

Healthier You NHS Diabetes Prevention Programme

Did you know that if you have been diagnosed or have a history of gestational diabetes, you are at an increased risk of developing type 2 diabetes?

Approximately 1 in 2 people who have had gestational diabetes will go on to develop type 2 diabetes within the next 5-10 years. The good news is that there are lots of small changes you can make to prevent type 2 diabetes from developing in the first place.



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If you have been recently diagnosed or have a history of gestational diabetes, you may be eligible for your local Healthier You service. This programme will help you take control of your health by supporting you to make changes to your lifestyle, diet and physical activity; all designed to reduce your risk of developing type 2 diabetes. Remember you are not alone so it is important to ask for support.

You may be eligible for your local Healthier You service if you meet the following criteria:

- Aged 18 years and over
- Do not have type 2 diabetes

How to join:

You can self refer now directly via our website and reserve your space, alternatively speak to your healthcare professional who can process your referral. For more information please contact us:

info@preventing-diabetes.co.uk

0333 577 3010

preventing-diabetes.co.uk



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