

## Maintain Your Success

### Type 2 Diabetes Prevention

Congratulations on completing the Diabetes Prevention Programme (DPP) with WW.

With all of the hard work you have put in, we want to ensure that your efforts are rewarded for years to come by keeping you at a reduced risk of developing Type 2 Diabetes. This resource focuses on top tips for helping you to maintain the changes you have made in the programme. Although we provide website links below for convenience, the resources you have received throughout your time with us, such as the DPP workbooks and handouts, are also excellent reference materials.

As in the programme, you want to continue your focus on the three key diabetes prevention areas (if you're in need of a detailed refresh, head to page 4 of your DPP Workbook). We also suggest an additional check-in every 6-12 months with a Diabetes UK risk tool – you can do this from the comfort of your own home.

Focus on:

1. Maintaining a healthy diet
2. Maintaining your weight (or aiming to lose weight if appropriate)
3. Maintaining an activity level of at least 150 minutes per week (30 minutes 5x/week or 10 x 15 minute blocks)
4. Monitoring your Type 2 Diabetes Risk every 6-12 months

### Maintaining a healthy diet

- **Keep meals interesting by trying new recipes and/or foods.**

You may want to try some WW video "[Cookalongs](#)" or simply add in one new recipe to your meal plan every week – as you already know, you can find some great ones on the [WW website](#). This can help to keep you and your loved ones interested in healthy food. Page 9 of your DPP Workbook is also a great resource to remind you of ways you can keep your meals and snacks healthy.

- **Try to plan your meals in advance**, meal planning resources can be found on [Diabetes UK](#) and [WW](#).
- **Keep your kitchen set up for successfully maintaining your healthy eating habits.** Ensure you have a variety of tasty, healthy snacks in your pantry, wholegrain staples for your cereals, pastas and grains as well as a variety of vegetarian proteins such as beans and lentils. You can find more great suggestions on the WW site [here](#).

### Maintaining your weight or aiming to lose weight if appropriate

- **Take advantage of your Workshop vouchers**

We cannot stress enough that using your vouchers to attend occasional Workshops (you have 13 vouchers valid over 2 years) can be incredibly helpful in maintaining some of the changes you've made to your weight and/or lifestyle habits.

Your vouchers are valid for:

- One session a month for the first 3 months, then
- Once a quarter until 2 years after programme completion.

These Workshops provide you with accountability and increased support when maybe stress, (or life in general!) causes upheaval and maybe even weight gain. Fluctuations in your weight are normal, please don't lose contact with your group and take advantage of your local Workshops when you feel you need it. If you have moved or need to find a new workshop location, [click here](#).

- **Get enough sleep!**

Remember that adults need between 7-9 hours per night. If you're under-sleeping this can affect appetite as well as the way our bodies store fat. Practice good sleep hygiene and aim to switch off all screens (which emit blue light) before getting into bed. More can be found on this topic on the WW site [here](#).

### Maintaining an activity level of at least 150 minutes per week

- **Keep interested in physical activity by trying new activities every couple of months**

It's easy to get stuck in a rut if you're always doing the same thing. As [Diabetes UK](#) and WW suggest, get support in trying a new activity.

- [Couch to 5K](#) (App available)
- Try the [NHS Fitness Plan](#)
- Try the [Active 10 plan](#) (App available)
- [WW Monday to Sunday](#) Schedule

- **Look after your mental health**

- Although this point is focused around physical activity, mental health is incredibly important to your wellbeing. Sometimes life will throw us curveballs and positive mental health practices will help to see us through. Prioritise sleep hygiene, reframing negative self-talk, and trying to keep regular routines. For more on this topic, visit the WW article "[How to stay mentally healthy during stressful times](#)".
- Meditation and mindfulness can be an excellent way to reduce stress and bring awareness to the choices we make day-to-day, a simple exercise such as a [3-minute meditation](#) can bring things back to focus and reduce stress.

### Monitoring your Type 2 Diabetes Risk every 6-12 months

Diabetes UK has an excellent risk assessment tool we recommend using every 6-12 months. You will receive a score and risk category (low, increased, moderate or high) along with links to helpful resources from Diabetes UK. All you will need to hand is a computer and your height, weight and [waist circumference](#) measurements.

#### Use the "[Know Your Risk](#)" Tool

Aside from the "Know Your Risk" tool from Diabetes UK, they have a variety of resources and tools for helping you to [prevent Type 2 Diabetes](#).

**TYPE 2 DIABETES**  
**KNOW YOUR RISK**

## Resource List

### Diabetes UK Resources

- Diabetes UK. Know Your Risk Assessment Tool. <https://riskscore.diabetes.org.uk/start>
- Diabetes UK. Diabetes risk and your waist measurement. <https://www.diabetes.org.uk/preventing-type-2-diabetes/waist-measurement>
- Diabetes UK. Preventing Type 2 Diabetes. <https://www.diabetes.org.uk/preventing-type-2-diabetes>
- Diabetes UK. Moving more to reduce your risk of Type 2 diabetes. <https://www.diabetes.org.uk/preventing-type-2-diabetes/move-more>
- Diabetes UK. Meal plans and diabetes. <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans>

### NHS Resources

- NHS. Active 10: Exercise made easy. <https://www.nhs.uk/oneyou/active10>
- NHS. 12-Week Fitness Plan. <https://www.nhs.uk/live-well/exercise/12-week-fitness-plan/>
- NHS. Couch to 5K: Week by Week. <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

### WW Resources

- WW US. Food & Nutrition: Your healthy pantry plan. <https://www.weightwatchers.com/us/blog/food/pantry-staples>
- WW NZ. Wellness: How to stay mentally healthy during stressful times. <https://www.weightwatchers.com/nz/wellbeing/how-to-stay-healthy-mentally>
- WW NZ. Sample meal plan for WW. <https://www.weightwatchers.com/au/food/smartpoints-meal-plans>
- WW UK. Healthy Recipe Inspiration. <https://www.weightwatchers.com/uk/recipes>
- WW UK. Fitness & Workouts: Your Monday to Sunday workout schedule, sorted! <https://www.weightwatchers.com/uk/article/monday-to-sunday-workout-schedule>
- WW UK. Health & Wellbeing: Sleep and weight: what's the connection? <https://www.weightwatchers.com/uk/article/sleep-and-weight-loss>
- WW UK. Health & Wellbeing: The 3-minute meditation exercise anyone can do. <https://www.weightwatchers.com/uk/article/3-minute-meditation-exercise-anyone-can-do>
- WW UK. YouTube Chanel WW "Cookalongs". <https://www.youtube.com/playlist?list=PLBjuzml9hyJhTCt61VuiNJEbHmR409xaL>