

How is the programme delivered?

The programme can be accessed as a face-to-face, group-based programme, digitally via app coaching, or even remotely for specialist groups.

You can also access the programme via our digital service, delivered 100% online through our partner, Oviva. You can access the service via their app on your smartphone, laptop or computer.

Xyla Health & Wellbeing's face-to-face service:

The programme consists of 13 sessions lasting 1-2 hours over 9 months. This includes an initial one-to-one assessment to provide a programme overview and discuss a personalised action plan.

Your initial assessment is followed by group sessions in your local community where you can meet a group of like-minded people also on their health journey. These sessions, that are also available on evenings and weekends, focus on understanding diabetes, building a healthy diet, physical activity, and creating healthy habits.

You will also receive a one-to-one review at the end of the programme to review your progress and set goals for continued healthy living.

How will Healthier You benefit me?

You will feel empowered to lead a healthier lifestyle as a result of having a new understanding of how your body works and how different foods affect your blood glucose. You will be able to apply that knowledge to your own lifestyle in a way that suits you. We will help to support you in bringing those elevated levels of glucose within your blood back down into a healthy range, or at the very least, prevent them from elevating into the Type 2 diabetes range.

Previous service user experience:

"I am really pleased that I did the programme and have invested in myself. I've had the opportunity to make better long-term choices. It is accessible to everyone and of course, free! It has helped to make me really think about what I am doing. You should 100% do the programme. The material and delivery is not something you can read in a book"

Get in touch:

If you have any questions or want to find out more about your local Healthier You Service please visit our website or contact us using:

info@preventing-diabetes.co.uk

0333 5773010

bit.ly/xyla-health-ndpp

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME



What is the Healthier You NHS Diabetes Prevention Programme?

Service provided by

xyla health & wellbeing
Part of Acacium Group

What is Type 2 diabetes?

Type 2 diabetes is a common condition that causes the level of glucose in the blood to become too high which can lead to numerous complications such as heart disease, stroke, vision loss, kidney failure, nerve damage and amputations.

How do I know if I'm at risk of Type 2 diabetes?

Have you experienced any of the following symptoms?

- Excessive thirst
- Frequent urination
- Drowsiness and tiredness
- Weakness
- Blurred vision
- Cuts that don't heal

If you notice any of these symptoms, please visit your GP surgery for advice as this may be a sign that you're at risk of developing Type 2 diabetes and you may be eligible for your local Healthier You service.

Or you can visit our website and complete the Diabetes UK risk tool:

bit.ly/xyla-health-ndpp

What may increase my risk of Type 2 diabetes?

Some of the risk factors that may increase our risk include:

- Being overweight or obese
- Being inactive
- Having high blood pressure
- Having high cholesterol
- Having a close family member with Type 2 diabetes
- Giving birth to a baby weighing more than 9 pounds
- Your ethnicity



What is Healthier You?

Healthier You is the free NHS Diabetes Prevention Programme designed to empower people likely to develop Type 2 diabetes, to help reduce their risk. Healthier You is a behaviour change programme where you can learn about:



- What is a healthy diet?
- Ways to add physical activity into everyday life
- How to overcome barriers that may get in the way of making healthy changes
- How to manage stress and improve sleep

To attend your local Healthier You service you must:

- Be 18 years or over
- Have a blood test from your GP that indicate prediabetes within the last 12 months or a previous diagnosis of gestational diabetes
- Not pregnant
- Able to take part in light/moderate physical activity



Scan for information