. My 'Step tracker week' starts on

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Weekly total	Step target
Steps	1,000	8,879	7,563	6,666	9,201	11,385	6,893	66,223	Bronze (71,350-80k steps)
Step credits	0	2,000	0	1,000	0	0	0	3,000	Silver (47,100-55k steps)
Net	1,000	6,879	7,563	5,666	9,201	11,385	6,893	63,223	Gold (30,000+)

## Reviewing

**Become an expert problem solver**  
There will always be things that get in the way of us using helpful tools and techniques such as food diaries. But we'll help you look at the reasons behind these challenges and come up with ways around them. We use the six problem-solving steps - these are developed by psychologists and proven to get results.

**The six problem-solving steps**

1. Identify the problem
2. Remind yourself of your goals
3. Brainstorm practical ways to overcome the problem
4. Pick the best idea
5. Put your solution into practice
6. Checkpoint: Is your solution working or do you need to try another of your ideas from step 3?

**SMART Review**  
Success doesn't only mean achieving your SMART Goal. Any positive change or steps taken towards making a change can be considered a success. Take a minute to write down everything that could be considered a success in the box below.

My successes:

Barriers are a part of life, they sometimes get in the way of you achieving your goals. List the barriers that got in the way of you achieving your SMART Goal this week and the list the solutions you will put in place to overcome this barrier next week.

My barriers:

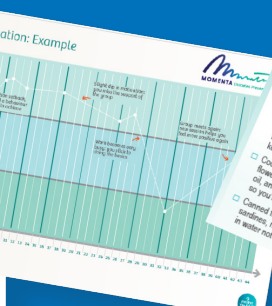
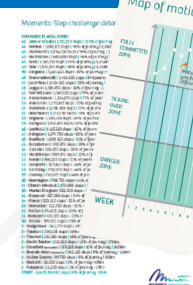
SMART Goals help you to make specific lifestyle changes. It's important not to forget about previous goals when you set new ones at each session. Considering your successes, barriers last week, re-set the SMART Goals you have been focusing on.

My updated SMART Goals:

**The four pillars supporting behaviour change**

1. **The SMART Goal** - Did you make it too easy or difficult to achieve? What can you do to get the level of challenge just right? Did you put a reward in place to motivate you to achieve the goal?
2. **Getting support** - Who have you asked to help you achieve your goals? Were you specific about the behaviours people could do that would make it easier for you? Did you stick to it?
3. **Monitoring** - Have you been monitoring the behaviour consistently? Did you use the food diary, activity logbook or another, more convenient, method that you can stick to?
4. **Problem solving and triggers** - Have you tried using the six problem-solving steps to overcome any barriers that got in the way? Could you remove or replace a trigger for a behaviour you are trying to change? Would it help to plan a new routine to support the behaviour you are trying to implement?

## Supporting



**Store cupboard basics**  
Keep your cupboard well stocked with some core ingredients that you'll be able to whip up a meal in no time.

- Flour (plain and self-raising, preferably fortificated, for baking)
- Rice (white basmati, long grain or easy-cook)
- Wholemeal pasta
- Dried fast-cook soy sauce (instead of fast-cook soy sauce)
- Cooking oil (choose sunflower, olive or rapeseed so you get an oil spray)
- Onions
- Garlic
- Sugar or artificial sweetener
- Flattens
- Stock cubes (choose reduced-salt varieties)
- Canned beans (baked beans, butter beans and kidney beans)
- Canned tomatoes
- Dried herbs and spices (instead of fresh such as thyme, basil, oregano, coriander and cumin)
- Onions
- Garlic
- Sugar or artificial sweetener
- Flattens
- Stock cubes (choose reduced-salt varieties)



# Programme Impact

“ This programme works around acquiring new habits towards food, that’s what it’s all about. I’ve found my way back to having a sense of wellbeing, I feel better and a bit more in control.”

CLIVE

“ I’ve lost two and a half stone. I think the length of the programme helps you achieve longer term behaviour change. My group and trainer were welcoming – we got on really well!”

SUSAN

“ I found it very, very helpful. I wanted to change my life around, which I did. I would definitely recommend the programme.”

ANDREW

## Impact

Over 68,000 people have used Reed Wellbeing’s delivery of The NHS DPP. More than 72,000kg in weight has been lost. The average weight loss for a completer is 4kg.

- 99% of participants say they will be able to use the skills we have taught them to reduce their chances of developing Type 2 diabetes.
- 96% of participants say Healthier You has helped them improve their diet and eating habits.
- 100% of participants say their Healthier You coach was supportive and knowledgeable.

“I found interacting with the group to very useful. The coaches were very informative and I found the overall experience very positive and rewarding.”

“I feel more agile as I’ve lost weight and doing more exercises. I am also more aware of diabetes and how to eat healthier.”





For more information:

Visit: [reedwellbeing.com/healthieryou](https://reedwellbeing.com/healthieryou)

Call: 0800 092 1191

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