

# Portishead wellbeing workshops

## Diabetes type 2 management

7 February 2024

1

# Type 2 Diabetes

## Prevention

- More than half of all cases of Type 2 diabetes could be prevented or delayed
- 13.6 million people are now at an increased risk of type 2 diabetes in the UK
- Research has consistently shown that combined lifestyle interventions can be effective in reducing the risk of type 2 diabetes by about 50%

2

# What is pre-diabetes

- Prediabetes means your blood glucose level is higher than normal, but not high enough to be diagnosed with type 2 diabetes
- HbA1c is between 42-47 mmol/mol
- Without making lifestyle changes most people are at high risk of developing type 2 diabetes
- Prediabetes is symptomless for the majority

3

# Are you at risk?

**Risk factors that we can change:**

- Lifestyle
- Weight
- Blood pressure

**Risk factors we cannot change:**

- Age
- Family history
- Ethnicity

4

# Type 2 Diabetes

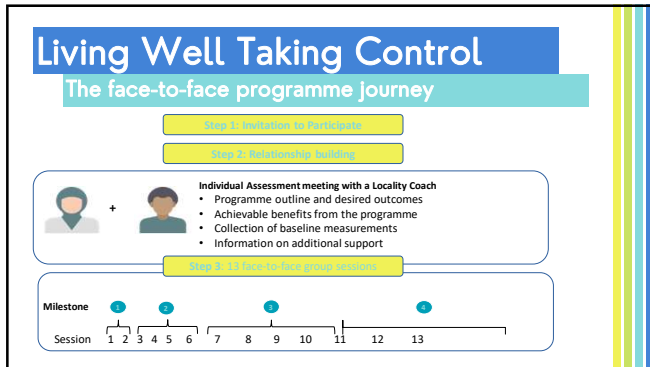
## Complications

5

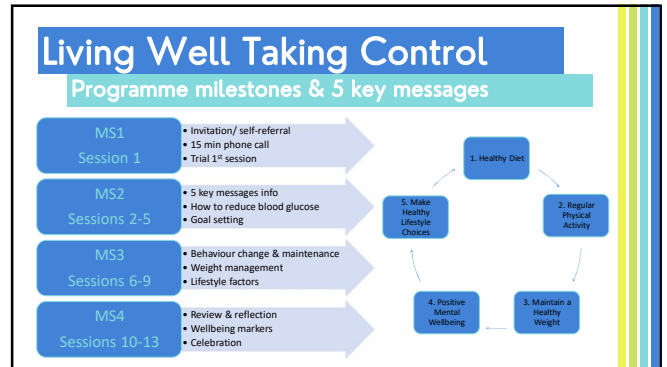
# Good news!

Engage in the NHS Diabetes Prevention Programme. Become equipped with the knowledge & support you need to make small changes to all aspects of your lifestyle. Reduce your risk of developing type 2 diabetes.

