

NHS National Diabetes Prevention Programme

You recently had a blood test for diabetes. The results show that you do not have diabetes but are at increased risk of developing this in the future. This is called non-diabetic hyperglycaemia or prediabetes. This link has more information:

<https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/prediabetes>

We would like to refer you to a lifestyle programme called The Healthier You Diabetes Prevention Programme. It runs for nine months, and is available as a face-to-face group, or online. You are free to choose the approach that is most likely to work for you.

We will make a referral on your behalf unless you contact us within 5 days to say you do not want this. If this is the case, and you would like to speak to a member of our nursing team, please let us know.

For further information, these videos tell the stories of people who have been helped by the programme: <https://www.england.nhs.uk/diabetes/nhsdpp-stories/>