



NHS Healthier You Diabetes Prevention Programme

Tom's Story

Tom and Amar are getting older. Tom has gained a few pounds over the years. He's out of shape and is no longer as fit as he used to be. A recent blood test as part of his NHS health check at the GP surgery showed that Tom's blood sugar levels were higher than normal putting him at risk of developing type 2 diabetes.

Amar's dad has Type 2 so Tom knows a little about the effects of the disease. What he wasn't aware of was some of the complications which could result from having it and what impact it could have on him. But there was some good news too. The nurse at the surgery told him that he could take action to prevent type 2 diabetes from developing. Knowing that he could take control and stop it from taking hold was music to Tom's ears.

He was referred on to the healthier you NHS diabetes prevention program where he could get the help and support needed to reduce his risk. Tom signed up for the program which was nine months long. It encouraged him to make simple changes to his lifestyle such as eating healthier balanced meals achieving a healthy weight and being more active. The program also offered him face-to-face support to make the changes and got him thinking about practical steps to incorporate more exercise into his daily routine.

Tom brought down his weight and his fitness improved. Not only does he feel better by making these changes but more importantly, he's reduced the risk of developing type 2 diabetes.

[Music]

