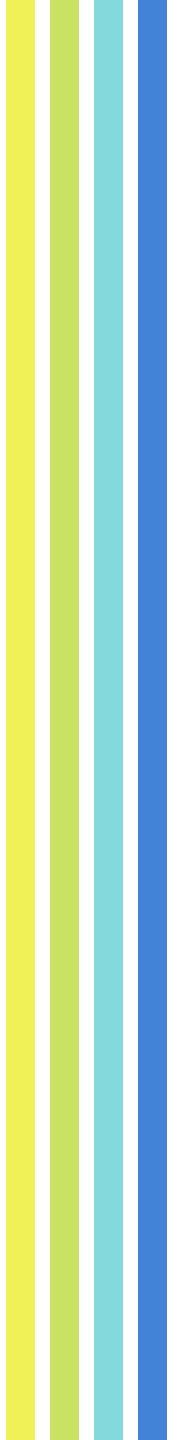


Portishead wellbeing workshops

Diabetes type 2 management

20th November 2024



Diabetes awareness



Prevention and management of type 2 diabetes

Diabetes and Nutrition Service
Sirona care & health

What is diabetes?



[What is type 2 diabetes? \[Spoken in English\]](#)

Type 1 or type 2 diabetes

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



Risk factors for type 2 diabetes – causes?



