

Healthier You Self-Referral Pathway for people with a previous diagnosis of Gestational Diabetes (GDM)

Every year in England, out of the approximate 700,000 women that give birth, it is estimated that around 30,000 have Gestational Diabetes (GDM). Up to 50% of women diagnosed with GDM develop type 2 diabetes within 5 years of having a baby with an ongoing elevated risk thereafter.

The Healthier You NHS Diabetes Prevention Programme is an evidence-based lifestyle change programme which helps people at high risk of type 2 diabetes to reduce their risk through managing their weight, eating more healthily and being more physically active.

The service is delivered by Reed Wellbeing in Greater Manchester. The sessions can be attended face-to-face at a local venue, on Microsoft Teams or on the phone via a digital app. People will be able to choose their preferred option.

To support improved access to the programme women with a history of GDM can now self-refer without the need for an HbA1C test to be submitted.

By reading this guide you will understand -

- Who and how people can self-refer into the programme
- How to identify people who may be eligible
- How to use text and letter invitations to promote the service

Please note the new GDM self-referral pathway does not affect the pathway for people with a diagnosis of Non-diabetic hyperglycaemia. These people require a GP referral following an eligible blood reading (HbA1C 42–47 mmol/mol) within the last 12 months.

For more information on the Healthier You programme, the GDM pathway and further resources and information please visit Reed Wellbeing's website at <https://healthieryou.reedwellbeing.com/>

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Gestational Diabetes

Service Provided by

Reed Wellbeing

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)
- Individuals must be aged 18 years or over
- Individuals must not have an existing or previous diagnosis of type 2 diabetes.

How can people self-refer into the programme?

The self-referral form can be found on Reed Wellbeing's website at <https://healthieryou.reedwellbeing.com/gestational-diabetes>

Alternatively, people can call the Reed Wellbeing Programme Support team on 0800 092 1191, telephone lines are open Monday to Friday 9.00am – 6.00pm.

Sign-up using the self-referral form below.

Name*

Address*

Postcode*

Contact telephone number*

Date of birth
dd/mm/yyyy

NHS number*
This can be found on your NHS app, a hospital letter or prescription

GP practice

GP address

Please confirm if you have a current or previous GDM diagnosis*
Please choose...

Are you pregnant?*

Please choose...

Expected due date
dd/mm/yyyy
If yes, what is your expected due date?

How did you hear about us?*

Please choose...

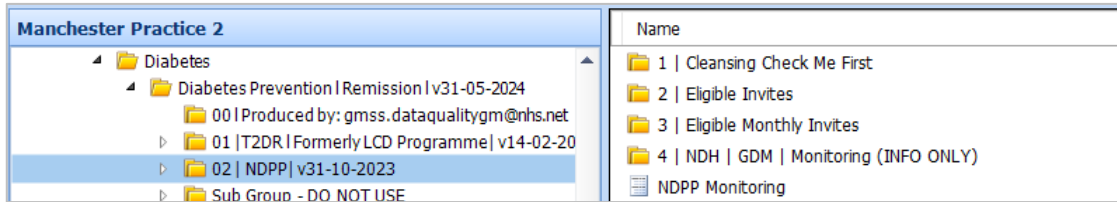
If other, please specify

Please confirm you consent to Reed processing your data in accordance with our Privacy Notice. This can be found [here](#).*

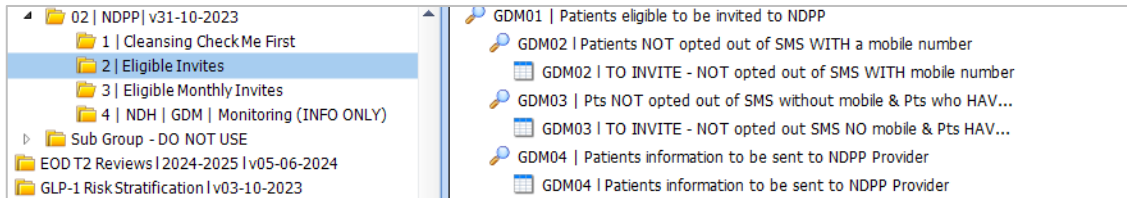
Submit

Identifying and inviting eligible people

A search has been installed on clinical systems to support practices to find people who may be eligible for the programme. This is in the Diabetes Prevention / Remission folder within the Data Quality NHS GM folder as per the screenshot below.



Open the NDPP folder and run the Gestational Diabetes search to find a list of people at your practice who may be eligible to be invited to the programme.



If you are struggling to find the search please contact your Data Quality team.

