

# 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.