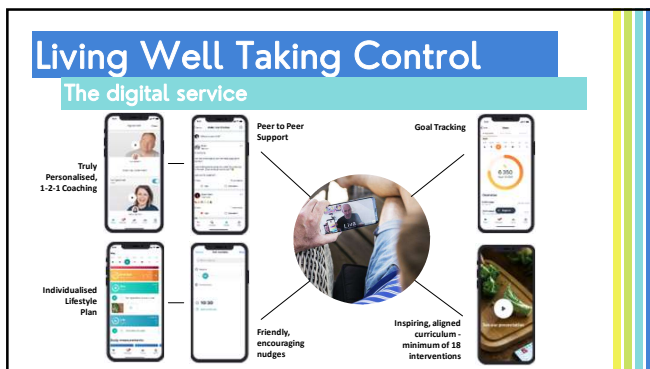
6



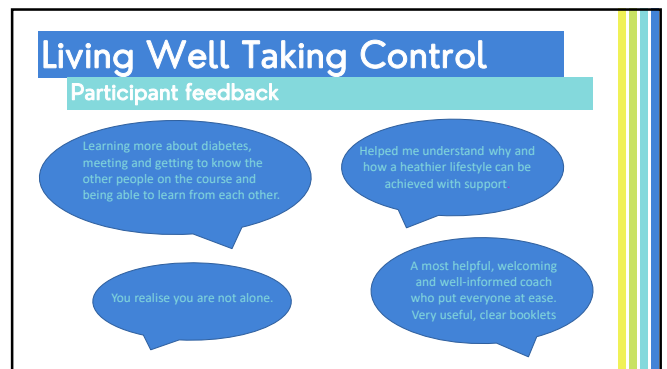
7



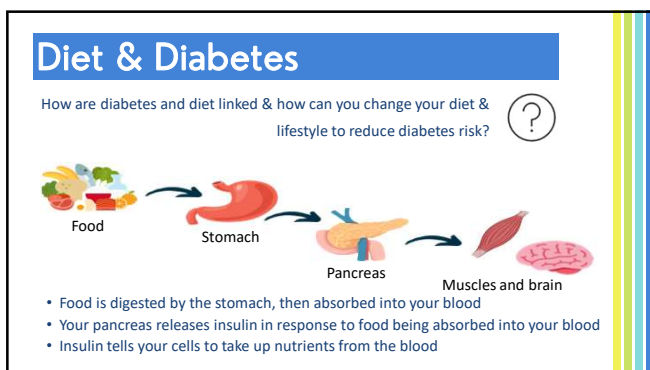
8



9



10



11



12

## Diet & Diabetes

- The pancreas needs to recover
- What foods stress the pancreas and insulin system the least?

Wholegrains

Fruit

Vegetables

Healthy Fats

13

## Lifestyle & Diabetes

Increase activity levels

Breakup long periods of sitting

Rest your digestive system

Prioritise sleep

14

## Type 2 Diabetes

High blood sugar levels due to:

- A lack of insulin – relative insulin deficiency
- The insulin not working effectively – insulin resistance

**Diabetes develops when glucose can't enter the body's cells to be used as fuel. This happens because either:**

In the case of Type 1 diabetes, there is no key (insulin) to unlock the door to the cells

Or, in the case of Type 2 diabetes, the key (insulin) is unable to unlock the door properly

and/or the key (insulin) is there but the lock doesn't work properly

15

## Type 2 Diabetes

### Potential Complications

- Eye problems
- Foot problems
- Kidney problems
- Increased risk of heart attacks and stroke
- Nerve damage
- Sexual problems in men and women

16

## But... (the good news!)

This risk can be reduced!

Diabetes remission can be achieved!

17

## Type 2 Diabetes

Step 1:

- Understand your numbers

Step 2:

- Get informed

HbA1c/Glucose

Cholesterol


Blood Pressure

18

## HbA1c / Glucose

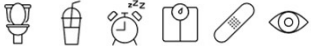
### Step 1 – understand your numbers

**HbA1c/Glucose**



**HbA1c** – glycated haemoglobin – main blood test used in diagnosing and monitoring diabetes. Average blood glucose levels over the last 2-3 months.  
**Glucose** – obtained either by venous sample of finger prick test. Snapshot of your levels

If your sugar levels are high, you may notice:



Everyone will have individual clinical targets and personal goals – have this discussion with your health care provider. Make sure you know your targets.

19

## HbA1c / Glucose

### Step 2 – get informed

There is no special type 2 diabetes diet

**One diet fits all**

Healthier choices – where are sugars found?

Smaller carbohydrate portions

Awareness of food labels – making small swaps


Realistic and achievable changes that are sustainable

Reduce alcohol intake

Increase your physical activity

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.


