

## DIABETES FACT SHEET - SOME INTERNET SITES



Do you want to make a change?

Contact ChangePoint today to start your weight loss journey.

ChangePoint can help you to:

- ♥ Make a lifestyle change ✓
- ♥ Feel better ✓
- ♥ Improve your health ✓
- ♥ Lose weight ✓

A personalised, free, local weight management service for you.

**Make the change today**

Call 03330 06 0092 or email [changepointnhs@everyonehealth.co.uk](mailto:changepointnhs@everyonehealth.co.uk)

ChangePoint. everyone HEALTH

**Healthier You:** NHS Diabetes Prevention Programme (NHS DPP) is a joint commitment from NHS England, Public Health England. The aim of the programme is to reduce people's risk of developing Type 2 diabetes across England. and Diabetes UK

People at risk of Type 2 diabetes will primarily be referred into the programme via one of two routes:

Those who have already been identified as being at high risk of Type 2 diabetes by their GP;

The NHS Health Check programme, where adults between the ages of 40 and 74 for risk awareness and assessment every five years

For updates on the programme please

visit [www.england.nhs.uk/ndpp](http://www.england.nhs.uk/ndpp). If you have any questions about the programme or wish to sign up to our monthly e-bulletin please contact [diabetesprevention@phe.gov.uk](mailto:diabetesprevention@phe.gov.uk).

**ChangePoint** can help you take control of your own health and wellbeing. Our team of clinical experts: Nutritionists, Dietitians, and Physical Activity Specialists help to dispel myths and fads in the health, fitness and food industry to enable you to manage your weight

Delivered by Everyone Health, funded by Nottinghamshire County Council, and supported by other partners, ChangePoint is helping to improve the health and wellbeing of local communities.

It provides help and support based on the following four principles:

Adult Weight Management

Weight Management for My Child

Weight Management Before and After Pregnancy

Wellbeing At Work

Contact details

☎ 03330050092

<http://www.everyonehealth.co.uk/nottinghamshire-county-council/>

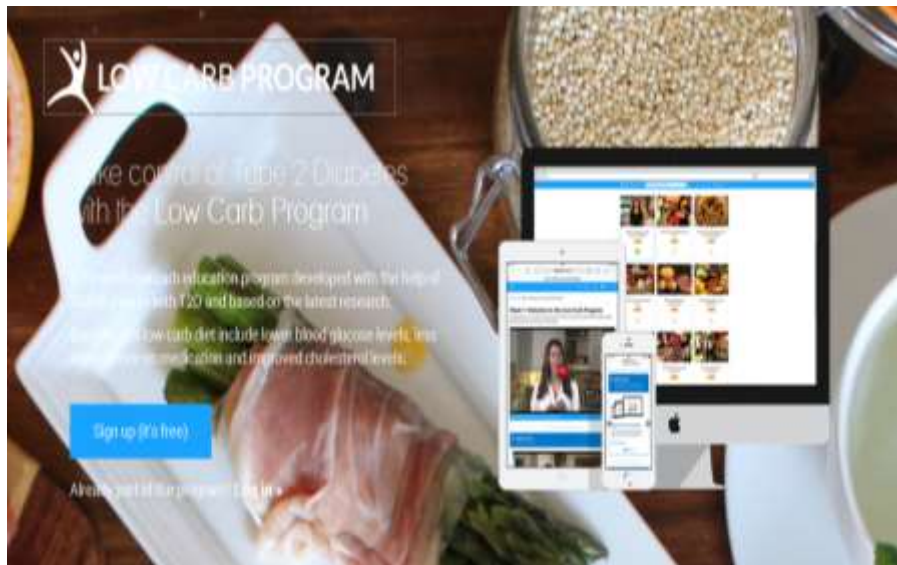
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Part of the **Change 4 Life initiative**, aiming to educate children and adults about sugar, saturated fat and salt content in foods

Sugar smart App allows information on sugar content of foodstuffs to be shown on mobile devices

Contact details  
<https://www.nhs.uk/change4life-beta>



**The Low Carb Program** is a 10 week, evidence-based structured education program developed with the help of **20,000** people with Type 2 Diabetes and based on the latest research

Many people with diabetes are following a low-carb diet because of its benefits in terms of improving diabetes control, weight loss and being a diet that is satisfying and easy to stick to..

In 2015, Diabetes.co.uk launched the [Low Carb Program](#) which helped thousands of people with type 2 diabetes to improve their diabetes control and reduce their dependency on diabetes medication.

Contact details: <http://www.diabetes.co.uk/diet/low-carb-diabetes-diet.html>