

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 services available in your area and the key differentiating factors regarding eligibility

	Structured education for type 2 diabetes		Weight management / lifestyle change services		
	Healthy Living (digital SE for type 2 diabetes)	DESMOND structured education 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	Digital structured education service for people living with type 2 diabetes with RCT evidence of glycaemic benefit. Can use alongside weight management services if appropriate	Structured education programme to support individuals plus family/carers enabling them to take increasing control of their own condition and integrate effective self-management into their daily lives.	Lifestyle change programme for people at risk of type 2 diabetes. Expected weight loss of 3-4kg at 1 year Attending >60% of sessions is associated with 37% relative risk reduction of developing type 2 diabetes	Digital weight loss programme with choice of available providers. Expected weight loss of 3-4kg in 12 weeks 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. Expected weight loss of 10-15kg at 1 year Formerly known as the NHS Low Calorie Diet programme
Programme aim	Living well with diabetes	Living 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 any point after diagnosis of type 2 diabetes	At any point after diagnosis of type 2 diabetes who have not previously attended programme.	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	Digital or face-to-face	Delivered in face-to-face groups or 121 digital	Online / digital apps	Digital / 121 in-person / group *
Age criteria	≥ 18 years	≥ 18 years	≥ 18 years**	≥ 18 years**	18 – 65 years
Weight criteria	None – not specifically a weight loss intervention	None	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 type 2 diabetes	Must have non-diabetic hyperglycaemia or prev 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	Referral via GP	https://healthieryou.reedwellbein.g.com/join/	Referral via GP	Referral via GP – more info from t2dr.SSOT@nhs.net

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