



# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

## Gestational Diabetes

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# What is Gestational diabetes mellitus?



Gestational diabetes is diabetes diagnosed for the first-time during pregnancy. Like other types of diabetes, gestational diabetes affects how cells use sugar (glucose). Gestational diabetes causes high blood sugar that can affect a woman throughout pregnancy and could also affect the health of the baby.

For most women, their blood sugar levels will return to normal by the time of their six-to-eight week postnatal check. However, women who have had gestational diabetes are likely to experience it again in future pregnancies and have a greater risk of developing Type 2 diabetes.

**Up to 50% of women diagnosed with gestational diabetes develop Type 2 diabetes within 5 years of the birth.**

National Institute for Health and Care Excellence



# Healthier You – NHS Diabetes Prevention Programme



The Healthier You NHS Diabetes Prevention Programme helps people to make the simple lifestyle changes that can reduce the risk of diabetes. It is a free programme that provides participants with 13 friendly and supportive group-based sessions over nine months with a trained health coach. The sessions can be attended face-to-face at a local venue, on Microsoft Teams or on the phone via a digital app.

Knowing the types of carbohydrate and fat, ways to be physically active, coping with emotional triggers and eating healthily on a budget, are just some of the topics covered by the programme.

- You will be able to self-refer whilst pregnant to be ready to start the programme after your pregnancy
- Women who have been diagnosed with Type 2 diabetes during or immediately after pregnancy will not be eligible for this programme but there are other programmes and support that you can access:  
[nhs.uk/conditions/type-2-diabetes](https://nhs.uk/conditions/type-2-diabetes)  
[diabetes.org.uk](https://diabetes.org.uk)

For more information and to sign-up to the programme visit [healthieryou.reedwellbeing.com/gestational-diabetes](https://healthieryou.reedwellbeing.com/gestational-diabetes) or call **0800 092 1191**.



## 3 programme options available

### Face-to-face

Delivered by a Health Coach, these programme sessions are held at local community venues.

13 x 1.5 hour sessions. The first four sessions are fortnightly, then monthly from then on.

### Remote

Delivered by a Health Coach, these programme sessions are held on Microsoft teams.

13 x 1.5 hour sessions. The first four sessions are fortnightly, then monthly from then on.

### Digital

This is a 9 month online programme through the Second Nature digital app - minimum fortnightly contact.

Must have access to the internet or smart device.

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