Age



Family history



Ethnicity



Waist
circumference

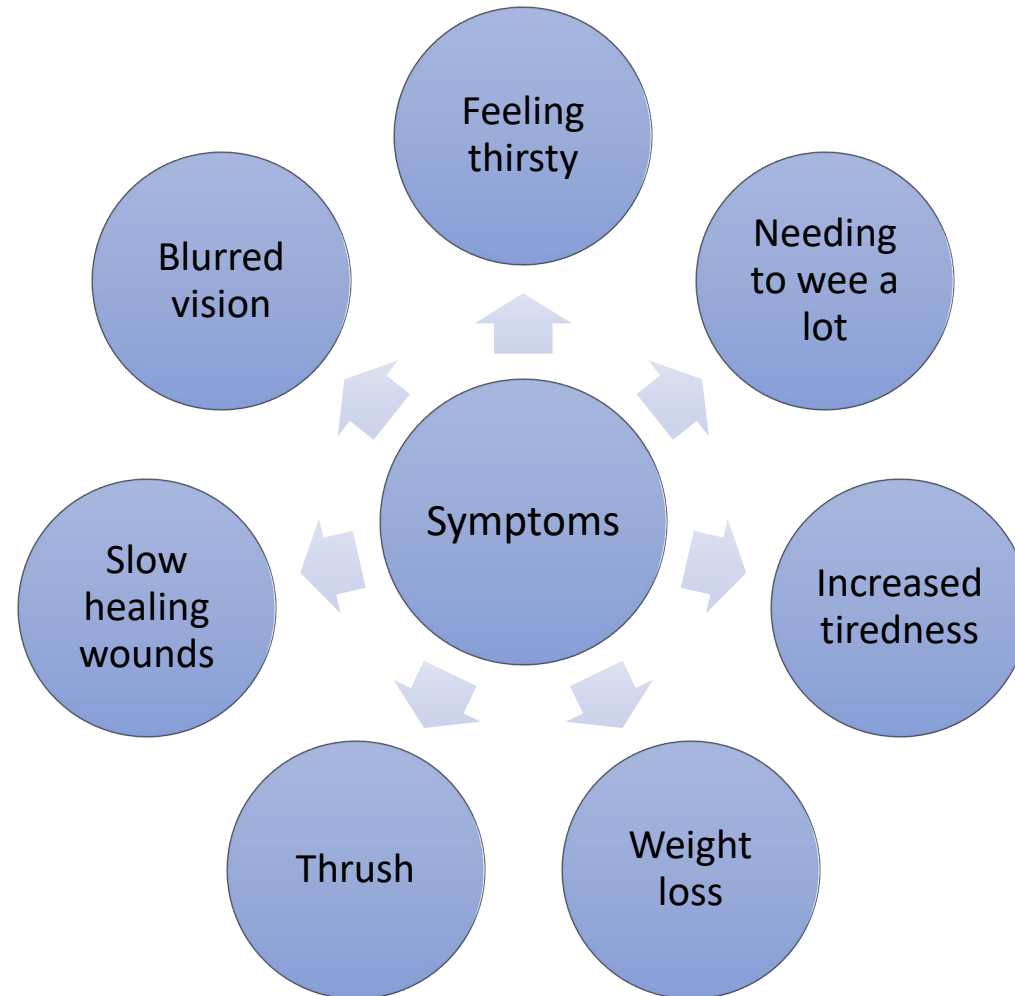


Sedentary
lifestyle



High blood
pressure

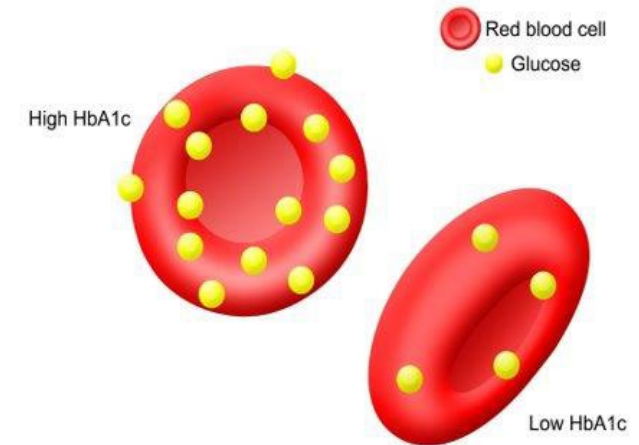
Symptoms of diabetes



Diagnosing diabetes

Blood test: HbA1c

Non-diabetes	<42mmol/mol
At risk	42-47.9mmol/mol
Diabetes	48mmol/mol and above



How diabetes can affect the body

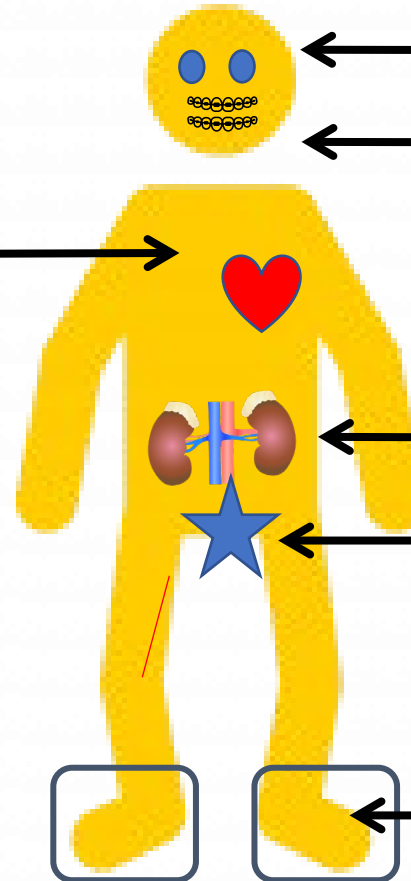
Cardiovascular Disease

Heart Attack

Stroke

Peripheral Vascular Disease
(PVD)

