Bradford Diabetes Prevention Programme

- **Be aware**... know how to reduce your risk of diabetes
- **Be active**... achieve a good level of physical activity
- **Be healthy**... what you eat and what you weigh makes a difference
- **Be in control**... make choices to reduce your risk of developing diabetes

**At a high risk of developing diabetes?**
*There is an important new programme that is designed around your needs. It's called the Diabetes Prevention Programme (DPP).*

**What is an DPP?**
- The programme runs for a year
- There are nine sessions and the first five will run weekly
- Each session runs for up to 90 minutes
- Each group aims to have around 10 – 15 participants
- All participants are at a high risk of developing diabetes
- All participants have been referred from a Bradford GP practice
- The groups are led by trained Bradford Beating Diabetes champions
- All participants will be told about other services that they can use and access
- The methods used in the programme have been shown to be successful
- Some groups are for women only
- The groups are run in an engaging, friendly and supportive manner.....and they are fun!
What’s in it for me?

• You choose to join a group that runs at a time and place convenient to you
• You will receive detailed information around the three main lifestyle areas – healthy eating, exercise and weight loss – that you can change to make a real difference to your health
• You will receive support around the changes you want to make
• You make lifestyle choices to reduce your risk of developing diabetes
• You are helped to set goals
• You are supported around these goals
• You will receive one to one support
• You can enjoy the support of the group
• You will take part in fun activities
• If you want to, you will be able to help others
• Most importantly, if you join and attend an DPP, you will reduce your risk of developing diabetes.

What next?

• If you have already chosen to go on an DPP you will have been given a date and time and place of the first session
• You may want to write down the details here as a reminder

• If you were not sure when you had your discussion at the practice whether you wanted to join an DPP group, it’s not too late. You can still ring up and join a group as soon as you decide to – just call: 01274 777527.
Remember to tell them you have been referred to a DPP by your GP as part of the Bradford Beating Diabetes campaign
What do I need to take to my first DPP group?

You don’t really need to prepare but:

• You might want to read the leaflet you received with your invitation letter
• You could think about lifestyle changes you want to make
• Just remember everybody is coming to the group for the first time
• This is the beginning of something really positive for you!

Useful websites:

NHS Choices:  
www.nhs.uk

Diabetes UK:  
www.diabetes.org.uk