[Eating with diabetes | Diabetes UK](#)  
[Guide to diabetes | Diabetes UK](#)  
[Diabetes and exercise | Diabetes UK](#)  
[Type 1 and type 2 | Diabetes UK](#)



20

## Cholesterol

### Step 1 – understand your numbers



LDL (bad)	1.8 or below
Non-HDL	2.5 or below

Q-Risk > 10% - statin recommended  
 (Age, diabetes, family history, kidney disease, smoking history, personal clinical history, including raised blood pressure)

**Cholesterol**

- Levels of fat in the blood
- Bad cholesterol (LDL) can sit in blood vessels causing narrowing
- Increased risk of heart attacks / strokes & diabetes related complications
- Cholesterol lowering medication needed if LDL is high

21

## Cholesterol

### Step 2 – get informed

Eat a healthy, balanced diet

Increase physical activity

Reduce processed foods

Reduce foods high in sat fats

Increase high protein foods

Increase fresh fruit & veg

Read food labels, make informed swaps

Stop smoking, reduce alcohol intake

**HEART UK**  
THE CHOLESTEROL CHARITY


[Eating for lower cholesterol | HEART UK - The Cholesterol Charity](#)



22

## Blood Pressure

### Step 1 – understand your numbers




**Blood Pressure**

- The pressure your heart takes to push blood around your body
- High blood pressure can strain & damage your blood vessels = difficulty getting blood to your vital organs.
- Increased risk of heart attacks / strokes & diabetes related complications

Target: 140/90mmHg

Target (Kidney Disease): 130/80mmHg



23

## Blood Pressure

### Step 2 – get informed

Maintain a healthy weight

Eat a healthy, balanced diet

Increase physical activity

Reduce dietary salt


Reduce caffeine

Stop smoking, reduce alcohol intake

Check in with your emotions / stress

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.


[Diabetes and blood pressure | Diabetes UK](#)



24

## Physical Activity

- Being physically active is good for diabetes
- Try a run, a swim or even some arm stretches or on-the-spot walking while the kettle boils - it all makes a difference.




Helps	by increasing insulin sensitivity
Helps	look after your blood pressure & cholesterol to protect your heart
Helps	you to lose weight, and keep the weight off after you've lost it
Gives	you energy and helps you sleep
Helps	your joints & increases your flexibility
Helps	your mind - reduces stress levels and improves low mood
Helps	people with Type 2 Diabetes improve their HbA1c

25

## Type 2 Diabetes

### 15 healthcare essentials entitlement

- Blood glucose test (HbA1c/glucose)
- Blood pressure check
- Cholesterol check
- Eye screening
- Foot & leg check
- Kidney tests
- Advice on diet & lifestyle
- Emotional & psychological support
- Group education course
- Care from diabetes specialists
- Free flu jab (Sept-March)
- Good care if you are in hospital
- Support with sexual problems
- Help to stop smoking
- Specialist care if you're trying to conceive

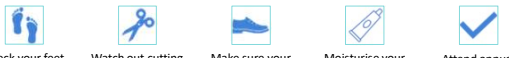


26

## Type 2 Diabetes Care

### Feet

- Diabetes can lead to the nerves & circulation to your feet becoming damaged
- Left untreated this can result in more serious complications



Check your feet everyday    Watch out cutting your toenails    Make sure your footwear fits    Moisturise your feet daily    Attend annual foot checks

**Seek medical attention immediately** if you notice any broken areas, in-growing toenails, blisters, change in sensation, inability to recognise temperature changes.


Diabetes and feet | Foot problems | Diabetes UK      Podiatry resources - Sirona care & health (sirona-cic.org.uk)

27

## Type 2 Diabetes Care

### Kidneys


- Kidney damage develops slowly over many years
- High blood pressure, cholesterol & sugar levels can affect kidney function



Keep your blood glucose to target    Monitor blood pressure & cholesterol    Stop smoking    Make healthier choices    Keep physically active

**Make sure you have the recommended tests:**

- Blood test – eGFR
- Urine test - ACR




28

## Type 2 Diabetes Care

### Eyes

- Eye damage develops slowly over many years
- High blood pressure, cholesterol & sugar levels can affect eye function



Have regular eye tests    Tell your optician if you notice changes to your eyesight    Keep your blood glucose to target    Monitor blood pressure & cholesterol    Make healthier choices

Diabetic eye screening may spot changes to your eyesight before you experience symptoms – speak to your healthcare provider who can signpost you to the correct service

