

# Clinician Guidance: Script for Healthier You NHS Diabetes Prevention Programme Referral

This resource is for healthcare professionals who may encounter patients eligible for the Healthier You: NHS Diabetes Prevention Programme. The programme is delivered either face to face in community venues or digitally via a smartphone app. This document can be used to support and guide conversations with patients about referral to the programme.

To be referred to this programme, an individual must be:

- Over 18 years old, and;
  - Not be pregnant at the point of referral, and;
  - Have an HbA1c between 42-47 mmol/mol or Fasting Plasma Glucose between 5.5-6.9 mmol/l dated within the last 12 months.
- or
- Have a history of gestational diabetes and a HbA1c less than 42 mmol/mol (< 6.0%) or a Fasting Plasma Glucose below 5.5mmol/l

Once a person has been identified, you can use the following script to facilitate a conversation about a referral to the programme.

“Following on from a recent blood test, we have identified that you are at risk of developing type 2 diabetes. For most people, developing type 2 diabetes is a preventable through small changes in diet and lifestyle. However it can be hard to stick to these changes alone. If you would like, I can refer you to the Healthier You: NHS Diabetes Prevention Programme which can give you guidance and support completely free of charge. Would that be of interest to you?”

**Patient would like to know more**

**Patient declines:** “No problem at all. Please be aware that this programme will continue to be open to you and you can find more information or self-register at any time via [www.lwtcsupport.co.uk](http://www.lwtcsupport.co.uk)”

“The Healthier You programme has been designed to guide people towards a healthier lifestyle to reduce their risk of developing type 2 diabetes. The main topics that are discussed include nutrition and physical activity but also mental health, stress and sleep as these can play a role in diabetic risk. Our team provide support on small changes that can be made without completely changing your way of life. You can access the programme in two ways: face-to-face group sessions or 1 to 1 via a smart phone app. The group sessions are held in local venues in the mornings, afternoon and evenings. After a referral your locality coach would contact you to discuss the upcoming groups including where and when they are held so that you can pick what works best for you. Would you like me to refer you?”

**Patient agrees:**  
Refer patient via LWTC referral form embedded in the clinical system and email to: [hex.ndpp.bobw@nhs.net](mailto:hex.ndpp.bobw@nhs.net)

**Patient declines:** “No problem at all. Please be aware that this programme will continue to be open to you and you can find more information or self-register at any time via [www.lwtcsupport.co.uk](http://www.lwtcsupport.co.uk)”