



NHS Healthier You Service: Herefordshire & Worcestershire Live well, take control and prevent Type 2 diabetes

Now is the time to live well and take control

It is recommended that you attend a free, non-medical, lifestyle programme because you are at increased risk of developing Type 2 diabetes.

The NHS Diabetes Prevention Programme provided by Living Well Taking Control gives you the support you need to help manage your health and prevent the onset of diabetes. You will join thousands of people across the country who have worked with us to change their lives for a healthier future.

Type 2 diabetes is caused by an inability to properly regulate blood sugar levels in the human body. There are currently around 5 million people in danger of developing Type 2 diabetes in this country, and reducing this risk is very important.

If these trends persist, one in three people will be obese by 2034 and one in 10 will develop Type 2 diabetes.

Type 2 diabetes contributes to a range of health problems, including:

- **Heart disease**
- **Stroke**
- **Vision loss**
- **Nerve damage and blood circulation problems**

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME



All the help you need

While Type 2 diabetes is a serious condition, with support around three in five cases of Type 2 diabetes can be prevented or delayed by maintaining a healthy weight, eating well and being active. This programme will improve your knowledge, ability and confidence to make better lifestyle choices, helping you towards:

- **A healthier diet**
- **Better exercise**
- **Emotional wellbeing and ways to manage stress**
- **Weight management**

You can choose to join Healthier You with peers in a **group**, or through a **one-to-one** online service via smartphone or tablet.

Your trained Coach will provide the motivation, resources, advice, and support you need to **increase your physical activity**, and help you **improve your diet** over 9 months.

You will also have access to a **free app** – everything you will need to make a **positive difference**.

The programme is free, fully accessible and supports non-English speakers. You can even bring someone with you for extra support.

Live well and take control – today

At the end of the NHS Diabetes Prevention programme you will feel the benefits of a healthier lifestyle:

- **Improving your quality of life**
- **Helping you to make better health decisions**
- **Reducing your risk of developing Type 2 diabetes**



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To find out more about the programme please see our website at: www.lwtcsupport.co.uk
And for more information on Type 2 diabetes, please visit the NHS Choices website: www.nhs.uk/conditions/type-2-diabetes/