

Referrer Information Sheet

Living Well Taking Control

We are proud to be delivering the NHS Diabetes Prevention Programme in your area

Individual Assessment

- Initial coach-patient phone call
- Overview of the programme and delivery model
- Identification of individual needs and motivations
- Assessment of lifestyle measures
- Signposting to relevant services

Milestone 3

- Identifying and overcoming barriers
- Weight management and energy balance
- Sleep, stress, and glycaemic impact
- Sugary drinks, alcohol, and hydration
- Relapse prevention and maintenance skills

Milestone 1 and 2

- Prediabetes overview and prevention benefits
- Healthy eating fundamentals and portion control
- Introduction to behaviour change and goal setting
- Food choices, labels, and fibre intake
- Daily physical activity and movement

Milestone 4

- Habit formation and sustained behaviour change
- Mental wellbeing and emotional resilience
- Review of lifestyle outcomes
- Reflection and confidence building
- Personalised long-term maintenance planning

Eligibility criteria

- ✓ HbA1c between 42-47 mmol/mol (6.0-6.4%) or FPG between 5.5-6.9 mmol/l within the last 12 months
or
- ✓ A history of gestational diabetes with normoglycaemia
- ✓ Aged 18 years and over
- ✓ Not pregnant
- ✓ No active eating disorder

How to refer

To refer a patient to the programme, please ensure they meet the eligibility criteria then complete the referral form which is embedded into your clinical system and send it to: hex.ndpp.ncl@nhs.net

Pathways available

In-Person

13 group sessions delivered over 9 months in local community venues. Interactive and informative sessions that provide practical resources and focus on sustainable behaviour change.

Remote*

13 group sessions delivered online over 9 months, with a telephone dial-in option. Supportive and engaging sessions featuring digital resources designed to empower lasting behaviour change. **open to select eligible cohorts*

Digital

One-to-one support delivered via smartphone or tablet over 9 months. Regular personalised video and text messages, plus access to a peer support group to encourage ongoing motivation.



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