**Are you at risk of Type 2 Diabetes?**

Diabetes UK have found that 13.6 million people in the UK are at risk of developing type 2 diabetes. The good news is this can be significantly reduced If you maintain a healthy weight and are more active.

**Healthier You NHS Diabetes Prevention Programme**

The FREE Heathier You programme has been developed by experts and is underpinned by a decade of research into community-based diabetes prevention. The programme supports you to make small and realistic changes to your daily life which you can keep to, will help you feel great and reduce your risk of diabetes.

We will help you to -

* **Set clear goals**

Create an action plan and keep a food and activity diary to keep you on track.

* **Plan ahead**

Show you how helpful it is to plan meals for the week ahead especially when we all lead busy lives. This can help you eat better and stick to a budget.

* **Start to make healthy changes**

Give you tips to make small and lasting changes to your diet and exercise routine.

* **Be creative**

Give you simple, healthy new recipes and food to try and fun ways to add physical activity into your everyday life.

* **Sleep well**

Start to get a good night’s sleep. Research has shown that if you are tired you feel hungrier and are more likely to want fatty and sugary foods.

**Personalised Support**

Our specially trained health and wellbeing coaches know there are many different ways to lose weight and there’s no one-size-fits-all approach. That’s why our coaches meet with each person individually to understand your challenges and goals and to find out what works for you and fits in with your lifestyle.

**Group Programmes**

Following your initial assessment you will have the choice to join the programme in face to face groups, through the digital app or on our tailored remote groups for people with visual and hearing impairments or those from Bangladeshi or Pakistani backgrounds who require a specific cultural and language tailored service.

To find out more information about the Greater Manchester Healthier You programme please visit [Reed Wellbeing’s website](https://healthieryou.reedwellbeing.com/).

**How do I find out if I'm at risk and join Healthier You?**

If you’re concerned that you may be at risk, it’s essential to find out as early as possible. Check your risk of type 2 diabetes using the Diabetes UK risk tool at <http://riskscore.diabetes.org.uk> and you may be eligible for a referral to the programme by your GP practice.