The Diabetes Multi Disciplinary Team in Northamptonshire have developed a program for people who are at risk of developing type 2 diabetes. This Program is run by experienced, knowledgeable staff with expertise in diabetes. The program equips you with the knowledge and skills needed to reduce your own risk of developing type 2 diabetes.

If you have received a letter from your GP indicating that you:

- Are at risk of developing type 2 diabetes
- Have been diagnosed with prediabetes
- Have “impaired fasting glucose”
- AND if you are unable to attend the National Diabetes Prevention Programme

Then this course is ideal for you.

Northamptonshire Healthcare NHS Foundation Trust
Danetre Hospital
London Road
Daventry
Northamptonshire
NN11 4DY
Telephone: 01327 708113
diabetes.northants@nhs.net
www.nhft.nhs.uk/diabetes-mdt

If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504
Ez interneteslapú adatai nem kapható, tehát úgy jutjátok az információhoz, ha képességeid alapján kérjük, hogy hívsonk a PALS: 0800 917 8504.
Dacă aveți nevoie de acest prospect în alte formate sau limbii, vă rugăm să contactați PALS: 0800 917 8504.
Если Вы хотите бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

© 2019 Northamptonshire Healthcare NHS Foundation Trust All Rights Reserved

Review date: June 2021
REDUCE YOUR RISKS

By attending a course individuals will be given the opportunity to learn more about diabetes; what diabetes is; risk factors; the signs and symptoms and the complications. Individuals will also learn more about the lifestyle changes they can make to reduce risks of developing type 2 diabetes. A course will also provide an understanding of behavior change and will work to enable healthy changes through realistic goal setting. Small changes make a big difference. Courses can help individuals set realistic goals and help plan the changes they can make.

ARE YOU AT RISK?

Diabetes uk have developed a risk score calculator which looks at:
• age
• gender
• ethnicity
• family history of diabetes
• body mass index (weight/height²)
• waist circumference

You can find your risk score at: www.riskscore.diabetes.org.uk if your risk score is 7 or above talk to your GP and consider attending a diabetes prevention programme.

NATIONAL DIABETES PREVENTION PROGRAMME

Your GP can refer you on to the National Diabetes Prevention Programme if you are at risk of type 2 diabetes.

The course has four stages:
• An initial one-to-one assessment with a health and wellbeing coach
• Join a Healthy Foundations group - nutrition and physical activity sessions
• Join a Prevention Plus group - helps to build on dietary knowledge gained by the Healthy Foundation group
• Six and nine month assessments to see progress

If you are unable to attend the National Diabetes Prevention Programme or would like more information on preventing diabetes if you are at risk, consider attending the PreDiabetes course in your local area.

01327 70811 - If you get an answering machine, leave a message with your name and number and we will get back to you to reserve your place in a location close to you.

Or email: diabetes.northants@nhs.net