

A photograph of a pregnant woman with dark hair, wearing a white top and a thick white cardigan, sitting in a brown leather armchair and gently holding her belly. The background is a soft-focus interior with a window showing a grid pattern.

# Healthier You NHS Diabetes Prevention Programme

## Patient information

**Gestational Diabetes Mellitus (GDM) is when you have high blood sugars during pregnancy. It resolves after giving birth but means you have a high risk of developing type 2 diabetes in future.**

Every year, about 700,000 women give birth and around 30,000 have GDM. Up to 50% of women diagnosed with GDM develop type 2 diabetes within 5 years of diagnosis with an ongoing elevated risk thereafter. However, type 2 diabetes can be prevented by making lifestyle changes.

**HEALTHIER YOU**

NHS DIABETES PREVENTION PROGRAMME

## How does the Healthier You NHS Diabetes Prevention Programme reduce your risk of developing type 2 diabetes?

The Healthier You NHS Diabetes Prevention Programme (DPP) is a lifestyle change programme for people with a high risk of developing type 2 diabetes. Over nine months, people receive personalised support with healthy eating, increasing physical activity and managing their weight, all of which are proven to reduce the risk of developing type 2 diabetes. It is free of charge for eligible people to access.

## How is the programme delivered?

The Healthier You programme is available as a face-to-face group service, a digital service via an app or online; or specifically for those with a history of GDM, as a group teleconferencing service (e.g. over Zoom). When self-referred into the programme, you will be able to choose your preferred option.

## Who can self-refer into the programme?

- Women with a history of GDM.
- Women with current GDM (i.e. who are currently pregnant), although the programme can only be started post-pregnancy.

## How can I access the programme?

If you meet the above criteria you can self-refer to the Healthier You programme by scanning the QR code or visiting **[www.england.nhs.uk/healthier-you/gdm-self-referral](https://www.england.nhs.uk/healthier-you/gdm-self-referral)**

Alternatively, your midwife or GP practice can help you access the programme.

**Scan me**

