

**National service offers for people living with type 2 diabetes or at risk of type 2 diabetes**  
  
Please see the table below for a summary of national services available in your area and their eligibility criteria.

Note there may also be locally commissioned services available in addition to these offers.

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|  | **Structured education for type 2 diabetes** | **Lifestyle change / weight management services** | | |
| **Programme Name** | **Healthy Living**  (digital SE for type 2 diabetes) | **Healthier You NHS Diabetes Prevention Programme** | **NHS Digital Weight Management Programme** | **NHS Type 2 Diabetes Path to Remission Programme** |
| **Summary of service** | Provides information and advice about managing type 2 diabetes.  Everyone diagnosed with diabetes should be offered structured education, even if they are also referred to other services. | Lifestyle change programme for people at risk of type 2 diabetes.  Personalised support to manage their weight, eat more healthily and be more physically active – which together have been proven to reduce a person’s risk of developing type 2 diabetes. | Digital weight loss programme with choice of available providers.  Different levels of support provided including self-guided and 121 coaching offered depending on patient characteristics. | Intensive weight loss programme using total diet replacement for 3 months, followed by 9 months of behavioural support.  Formerly known as the NHS Low Calorie Diet programme |
| **Programme aim** | Supporting self-management to live well with diabetes | Prevention of type 2 diabetes through weight management / lifestyle change | Weight management / behavioural and lifestyle changes | Remission of type 2 diabetes through intensive weight management |
| **When to offer** | At diagnosis and at annual reviews | At any point after identification of NDH or previous GDM | At any point after diagnosis of type 2 diabetes and living with obesity | Within 6 years of diagnosis of type 2 diabetes, particularly at time of diagnosis |
| **Duration of service** | No time limit | 9-12 months | 3 months | 12 months |
| **Mode of delivery** | Online | Face-to-face groups or 121 digital | Online / digital apps | Digital / 121 in-person |
| **Age criteria** | ≥ 18 years | ≥ 18 years\* | ≥ 18 years\* | 18 – 65 years |
| **Weight criteria** | None. This is not a weight loss intervention but does include dietary advice. | No minimum BMI but benefits of weight loss must outweigh risks | BMI ≥30 (or ≥27.5 if Black, Asian or other ethnic minority) | BMI ≥27 (or ≥25 if Black, Asian or other ethnic minority) |
| **Criteria regarding hx of diabetes or hypertension** | Must have type 2 diabetes or be a carer for someone with type 2 diabetes | Must have non-diabetic hyperglycaemia or previous GDM.  Ineligible if hx of diabetes | Must have diagnosis of diabetes (type 1 or type 2) and / or hypertension | Must have type 2 diabetes diagnosed in last 6 years and not insulin-treated (other criteria apply) |
| **For further information** | [www.healthyliving.nhs.uk](http://www.healthyliving.nhs.uk/) | <https://www.england.nhs.uk/diabetes/diabetes-prevention/> | [www.england.nhs.uk/digital-weight-management](http://www.england.nhs.uk/digital-weight-management/) | <https://www.england.nhs.uk/diabetes/treatment-care/diabetes-remission/> |

**\*Individuals aged 80+ require additional confirmation from their GP on programme suitability**