

Pre-diabetes

Your recent blood test has come back within the pre-diabetic range. This means you are at high risk of developing diabetes and action needs to be taken to protect your health and prevent future complications.

Understanding pre-diabetes?

Pocket Medics have developed some patient information videos which are really helpful to understanding what pre-diabetes is and what you can do yourself to reduce your risk of developing diabetes.

Follow this link to learn more: [PocketMedic](#)

Diabetes UK also has written evidence based and up to date information available about diabetes/ risk factors/ diet/ treatment/ support groups.

Follow this link: <https://www.diabetes.org.uk/preventing-type-2-diabetes>

How to reduce your risk of developing diabetes:

Please see the below links for more information on lifestyle changes you can make to reduce your risk.

Eating Healthily	<p>Change4life: website providing lots of practical tips and ideas of making healthy food choices. Recipes - Healthier Families - NHS (www.nhs.uk)</p> <p>NHS “Eat well”: website link providing all up-to-date dietary information on eating well for health. https://www.nhs.uk/live-well/eat-well/</p> <p>App (free): ‘NHS Food Scanner’: Find a food or drink barcode to quickly see what’s inside. Find lots of simple hints and tips to help you make healthier food choices</p> <p>App (free): ‘Easy meal planner’: Easy meal ideas with great tips and the app creates handy shopping lists</p> <p>App (free): ‘My diet coach – weight loss’: Diet diary and calorie counter with notifications in line with your goals, motivational reminders and tips.</p>
Increasing your physical activity levels	<p>National Exercise on Referral Scheme (NERS): Delivered in Chepstow Leisure Centre – this is an excellent scheme and offers 16 weeks of supervised activity sessions at reduced rate. You need to be willing to attend two sessions a week for 16 weeks. For more information about</p>

	<p>the scheme please follow this link Download.aspx (wlga.wales). <i>You need to be referred by a doctor for this programme. If you would like a referral please complete an e-consult on the practice website.</i></p> <p>Couch to 5k NHS: 9 week online plan to increase your exercise week by week to achieve 5k https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</p> <p>NHS Strength and Flex exercise online plan: 5-week plan consisting of a series of equipment-free exercises designed to improve your strength and flexibility https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/</p> <p>App (free) – ‘NHS Active 10 Walking Tracker’ – tracks walking patterns and distance. You can set yourself targets and work towards goals.</p>
Weight loss	<p>NHS weight loss online plan. 12-week plan with dietary tips and exercise suggestions: Lose weight - Better Health - NHS (www.nhs.uk)</p>
Stopping Smoking	<p>Help me quit Wales – for professional support to stopping smoking. Free phone 08082506885 or visit Help Me Quit Stop Smoking Services In Wales</p>
Reducing Alcohol Intake	<p>Drink Aware – Drinkaware Is an independent charity working to reduce alcohol misuse and harm in the UK. Drinkaware Home Drinkaware</p> <p>Alcohol Change – Alcohol Change is a charity working to reduce alcohol misuse and harm in the UK. Alcohol Change UK: Alcohol harms. Time for change. Alcohol Change UK</p>
Mental Health	<p>Mind - Mental health charity with lots of information and support guides Home - Mind</p> <p>NHS Every mind matters Campaign - Every Mind Matters - NHS (www.nhs.uk)</p> <p>Samaritans 24 hour listening support – call 116123 How we can help How Samaritans can help you Samaritans</p> <p>SHOUT offers confidential 24/7 crisis text support for times when you need immediate assistance. Text ‘SHOUT’ to 85258 or visit Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)</p>