

# HEALTHIER YOU

## NHS DIABETES PREVENTION PROGRAMME

Former health professional Janet Key knows that prevention is better than cure when it comes to Type 2 diabetes.

So it comes as no surprise that she's delighted with the results of a new Derbyshire diabetes prevention programme.

The Healthier You, Derby and Derbyshire Diabetes Prevention Programme offers free lifestyle and education sessions to people who are at high risk of developing Type 2 diabetes.

Janet, aged 75, from Newton near Alfreton first learnt that she was at risk of developing the condition during a routine GP check-up.

She said: "There is no family history of Type 2 but it was picked up that my blood sugar level was getting close to me having to be on medication for diabetes.

"In fact my blood sugar levels were just one point off me being diagnosed with Type 2."



A few months later Janet received a letter inviting her to take part in the Healthier You programme.

After an initial assessment with her local GP she joined the Healthier You programme for ten weeks of education, healthy diet information and exercise.

So far she's lost two stone and feels better than she has done in the past ten years.

Type 2 Diabetes is a growing problem in the UK and it is estimated that over £8 billion pounds is spent a year on treating the condition and its complications.

However 80% of cases are avoidable with simple lifestyle changes.

During Healthier You sessions, participants learn about the condition and how it can affect health as well as how to eat well and exercise in order to prevent type 2 diabetes.

Janet says: "I always thought that we had a fairly healthy diet but I did like chocolate and I used to bake lots of homemade cakes.

"We've had to cut down on cakes, biscuits, potatoes and bread, but these are the only things that we have had to noticeably change along with getting more exercise.

"As a result I have lost two stone, I am delighted and feel better than I have felt in years. I can't believe it - I need to wear different sized clothes now."

Even more importantly Janet's blood sugar levels are now heading in the right direction having dropped from 46 to 44.

After the initial 10 weekly sessions, there are further follow up sessions that help people continue to make ongoing changes.

Janet added: "Health is part of my life. I worked at Kingsmill hospital for 33 years in various roles and I know that health prevention is important

"If you are invited to take part in Healthier You then I would say give it a go.

"Even if you are sceptical, go with an open mind - don't think that the problem will go away or get better on its own.

"You have to face up to it and help yourself, no one else can do it for you. I am certain that people will feel better for it.

"The team give you all the tools you need to make changes but you have to have the commitment to do it."

You can find out more about the Healthier You Derby and Derbyshire Diabetes Prevention Programme at [preventing-diabetes.co.uk/derbyshire](http://preventing-diabetes.co.uk/derbyshire)