At risk of type 2 diabetes? We can help.

Join the free Healthier You: NHS Diabetes Prevention Programme

If you've been told that you're at increased risk of developing type 2 diabetes, making small, sustainable changes to your lifestyle can make a real difference.

The **Healthier You: NHS Diabetes Prevention Programme** provides free, evidence-based support to help you reduce your risk of developing type 2 diabetes and improve your health and wellbeing.

In North Central London, the programme is delivered by **Living Well Taking Control**.

What support will I receive?

Over 9 months, you'll take part in 13 supportive sessions designed to help you make changes that work for you and your lifestyle.

With support from your dedicated coach, you'll explore practical ways to:

- eat well and make informed and personal food choices
- move more and build activity into everyday life
- achieve and maintain a healthy weight
- manage stress and support your mental wellbeing
- improve your sleep and support your energy levels
- understand your habits and what influences them
- set realistic goals and make changes you can maintain

There are no crash diets or one-size-fits-all solutions. Your coach will help you use what you learn in a way that works for your needs, circumstances and everyday life.

Who can join?

You may be eligible if you:

- are aged 18 or over
- are registered with a GP practice in North Central London
- have been identified as being at increased risk of developing type 2 diabetes
- have a recent blood glucose result within the eligible range
- do not currently have type 2 diabetes
- are not pregnant when you join the programme

People with a current or previous diagnosis of gestational diabetes may also be eligible for our tailored programme.

Ready to get started?

If you know your NHS number, recent HbA1c or fasting blood glucose result, and the date of your blood test, you can register yourself online – you don't need to wait for your GP practice to refer you.

Self-register for the programme:
https://lwtcsupport.co.uk/self-registration-form

Had gestational diabetes?
https://lwtcsupport.co.uk/our-services/gestational-diabetes

Find out more about the programme in North Central London:
https://lwtcsupport.co.uk/our-services/diabetes-prevention

Prefer to speak to someone? Call **0300 302 0652**.

Small changes can make a lasting difference

You don't have to change everything at once. We'll support you to understand your risk, build on what you're already doing and make realistic changes to protect your health for the future.