Vascular Dementia



Eyes - Retinopathy

Gum infections

Kidneys - Nephropathy

Sexual dysfunction

Feet – Nerve damage & PVD

Preventing type 2 diabetes



TYPE 2 DIABETES

KNOW YOUR RISK



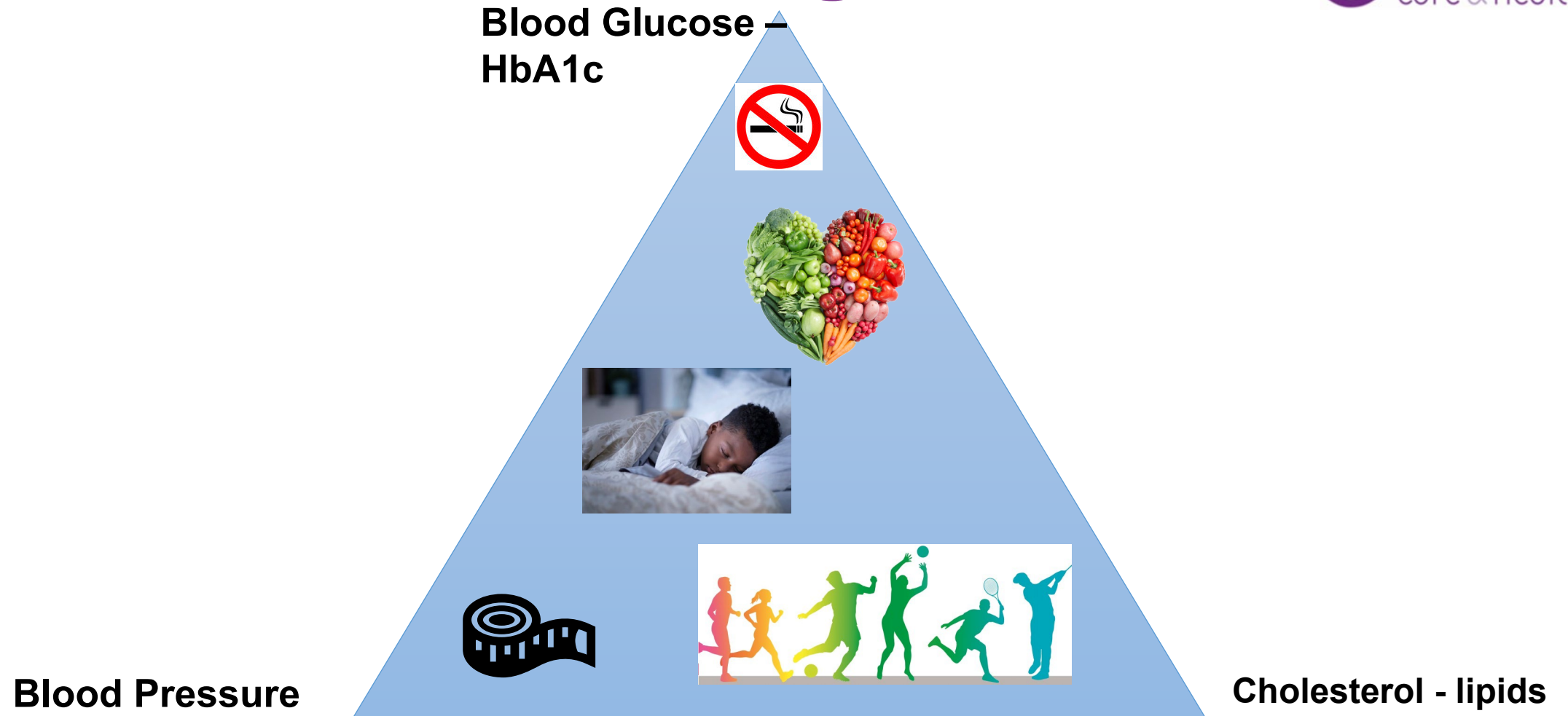
Local Provider:
Living Well Taking
Control

Prevention: weight loss



- Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes healthy eating patterns and regular physical activity.
- Losing weight could help insulin work properly.
- Losing and keeping off 5-10% body weight can reduce the risk of diabetes complications and:
 - Improve blood pressure
 - Reduce cholesterol
- Losing weight will help with mood, energy levels and sleep.

