

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

What should I expect?

- Flexible options with a choice of face-to-face group sessions or digital support through a mobile app over 9 months.
- Culturally tailored guidance from our team of coaches, who can deliver sessions in different languages and adapt content to support all diets e.g. vegan, vegetarian.
- Regular sessions providing support and building knowledge and skills.
- Bonus resources like articles, recipes and a journal to track your progress.
- Access to our online gym offering yoga, armchair aerobics, circuits and more.

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American pancakes

Breakfast | 15 mins | 1 serving

These tasty pancakes are so simple to make, packed with oats for protein.

Ingredients: 1 egg, 1 small banana, 1 pack of oatmeal, 1 tsp butter

Method: 1. Cook the egg in the bowl and lightly whisk with a fork. 2. Mash the banana with a fork and add to the bowl. 3. Add the oats and oatmeal, stirring until well combined. 4. Heat the butter in a hot pan, and pour the mix and cook until golden brown on both sides.

What's in a serving: 100kcal, 1.4g fat, 14.4g carbs, 1.4g protein

Tip and tricks: Add whatever fruit you like and serve with a drizzle of honey and a few blueberries if you like!

Why we love this recipe... Low salt | Low oil fat | Source of vitamin B | Source of protein

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Chicken salad wrap

Meal | 15 mins | 1 serving

Use up that leftover roast chicken in this low fat, speedy snack.

Ingredients: 100g cooked chicken breast, 1 wholemeal wrap, 1 handful of mixed salad leaves, 2 sliced cherry tomatoes, 1/2 grated carrot, 1 tsp low-fat mayonnaise

Method: 1. Slice up your leftover chicken breast meat. 2. Lay out wrap and put salad and chicken on top. 3. Drizzle over some low fat mayo for finish.

What's in a serving: 100kcal, 4.4g fat, 11.4g carbs, 11.4g protein

Tip and tricks: Swap the wholemeal wrap for wholemeal bread and add a little spicy salsa for extra kick.

Why we love this recipe... Low sugar | High in protein | Low salt

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Find out more today at:

healthieryou.org.uk



or scan me to sign up

What will I learn?

We'll help you look at the bigger picture when it comes to your health.



1. Nutrition

Discover how to improve your diet by learning more about portion sizes, decoding food labels and how to make informed food choices to boost your health.



2. Movement

Find out about the different ways to enjoy being active and how you can set movement habits that last.



3. Mindset

Learn ways to approach habit change and tap into your inner motivation.





REDUCE YOUR RISK OF TYPE 2 DIABETES

Start the journey to a

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

#PREVENTINGTYPE2

More than 200,000 people are diagnosed with type 2 diabetes every year – and that means the risk of potentially serious health complications and early death.

Modern life can make it hard to be healthy but for many people type 2 diabetes can be prevented by making small lifestyle changes.

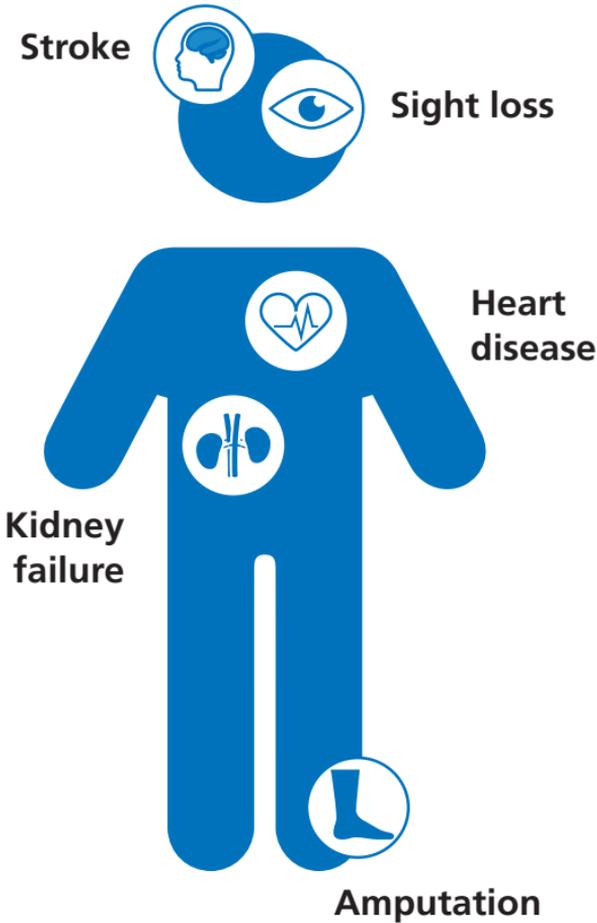
Diabetes is a leading cause of sight loss in people of working age. It is also responsible for most cases of kidney failure and lower limb amputation (other than accidents), and people with diabetes are up to five times more likely to develop heart disease or have a stroke than those without diabetes.

However, type 2 diabetes can be prevented by:

- Managing your weight,
- Eating healthily and
- Being more active.



Effects of diabetes



Making small changes to your lifestyle now can make a big impact on your future health – and having experts to help you make the right choices along the way can make it even easier.

The Healthier You NHS Diabetes Prevention Programme (DPP) is a free 9 month programme for those who are at risk of developing type 2 diabetes.

Through behaviour change support and education around nutrition, movement, mindset, alcohol & sleep you will learn to make small healthy changes that will significantly reduce your risk of developing type 2 diabetes.

To register for your local programme ask your GP Practice, or other health care professional to fill in the information below:

Blood Test Result

(either your HbA1c or FPG reading)



Date of Blood Test

(must be within the past 12 months)



NHS Number



With this information you can sign up at:

healthieryou.org.uk/gp



or scan me to sign up