

Healthier You NHS Diabetes Prevention Programme Gestational Diabetes Mellitus (GDM) Patient information

Gestational Diabetes Mellitus (GDM) is when you have high blood sugars (glucose) during pregnancy that then resolves after giving birth.

Every year, about 700,000 women give birth and around 30,000 have GDM. Up to 50% of women diagnosed with GDM develop type 2 diabetes within 5 years of diagnosis with an ongoing elevated risk thereafter. However, type 2 diabetes can be prevented by making lifestyle changes.

How does the Healthier You NHS Diabetes Prevention Programme reduce your risk of developing Type 2 Diabetes?

The Healthier You NHS Diabetes Prevention Programme (DPP) is a lifestyle change programme for people with a high risk of developing type 2 diabetes. Over nine months, people receive personalised support with healthy eating, increasing physical activity and managing their weight, all of which are proven to reduce the risk of developing type 2 diabetes. It is free of charge for eligible people to access.

How is the programme delivered?

The Healthier You programme is available as a face-to-face group service, a digital service via an app or online; or specifically for those with a history of GDM, as a group teleconferencing service (e.g. over Zoom). When self-referred into the programme, you will be able to choose your preferred option.

Who can self-refer into the programme?

- Individuals with a history of GDM.
- Individuals with current GDM (i.e. who are currently pregnant can only start the programme post-pregnancy).

How can I access the programme?

If you meet the above criteria you can self-refer to the Healthier You programme by scanning the QR code or visiting:

<https://www.england.nhs.uk/diabetes/diabetes-prevention/healthier-you-nhs-diabetes-prevention-programme-gdm/>.

Alternatively, your midwife or GP practice can help you access the programme.



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