Diabetes management



Remission of diabetes



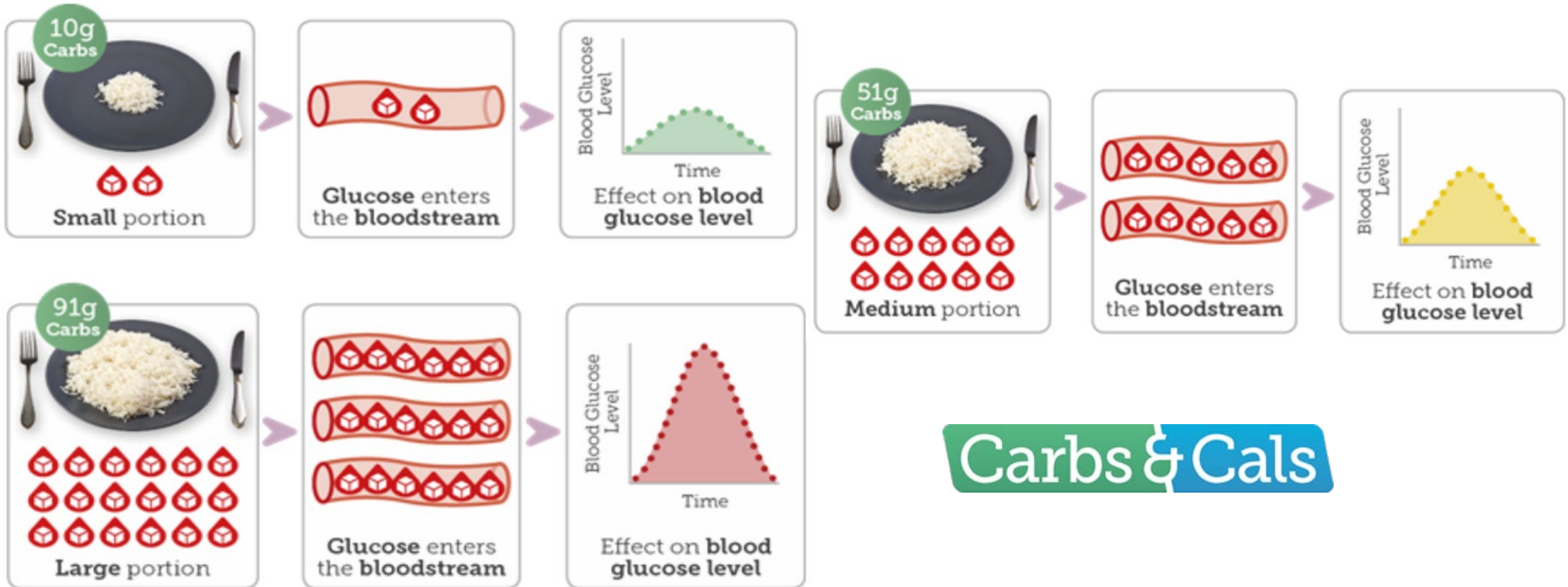
Aim: HbA1c below 48mmol/mol without diabetes medications for 6 months

The NHS Type 2 Diabetes Path to
Remission Programme

Bristol, North Somerset & South Gloucestershire

Choose Healthier Carbohydrate Foods: Consider overall carbohydrate portions:

Carbohydrate is the nutrient that has the biggest impact on blood glucose levels.



Carbs & Cals

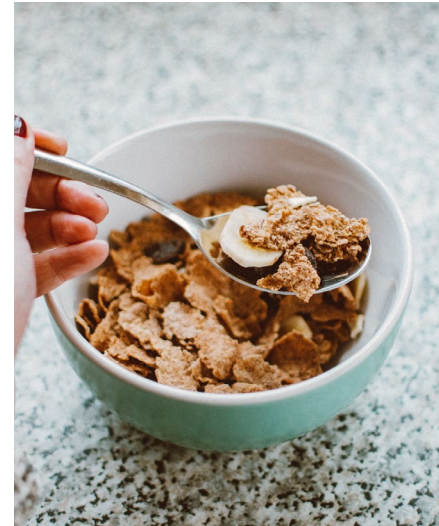
Choose wholegrains/ starchy carbohydrates

Lowers risk of **heart disease, stroke** and **Type 2 Diabetes** (up to 30%)

Lowers risk of developing some forms of bowel cancer

Is a food source for **'friendly' gut bacteria**

Can help maintain a healthy body weight by providing a **slower release** of energy and help keep you feeling **full for longer**.



Reducing Cholesterol



6 cholesterol busting foods:

- 1) Food rich in unsaturated fat
 - a) Vegetable oils
 - b) Avocados, nuts, seeds, fat spread from veg oils
 - c) Oily fish
- 2) Fruit and vegetables
 - a) 5 portion (80g)
- 3) Foods with added sterols and stanols
 - a) Plant chemical similar to cholesterol
 - b) block some cholesterol being absorbed
 - c) 2 tsp fat spread or 1 yoghurt/ fortified drink
- 4) Oats and barley
 - a) Rich in beta glucans which limit cholesterol absorption Nuts
 - b) Porridge, oat-based breakfast cereal, eat drink, 3 oatcakes, 75g pearl barley Soya food
- 5) Nuts
 - a) Unsaturated fat, fibre, protein, vitamin E, magnesium, potassium, plant sterols
 - b) 28-30g/ 1 handful of unsalted nuts
- 6) Soya
 - a) Low in sat fa, full of protein vitamins and minerals
 - b) Replace meats, full fat cream, dairy products



