

I've Been Told I'm Prediabetic - What Does That Mean?

What is HbA1c?

This blood test measures the average level of glucose in your blood over the last 2-3 months. A result between 42-47 mol/mmol shows you are prediabetic.



What is Prediabetes?

Prediabetes shows that the amount of glucose in your blood is higher than normal but not high enough to be diagnosed as type 2 diabetes. It is a **warning sign that without making small changes you are at high risk of developing type 2 diabetes.**



Will I be experiencing symptoms?

Not necessarily - most people experience no symptoms with prediabetes, which is why it can be a shock to be diagnosed.



Modifiable Risk Factors	Unmodifiable Risk Factors
Being overweight or obese 	Family history
High waist circumference 	Increasing age
Low levels of physical activity 	Gestational diabetes
High blood pressure and/or cholesterol 	Ethnicities including South Asian and African-Caribbean or Black African
Lifestyles that include stress or poor sleep 	

Why is my HbA1c higher than normal?

Can you relate to any of the **modifiable risk factors**? Getting dedicated help and support to change these can help to bring your HbA1c back into the normal range.

What if I don't do anything?

Without making and maintaining changes to different aspects of your lifestyle, your risk of developing type 2 diabetes and other serious conditions will continue to increase.

What is type 2 diabetes?

A serious condition which can cause many other health problems including heart attacks, strokes, vision loss, kidney failure, nerve damage & amputation.

Welcome!

You have been referred to the free **NHS Diabetes Prevention Programme** delivered by **Living Well Taking Control**. We are here to support you in making positive lifestyle changes to reduce your risk of developing type 2 diabetes.

Support and Information

Our discussions are relaxed and supportive. We understand that making lifestyle changes can be challenging, and we're here to help you every step of the way. We encourage open conversations and provide a safe space to share your experiences and learn from others.



What To Expect

A 9-month programme providing you with tools and support for long term success. There are 13 group sessions, each lasting 1-2 hours. You will have the same coach throughout - they will get to know you and provide you with personalised guidance and motivation.

Achieve Your Goals

Reduce your risk of developing type 2 diabetes and other chronic conditions, improve your overall health and wellbeing and if desired, achieve sustainable weight loss. We will work together to set achievable goals, keeping you motivated and on track. We will also provide guidance on how to maintain your healthy habits after the programme has ended.



Understand Your Health

HbA1c measures your average blood glucose level over the past 2-3 months. A result between **42-47 mol/mmol** shows you are prediabetic. This is a warning sign that without making some lifestyle changes, you are at high risk of developing type 2 diabetes.



Learn More About

Healthy eating, portion sizes, food labels, emotional eating, regular physical activity, weight management, sleeping better, how to manage stress - and more!



Support The NHS

By participating in this prevention programme, you are helping to reduce the burden on the NHS and ensure resources are available to those who need them most.

