

National programmes and services to help prevent and manage diabetes

The programmes listed are all available across West Yorkshire. Other programmes and services may be available locally.

Let's DiaBEAT this



Healthy Living

DESCRIPTION
Free online self-management programme and structured education pathway for adults with type 2 diabetes.

CRITERIA
• Aged 18 or over diagnosed with type 2 diabetes
OR be a carer or relative of a patient living with type 2 diabetes.

EXCLUSIONS
• Type 1 diabetic.

REFERRAL PROCESS
Healthcare professionals and other care providers refer to the [healthyliving.nhs.uk](https://www.healthyliving.nhs.uk) registration page.

Information for Type 1

Signpost adults and children (or guardians/ carers) living with diabetes to:



www.diabetes.org.uk/about-diabetes/type-1-diabetes



breakthrough1d.org.uk



www.nhs.uk/conditions/type-1-diabetes

DigiBete (Young Type 1)

DESCRIPTION
A free online service to support children and young people to manage their type 1 diabetes at home and in the community. Enables patients to access age appropriate, structured self-management education, store diabetes information and care plans, schedule and receive appointment reminders and messages from their local diabetes team.

CRITERIA
• Children and young people diagnosed with type 1 diabetes up to age 25, and their families.

REFERRAL PROCESS & ACCESS
Diabetes care teams signpost families to DigiBete. Healthcare professionals will provide a unique clinic code to download the DigiBete Type 1 App for free. The website www.DigiBete.org is open access. However, the open access website doesn't provide the full functionality (it can't store ratios, add appointments or receive clinic communications).

NHS Type 2 Path to Remission (T2DR) - formerly known as NHS Low Calorie Diet

DESCRIPTION
A low calorie diet treatment for people living with type 2 diabetes and excess weight. Offers 12 months of support and monitoring with total diet replacement products; e.g. soups and/or shakes for the first 12 weeks. This is available in West Yorkshire as a digital offer. Face to face sessions are available from 2024.

CRITERIA
• Aged 18 or over diagnosed with type 2 diabetes in last six years
• BMI over 27 kg/m² (or over 25 kg/m² in people from Black and Asian ethnic groups).

EXCLUSIONS
• Insulin user
• Are not pregnant or planning to become pregnant within the next 6 months
• Breastfeeding
• Active cancer (+/- treatment).

REFERRAL PROCESS
GP or healthcare professional.

NHS Diabetes Prevention Programme

DESCRIPTION
Free programme over nine months - delivered in person at local venues, remotely on line for some participants, or via a digital app.

CRITERIA
• Aged 18 or over - HbA1c in the last 12 months 42-47 mmol/mol or FPG 5.5-6.9 mmols/l
• History of GDM - HbA1c can be below 42mmol/mol or FPG below 5.5mmols/l
• Benefits must outweigh risk if aged 80 or over.

EXCLUSIONS
• Pregnancy
• Current or previous diagnosis of type 2 diabetes

REFERRAL PROCESS
• GP or healthcare professional
• Self-referral or via GP for people with a history of GDM. Signpost to self refer here: healthieryou.reedwellbeing.com/gestational-diabetes
• More information is available here; [NHS Healthier You: Diabetes Prevention Programme](https://www.nhs.uk/healthier-you/diabetes-prevention-programme)

NHS Digital Weight Management Programme

DESCRIPTION
A free online or app based 12-week programme.

CRITERIA
• Aged 18 or over with hypertension or diabetes **AND** BMI over 30 (27.5 - adjusted appropriately for ethnicity).

EXCLUSIONS
• Severe or moderate frailty
• Pregnancy
• Eating disorder, unmanaged co-morbidity, bariatric surgery.

REFERRAL PROCESS
• GP practice or healthcare professional
• NHS digital eRS to NHSE/I referral hub.

DigiBete (Young Type 2)

DESCRIPTION
Provided by DigiBete, this free online service supports young people and families to manage their type 2 diabetes at home and in the community. Enables patients to access appropriate, structured self-management education, store diabetes information and care plans, schedule and receive appointment reminders and messages from their local diabetes team.

CRITERIA
• Children and young people diagnosed with type 2 diabetes up to age 25, and their families.

REFERRAL PROCESS & ACCESS
Diabetes care teams signpost families to Young Type 2. Healthcare professionals will provide a unique clinic code to download the DigiBete Type 1 App for free. The website www.youngtype2.org can be accessed without a login. However, without a login it is not possible to use all the functions of the App to (e.g. store ratios, add appointments or receive clinic communications).