Heart Healthy Snack Swaps

Try having these

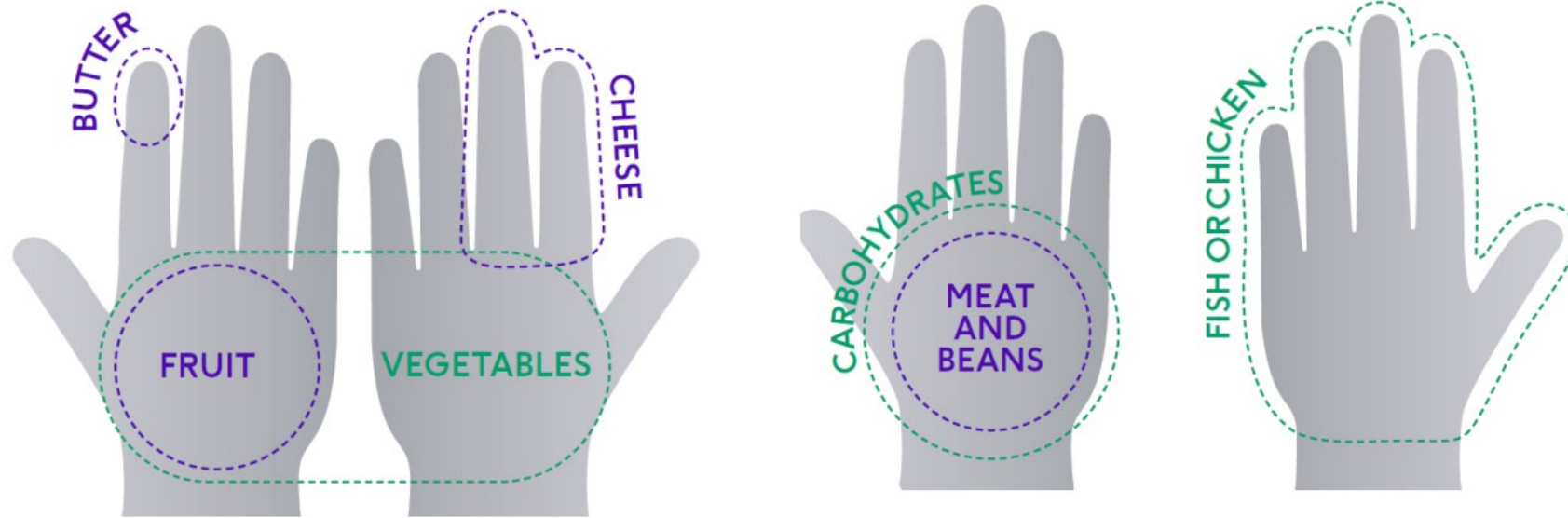
LOWER FAT
DAIRY &
PLANT
YOGURT/
DRINKS



Instead of these



Portion size





Ten Tip for Healthier Eating with Diabetes

The infographic features a central blue plate with a white fork and knife, containing a red steak, green broccoli, orange carrots, yellow corn, and green leafy vegetables. A salt shaker and a spoon are positioned above the plate. Surrounding the plate are ten numbered tips, each accompanied by an icon: 1. A banana; 2. A salt shaker; 3. A fork and knife; 4. A plate of food; 5. An avocado and a bottle of oil; 6. A cup of coffee with a sugar packet; 7. A jar of nut butter and almonds; 8. A glass of red wine and a salt shaker; 9. A box of alphabet soup with a red 'X' over it; 10. A plate of food.

- 1 Choose healthier carbohydrates
- 2 Eat less salt
- 3 Eat less red and processed meat
- 4 Eat more fruit and veg
- 5 Choose healthier fats
- 6 Cut down on added sugar
- 7 Be smart with snacks
- 8 Drink alcohol sensibly
- 9 Don't bother with so-called diabetic foods
- 10 Get your minerals and vitamins from foods

