

**Support to reduce your risk
of developing type 2 diabetes**

The background of the lower half of the page is a photograph of a vast green field under a bright blue sky with wispy white clouds. The sun is visible as a bright spot in the sky, creating a lens flare effect.

Let's
Prevent
Diabetes!

What is Let's Prevent Diabetes?

Let's Prevent Diabetes is a six-hour group education programme – delivered over 2 or 3 sessions – which supports you to reduce your risk of developing type 2 diabetes. Available on the NHS across the East of Scotland, the programme is delivered by our trained facilitators and includes:

- Information about how to reduce your risk of developing type 2 diabetes, the causes and risk factors – along with what this means for you
- Practical healthy lifestyle advice and personal goal setting
- Peer support and the opportunity to share experiences with others

The programme has been designed by the NHS and Leicester Diabetes Centre, forming part of the national Diabetes Education and Self-Management for Ongoing and Newly Diagnosed (DESMOND) package of support.

Why Let's Prevent Diabetes?

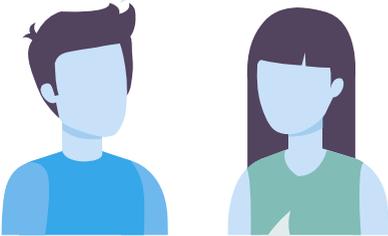
As well as receiving honest, up-to-date, evidence-based information about type 2 diabetes, you will learn about the small changes you can make to lead a healthy lifestyle and reduce your risk of developing the condition.

The atmosphere is informal, interactive and friendly.

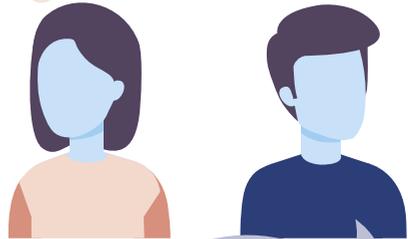
Our facilitators are very approachable and will do everything possible to ensure you feel comfortable to share your experiences, thoughts and opinions – so that you become the expert.

Participant perspectives

A five star approach!
I can't wait to speak to
my GP to tell her how
good it's been.



The programme was
very enlightening
– it gave me a lot
of food for thought.



I enjoyed the sessions
and going through the
programme with others.
I hope to implement
all of the advice.

I found it helpful,
informative and
encouraging –
a very worthwhile
experience.

Is Let's Prevent Diabetes the right programme for me?

Let's Prevent Diabetes is suitable for adults (18 years old or above) who are either:

- At moderate or high risk of type 2 diabetes on completion of the Diabetes UK [Know Your Risk Tool](#)
- Have a pre-diabetes diagnosis
- Had gestational diabetes

How do I get in touch?

To find out more about Let's Prevent Diabetes and how to participate, please contact your local Weight Management and Type 2 Diabetes Prevention Service:

NHS Lothian

Email: weight.management@nhslothian.scot.nhs.uk

Phone: 0131 537 9169

We offer a range of support for those at risk or living with type 2 diabetes, so if Let's Prevent Diabetes isn't suitable for you – we'll be sure to find something that is.