

# Key facts around Diabetes Prevention

There are 4.1 million people diagnosed with diabetes in the UK, with 13.6 million people who are at increased risk of type 2 diabetes.

The Risk factors include age, weight, family history and ethnicity. High risk groups include people who are white and over 40, or over 25 if African-Caribbean, Black African, or South Asian, and are two to six times more likely at risk if they have a family history of type 2 Diabetes. While these factors can increase chances of developing the condition, the good news is that with simple lifestyle changes – eating well and getting active - it can hugely reduce the risk.

### Patient feedback:

“I joined WW as a referral from my GP. Three months in I am 17lbs lighter and am feeling great!” - Ashley

“I’ve learnt that some foods that I thought were healthy were in fact high in sugar.” - Bill

“I joined my first virtual diabetes class on Tuesday, I felt I was supported alongside a group of other WW diabetes members and I highly recommend joining a session” - Ian

### Get in touch

Email [ww.healthieryou@nhs.net](mailto:ww.healthieryou@nhs.net)

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WW GBR Ltd, Millennium House, Ludlow Road, Maidenhead, Berkshire SL6 2SL

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME



**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

**NHS**



## NHS Healthier You National Diabetes Prevention Programme

Working together for healthier communities

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME



# WW works

The Healthier You DPP, provided by WW, currently delivers a remote and digital service that enables participants to engage in 13 core curriculum themes, personalised to them, with each and every touchpoint being tailored to NDH and the benefits of risk reduction of Type 2 diabetes.

Our approach is based on the latest scientific thinking, Com-B behaviour change model. We have robust governance and a comprehensive evidence base, including independent randomised controlled trials run in Britain. To learn more about the WW approach to healthy living, please visit [ww.com/uk/healthieryou](http://ww.com/uk/healthieryou)

## Evidence-based delivery model

**Our DPP delivery model is based on the following core elements, proven to maximise success:**

- Encouraging Coaches: trained in behaviour change theories and methodologies, our peer experts have 'lived' and localised experience, with the ability to adapt services to suit different cultural or access needs.
- Vibrant communities: Face-to-face (f2f) workshops are held in accessible community venues, including during evenings/weekends.
- Flexibility of access: educational content is shared with participants using a range of f2f and digital channels supporting different needs.

## Why WW?

The WW face-to-face and digital behavioural intervention services for diabetes prevention have been developed using 56 years of scientific and evidence-based actionable insights. Outcomes UK pilot (Bromley) and RCT below, supported our successful acceptance onto the National Diabetes Prevention framework.

UK pilot (Bromley): Piper, C. (2017): Evaluation of a type 2 diabetes prevention program using a commercial weight management provider for nondiabetic hyperglycaemic patients referred by primary care in the UK. *BMJ*

RCT: Ashra NB, Spong R, Carter P, et al. A systematic review and meta-analysis assessing the effectiveness of pragmatic lifestyle interventions for the prevention of type 2 diabetes mellitus in routine practice. London: Public Health England, 2015. <https://www.gov.uk/government/publications/diabetes-prevention-programmes-evidence-review> (accessed Dec 2016).

## How to refer:

You can refer via the Healthier You DPP referral form which can be found on your clinical systems.

### Eligibility:

- Over 18 years of age
- Blood Test (within 24 months) to confirm if pre-diabetic (HbA1c of 42 - 47 mmol/mol (6.0 – 6.4%) or an FPG of 5.5 - 6.9 mmol/l) OR has had Gestational Diabetes previously diagnosed.
- Not pregnant at time of referral

## Participants in our programme have access to:

- 36 face-to-face sessions including a personalised wellness check-in with a fully trained Coach
- 9 months access to our 4.8\* digital support App and desktop platform
- Workbook, articles and support to help participants to reduce their risk of Type 2 Diabetes
- A tailored email journey
- Have access to a moderated closed community group dedicated to people who are at risk of Type 2 diabetes
- A bespoke maintenance programme to support healthy habits, providing additional 24 months maintenance after programme has ended