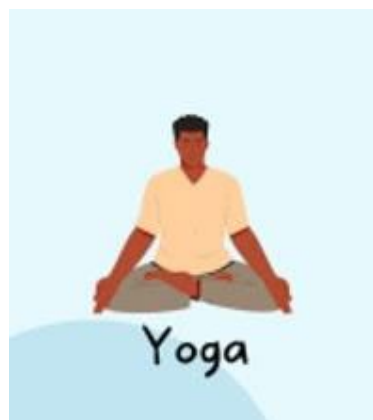
Sleep and exercise

	Glucose/insulin	Blood pressure	HbA _{1c}	Lipids	Physical function	Depression	Quality of life
 SITTING/BREAKING UP PROLONGED SITTING	↓	↓	↓	↓	↑	↓	↑
STEPPING	↓	↓	↓	↓	↑	↓	↑
SWEATING (MODERATE-TO-VIGOROUS ACTIVITY)	↓	↓	↓	↓	↑	↓	↑
STRENGTHENING	↓	↓	↓	↓	↑	↓	↑
 ADEQUATE SLEEP DURATION	↓	↓	↓	↓	?	↓	↑
GOOD SLEEP QUALITY	↓	↓	↓	↓	?	↓	↑
CHRONOTYPE/CONSISTENT TIMING	↓	?	↓	?	?	↓	?

IMPACT OF PHYSICAL BEHAVIORS ON CARDIOMETABOLIC HEALTH IN PEOPLE WITH TYPE 2 DIABETES

↑ Higher levels/improvement (physical function, quality of life); ↓ Lower levels/improvement (glucose/insulin, blood pressure, HbA_{1c}, lipids, depression); ? no data available;
 ↑ Green arrows = strong evidence; ↑ Yellow arrows = medium strength evidence; ↑ Red arrows = limited evidence.

Being more active more often



Diabetes and emotional wellbeing



<https://youtu.be/pcO-alfiyEo>

Keeping well

- Know your blood sugar levels
- Know your blood pressure
- Know your cholesterol
- Look after your eyes
- Look after your feet and legs
- Get your kidneys checked
- Know your weight
- Take control of your diet
- Go to an education session
- Book your free flu vaccination

Support to manage your diabetes



- Talk about how you are feeling
- Know your healthcare team
- Get good healthcare in hospital
- Talk about sexual problems
- Stop smoking
- Get information if planning to have a baby

Signposting and support



- Diabetes UK website – information, education and support www.diabetes.org.uk
- Diabetes UK – local group, national careline and online forums
- <https://riskscore.diabetes.org.uk/start>
- National diabetes prevention programme
- Diabetes structured education - <https://sirona-cic.org.uk/nhsservices/services/diabetes-structured-education/>
- Online diabetes education <https://healthyliving.nhs.uk/>
- Type 2 pathway to remission programme
- Better Health North Somerset <https://www.betterhealthns.co.uk/> self refer for support of access via GP –Healthy Lifestyles Advisors can provide FREE support to lose weight, eat well, get active, stop smoking and improve liver health with 1-1 and group offers available over a duration of 12 weeks
- Slimming World vouchers or Healthy You group to support weight loss
- NHS digital weight management
- Social Prescribing
- <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/>
- Age UK <https://www.ageuk.org.uk/somerset/>

Any questions



The Good News!

**Type 2
diabetes is
a largely
preventable
lifestyle
disease**



The NHS Diabetes Prevention Programme will provide you with the knowledge and support to make small changes to all aspects of your lifestyle

Programme Topics

- ✓ **A Healthy Balanced Diet**
- ✓ **Regular Physical Activity**
- ✓ **Weight Management**
- ✓ **Mental Wellbeing**
- ✓ **Managing Stress**



- ✓ **Sleeping Well**
- ✓ **Overcoming Barriers to Change**
- ✓ **Understanding Habits and Triggers**
- ✓ **Long-term Behaviour Change**

Other Benefits of the Programme



Case Study



Gillian, Kent & Medway

“

The NHS Diabetes Prevention Programme helped me change the way I cook.

It helped me to lose the weight I needed to – and keep it off.

The programme taught me the importance of physical activity and the group setting provided the opportunity to make friends.

If you are prediabetic I recommend joining the programme!

”

How To Join Us!

**Ask at your GP surgery
about how to be referred**



Call us

0300 302 0652



Email us

info@lwtcsupport.co.uk

Or register online with your:

- **NHS number**
- **Latest HbA1c or FPG reading**
- **Date of HbA1c or FPG reading**
- **GP surgery name**

