



April 2022

RE: At High Risk of Type 2 Diabetes – Patient Information Booklet

Dear Practice Manager

Firstly, I would like to thank you and all practice colleagues for your continued commitment in providing routine healthcare to patients during a time that has, and continues to be, very difficult and testing for the NHS.

As you will be aware, the Healthier You: NHS Diabetes Prevention Programme is now universally available to all patients across England.

We are very proud to say that since NHS England launched the programme in 2016, the Midlands has reached more than **124,000 referrals** to the NHS Diabetes Prevention Programme across Birmingham & Solihull, Coventry & Warwickshire, Derbyshire, Herefordshire & Worcestershire, Lincolnshire, Leicester, Leicestershire and Rutland, Nottinghamshire, Northamptonshire, Shropshire, Telford & Wrekin, Staffordshire & Stoke-on-Trent and The Black Country.

We have previously provided GP surgeries with the 'At High Risk of Type 2 Diabetes' booklets and after extremely positive feedback, we are providing more copies for clinicians to give to their patients who are at risk of developing diabetes. The booklet aims to ensure that all patients have access to the same information on what it means to be at high risk of diabetes and what they can do about it.

The booklet has been developed by Leicester Diabetes Centre and explains what Type 2 diabetes is, what the symptoms are and how people can help themselves to avoid developing it. The booklet provides useful information about the Healthier You: NHS Diabetes Prevention Programme and how it can benefit people and how to join the programme.

We hope staff and patients find the booklet beneficial.

Yours sincerely,

Vishal Gorecha

Interim Senior Programme Manager, Midlands Cardiovascular Disease & Respiratory Clinical Network