

# Healthy living support for people living with or at risk of type 2 diabetes

## The national diabetes prevention programme

### What is it?

The NHS diabetes prevention programme aims to help patients make small lifestyle changes to lower their risk of developing type 2 diabetes and any potentially preventable health complications. The programme lasts for nine months and is being delivered with a choice of digital or in-person group sessions across Somerset.

### Who is this for?

You must meet the following criteria to be eligible to join the programme:

- ✓ 18 years or older
- ✓ Registered with a GP practice in Somerset
- ✓ Not pregnant
- ✓ Your HbA1c must be between 42-47 mmol/mol or fasting plasma glucose between 5.5-6.9 mmol/l and dated within the last 12 months. Alternatively, if you have a history of gestational diabetes, you are also eligible, as long as you have a blood test dated within the last 12 months, which is not indicative of type 2 diabetes.

### How do I access this?

You will usually be sent a letter or text from your GP practice to confirm if you are eligible for the programme. You will then be able to register on-line for the programme. Visit the website [www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk) or scan the QR code on the right with your mobile phone to find out more.



## NHS healthy living

### What is it?

Healthy living for people with type 2 diabetes is a free online service designed to help you learn more about type 2 diabetes. Healthy living has been clinically proven and can help you improve your health and live well with type 2 diabetes.

### Who is this for?

- ✓ Anyone over the age of 18, living in England with type 2 diabetes, no matter when you were diagnosed.
- ✓ If you care for someone living with type 2 diabetes, you can sign up too.

### How do I access this?

To join the healthy living programme, visit the website at [www.healthyliving.nhs.uk](http://www.healthyliving.nhs.uk) or scan the QR code on the right with your mobile phone.



## The NHS type 2 diabetes path to remission programme

### What is it?

A new low-calorie diet treatment for people who are overweight and living with type 2 diabetes. This 12-month programme has a choice of either digital or in-person sessions with a trained health coach across Somerset. It consists of three phases: a 12-week low-calorie diet phase consisting of shakes (provided free of charge); a six-week food reintroduction phase and a 7–8-month maintenance phase, to maintain weight loss and lifestyle changes for the long term.

### Who is it for?

You must meet the following criteria to be eligible to join the programme:

- ✓ Be aged 18–65 years
- ✓ Have had a diagnosis of type 2 diabetes within the last 6 years
- ✓ Have a body mass index (BMI) over 27 kg/m<sup>2</sup> (or over 25 kg/m<sup>2</sup> if you are of Black, Asian or minority ethnic origin).
- ✓ Registered with a GP practice in Somerset
- ✓ You also need to meet various other eligibility criteria and be willing to commit to the 12-month group programme.

### How do I access this?

You will usually be sent a letter or text from your GP practice to confirm if you are eligible for the programme. Visit the website [www.momentanewcastle.com/t2dr-somerset](http://www.momentanewcastle.com/t2dr-somerset) or scan the QR code on the right with your mobile phone to find out more.



## The NHS digital weight management programme

### What is it?

The NHS digital weight management programme supports adults living with obesity who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health. It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access.

### Who is this for?

- ✓ You must be 18 or over.
- ✓ You must have a BMI greater than 30. The BMI threshold will be lowered to 27.5 for people from Black, Asian, and minority ethnic backgrounds, as we know people from these ethnic backgrounds are at an increased risk of conditions such as Type 2 diabetes at a lower BMI.
- ✓ You must have diabetes, high blood pressure, or both.
- ✓ You must have a smartphone, tablet, or computer with internet access.

### How do I access this?

To start your journey to a healthier lifestyle, you need to speak to your GP or a local pharmacist who can refer you to the programme. Visit the website [www.england.nhs.uk/digital-weight-management](http://www.england.nhs.uk/digital-weight-management) or scan the QR code on the right with your mobile phone to find out more.



## The NHS 12-week weight loss plan

### What is it?

NHS weight loss plan app to support with starting healthier eating habits, being more active, and start losing weight. The plan is broken down into 12 weeks and includes, personalised weight loss planning, meal planning, healthier food choices, increasing activity and recording progress.

### Who is this for?

- ✓ Anyone who requires support with weight loss and healthier eating

### How do I access this?

Visit [www.nhs.uk/better-health](http://www.nhs.uk/better-health) or scan the QR code on the right with your mobile phone. The App can be downloaded from the [App Store](#) or [Google Play](#). Additional supporting apps (Couch to 5k, Active 10, NHS Food Scanner, Quit Smoking and Easy Meals) are also available on the Better Health website.



## ProActive scheme (physical activity on referral)

### What is it?

ProActive will introduce you to the benefits of exercise with the support and guidance from Level 3 Exercise Referral Fitness Instructors, based in leisure and community facilities across the county. Their expertise will ensure ProActive participants receive appropriate exercise prescription and advice throughout a 12-week journey with them.

### Who is eligible?

- ✓ You must be 18 or over
- ✓ You must be registered with a GP practice in Somerset
- ✓ You are inactive and not meeting the recommended 150 minutes of moderate physical activity per week. You may be accepted if you feel you are already meeting this target and additional support would be of benefit to you.
- ✓ You are ready and willing to make changes to your activity

### How I access this?

Visit the website [www.sasp.co.uk/proactive](http://www.sasp.co.uk/proactive) or scan the QR code on the right with your mobile phone to find out more.



## My way diabetes (MWD)

### What is it?

MWD provides access to over 200 diabetes resources, multi-language content and accredited educational courses to help registered users manage their diabetes. The patient portal is accessed using your NHS log in.

### Who is this for?

- ✓ All patients with diabetes

### How do I access this?

You can access the free resources and register for further access via [www.mydiabetes.com](http://www.mydiabetes.com) or scan the QR code on the right with your mobile phone.



## Community dietetic service

### What is it?

The community dietitian team in Somerset support people with a wide variety of medical conditions.

### Who is this for?

- ✓ People who would like to have an appointment with a dietitian to look at dietary changes to support improving their diabetes management, including losing weight to help achieve remission

### How do I access this?

Ask your GP or health profession to refer to the service using the referral form.

## Tier 3 weight management clinic (access to the Musgrove Bariatric Service)

### What is it?

The specialist Weight Management Service has been running since 2003 and is the largest of its kind in the Southwest. The multidisciplinary team consists of Endocrinologists, Dietitians and Psychologists. You will undergo a careful assessment looking for conditions and factors linked to your weight. We will then tailor a treatment plan to improve your health through lifestyle and dietary changes, medications, and psychological support. If appropriate, we will prepare you for bariatric surgery in the safest possible environment.

### Who is this for?

You must meet the following criteria to be eligible for a referral:

- ✓ Age 18 and over
- ✓ BMI equal to or greater than 35kg/m<sup>2</sup> with a weight related co-morbidity assessed using the Edmonton Obesity Scoring System (EOSS stages 2-4 only) or BMI greater than 50kg/m<sup>2</sup> regardless of EOSS score
- ✓ You should have received some community weight management support or tried to lose weight in the past
- ✓ This service is also suitable for people with post bariatric surgical issues such as malnutrition and hypoglycaemia

It is not suitable for:

- ✗ Diagnosed and untreated Binge Eating Disorder
- ✗ Unmanaged mental health conditions
- ✗ Pregnant women
- ✗ Routine follow up after private bariatric surgery

### How do I access?

This service only accept referrals from GPs based in Somerset (other counties have their own service), and from other secondary care centres across the Southwest. It is not possible for you to self-refer into this service.

