

Type 2 Diabetes Prevention Programme



What can I expect on the programme?

STEP ONE



One to one Assessment

to help you start your journey to a healthier life

STEP TWO



Group sessions

motivating weekly sessions at the beginning provide you with the knowledge you need to make changes to your diet and lifestyle

STEP THREE



Follow up group sessions

to help keep you on track, providing ongoing support and information

Remote options are available if you are unable to attend face to face or group sessions. We can also offer different languages or more accessible formats if you need them.

Why is the programme between 9 - 24 months?



To enable our team to support you over a good length of time so you get the best chance of reducing your risk of Type 2 diabetes. We do this by helping you to improve your **knowledge, ability** and **confidence** to make good lifestyle choices.

How will it help me?

Knowledge: the things you learn can help you achieve long-term healthy lifestyle changes for you and your family.



Ability: taking action now can reduce your risk of Type 2 diabetes and associated health risks.

Confidence: the group settings can provide great social support to keep you motivated and on track.



Why take part?

If left untreated, high blood sugar levels can lead to Type 2 diabetes which may reduce your life expectancy by:

10-15 YEARS

Diabetes in the UK 2010: Key statistics on diabetes

Over **90,000** people have completed the programme, join them now

The type 2 diabetes prevention programme is delivered by Devon based charity Westbank Community Health and Care and WW Health Solutions

For more information: www.diabetes.org.uk/Preventing-Type-2-diabetes