29

## Type 2 Diabetes Care

### Make the most of your appointments

- Healthcare teams should be led by your needs
- You should be able to have good quality conversations with your healthcare team
- Diabetes monitoring is more than just achieving targets
- Remember your 15 Healthcare Essentials

**Before your appointment, think about:**

- Anything that is worrying you about your diabetes
- Whether your diabetes is affecting your general wellbeing and what support you may need
- Whether you have read or seen anything you would like to discuss such as research or diabetes tech

**During your appointment:**

- If your questions aren't being answered, don't be afraid to ask again
- Discuss how diabetes is affecting your life, not just your targets
- At the end of your appointment agree a clear plan of action & your next appointment

30

## Support & Signposting

What's available in your area?

31

## Support & Signposting

Diet / weight management

- 12 week online behavioural & weight management programme
- Slimming World – 12 weeks free of charge
- Healthy Lifestyle Advisors – tailored 1-1 / group support
- Choose to lose men and women
- Type 2 Diabetes Remission Pathway
- Diabetes UK

32

## Support & Signposting

Physical activity

- Physical Activity on referral – various schemes within North Somerset, including 'get active pass'. More information available on the better health north somerset website
- Age UK classes (approx. £5 per class). More information available on the Age UK Somerset website
- Talk to your healthcare team, health and wellbeing coaches / social prescribers can support you with increased exercise

33

## Support & Signposting

Alcohol & smoking

**Alcohol**

- Recommended limit is 14 units / week
- High alcohol intake increases your risk of diabetes complications, heart attacks, strokes & can increase the risk of liver, kidney damage & cancer

**Smoking**

- Smoking increases your risk of over 50 serious health conditions including diabetes
- List your reasons to quit and have a plan in place if you are tempted to smoke
- List your smoking triggers and plan how to avoid these
- If you have tried to quit before, remember what worked & use stop smoking aids
- Keep cravings at bay by keeping busy or exercise the urge away

If you would like support with your drinking and / or smoking – talk to your healthcare provider

34

## Support & Signposting

Emotional support

- Diabetes doesn't just affect you physically, it can affect you emotionally too
- You may feel anxious, stressed, low of burnt out
- It is important to recognise this and talk to someone
- Your healthcare provider can refer you to:
  - Peer support groups
  - NHS Talking Therapies
  - Social prescribing / health & wellbeing coaches

35

## Support & Signposting

36

## Diabetes Type 2 Care

Remember...

Step 1 – understand your numbers

Step 2 – get informed

Make the most of your appointments

Your healthcare team should always be led by your needs

Diabetes can affect you physically & emotionally

If your questions aren't being answered – ask again!

There's wider support available

You can reduce your risk, and we are here to help

37

## Free wellbeing workshops

for residents of Portishead

Over the next 18 months residents in Portishead will be able to attend a series of workshops to support their wellbeing needs.

THESE WORKSHOPS WILL COVER:

- 2022
  - 20th Sep - Managing anxiety in children and young people
  - 18th Oct - Menopause
  - 15th Nov - Developing a healthy relationship with food
- 2024
  - 17th Jan - Living with chronic pain
  - 7th Feb - Diabetes management
  - 20th Mar - Dementia and falls prevention
  - 17th Apr - End of life conversations

38

## SPRING INTO WELLBEING

PORTISHEAD'S HEALTH AND WELLNESS EVENT

FREE ENTRY!

SATURDAY 2 MARCH 10AM - 4PM  
THE BEACON HUB, SOMERSET HALL,  
THE FOLK HALL AND THE LIBRARY

A fun community wide event with:

- No cost and low cost ways to improve health and wellness
- Information and advice from over 40 stands
- FREE blood tests. Booking is required via the website - [www.portishead.gov.uk/book-your-my-health-blood-test](http://www.portishead.gov.uk/book-your-my-health-blood-test)
- Music
- Refreshments
- Wellbeing workshops

Scan the QR code for more information

39

# Q and A's

40