

The NHS Diabetes Prevention Programme

Offering free one-to-one or group support to help you lead a healthier life

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- Do you struggle to get enough exercise day-to-day?
 - Are you concerned about your weight or diet?
 - Do you regularly find yourself feeling stressed?



SCAN ME

If you answered yes to any of the questions above, you could be at increased risk of developing Diabetes. Ask your GP for more information about the NDPP or scan the QR code on the left to check your risk score!