

Reduce your risk of Type 2 diabetes.



“Healthier You — NHS Diabetes Prevention Programme”

can help you put your health back in your hands by supporting you to make changes to your diet, weight and the amount of physical activity that you do.

Taking this kind of action now is very important as it can reduce your risk of, or even stop you, developing the very serious health condition of Type 2 diabetes.



STAGE 1
Initial Assessment



STAGE 2
Nutrition and physical activity sessions



STAGE 3
Build on sustaining lifestyle changes



STAGE 4
Six and nine month one-to-one review

To find out more about this exciting, free, healthy lifestyle programme please come along to meet with Scott Walker — Diabetes Project Officer (Humber, Coast & Vale Health & Care Partnership) & Jan Gould Martin (ICS Health & Wellbeing)

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