Text & letter Invitations

The following text and letter invitations can be sent to people to

- Inform them they have had gestational diabetes that puts them at a higher risk of developing Type 2 Diabetes
- The support available through the Healthier You programme
- How to self-refer

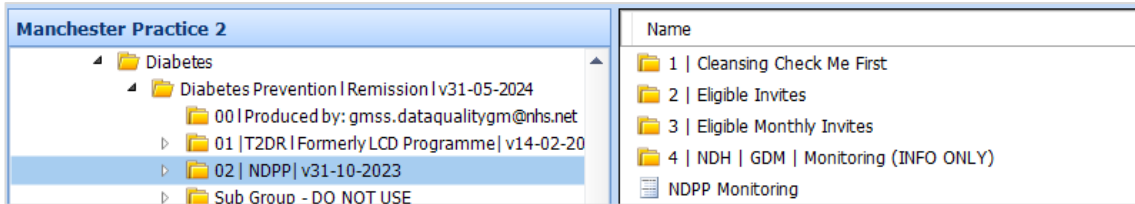
Please download these from the links below –

- [Healthier You NDPP GDM Pathway Text Invite](#)
- [Healthier You NDPP GDM Letter Invite](#)

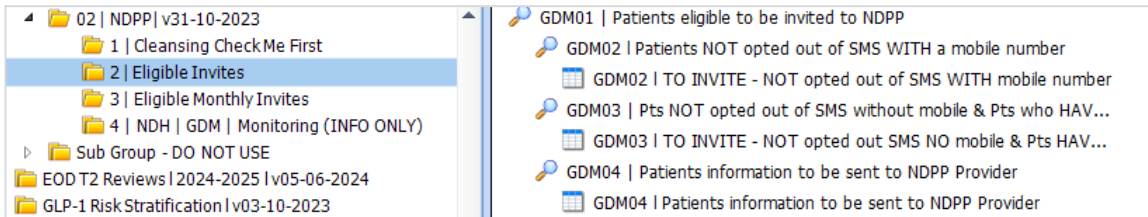
Please note the invite letter can also be accessed on your clinical system in your document templates. If you are struggling to find the invite letter please contact your Data Quality team.

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Leaflets & posters

A number of leaflets and posters have been developed to support you to promote the service and self-referral pathway with people at your practice that can be displayed in waiting rooms or attached to letter and text invitations to provide more information. Please download these from the links below

- [Participant Leaflet 1](#)
- [Participant Leaflet 2](#)
- [Participant Poster 1](#)
- [Participant Poster 2](#)

Additional Support

For more information about the programme and the referral process please contact Lucy.Archer@ReedWellbeing.org.uk

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME
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What is Gestational diabetes mellitus?
Gestational diabetes is diabetes diagnosed for the first-time during pregnancy. Like other types of diabetes gestational diabetes affects how cells use sugar (glucose). Gestational diabetes causes high blood sugar that can affect a woman throughout pregnancy and could also affect the health of the baby.
For most women, their blood sugar levels will return to normal by the time of their six-to-eight week postnatal check. Women who have had gestational diabetes are likely to experience it again in future pregnancies and have a higher risk of developing Type 2 diabetes.
Up to 50% of women diagnosed with gestational diabetes develop Type 2 diabetes within 5 years of the birth.
National Institute for Health and Care Excellence

Healthier You – NHS Diabetes Prevention Programme
The Healthier You NHS Diabetes Prevention Programme helps people to make the simple lifestyle changes that can reduce the risk of diabetes. It is a free programme that provides participants with 13 friendly and supportive group-based sessions over nine months with a trained health coach. The sessions can be attended face-to-face at a local venue, on Microsoft Teams or on the phone via a digital app.
Knowing the types of carbohydrate and fat, ways to be physically active, coping with emotional triggers, and staying within your budget, are just some of the topics covered.
• You will be able to self-refer to start the programme after your pregnancy.
• Women who have been diagnosed during or immediately after for this programme but their support that you can access: nhs.uk/conditions/type-2-diabetes.org.uk
For more information and to sign up visit healthieryou.reedwellbeing.com or call **0800 092 1191**.
SCAN ME

3 programme options available
Face-to-face
Delivered by a Health Coach, these programme sessions are held at local community venues.
13 x 1.5 hour sessions. The first four sessions are fortnightly, then monthly from then on.
Remote
Delivered by a Health Coach, these programme sessions are held on Microsoft teams.
13 x 1.5 hour sessions. The first four sessions are fortnightly, then monthly from then on.
Digital
This is a 9 month online programme through the Second Nature digital app - minimum fortnightly contact.
Must have access to the internet or smart device.
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