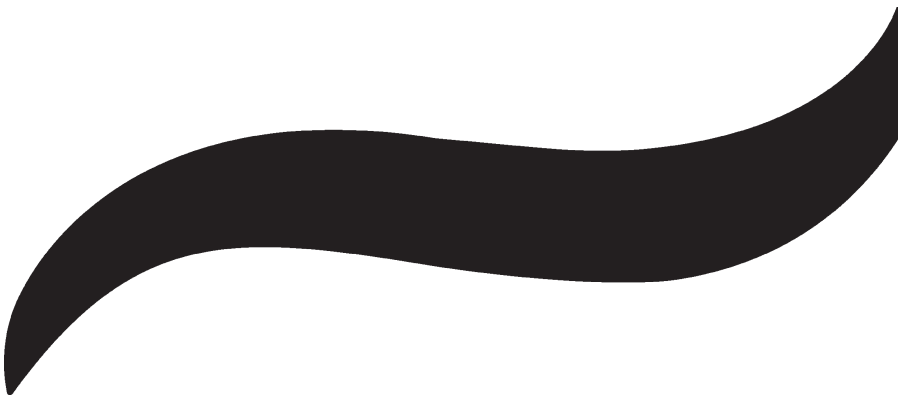




STEP Towards a Healthier You

Information for patients
Adult Diabetes Service



WHY IS WEIGHT MANAGEMENT IMPORTANT FOR PEOPLE LIVING WITH DIABETES?

Type 2 diabetes is a long term condition which results in the blood glucose (sugar) being too high. Over time a high blood glucose can cause health complications such as heart disease, eye disease and kidney disease.

A hormone called insulin stops the blood glucose in your blood from going too high. People who have Type 2 diabetes don't produce enough insulin, and the insulin they do produce doesn't work very well. This makes the glucose rise which means they have too much glucose in their blood.

85% of people with Type 2 Diabetes are overweight. Extra weight around your waist means fat can build up around your organs, like your liver and pancreas. This can cause insulin resistance which is when insulin struggles to work properly and causes the blood glucose to rise. Losing weight can help reduce insulin resistance, making the insulin you produce or inject work better.

Weight is a sensitive issue for many people. Losing weight and maintaining weight loss can be difficult. It's not always easy to work out why you are putting on weight. However, when you have diabetes there are huge benefits to losing a moderate amount of weight.

The benefits of losing 5-10% of your weight

- ❖ Improved blood glucose (sugar) control
- ❖ Lower risk of cardiovascular disease e.g. strokes and heart attacks
- ❖ Lower blood pressure
- ❖ Improved lung function i.e. less breathless when busy and active
- ❖ Improved mobility i.e. moving about, walking or running
- ❖ Higher energy levels
- ❖ Improved sleep

WHAT IS STEP TOWARDS A HEALTHIER YOU?

STEP Towards a Healthier You is a 12 month weight management support programme, designed and delivered by a team of staff specialising in diabetes care and weight management.

The programme is made up of 2 stages:

Starting Steps – making changes

This first stage of the programme lasts for 4 months. This stage focuses on getting ready to change and starting to make changes. We will support you by providing dietary advice, techniques to help you change your eating and lifestyle behaviours and ways to help you increase the amount of exercise and physical activity you do.

Every Week: you will attend a physical activity session (60 minutes) where your Physical Activity Coach will make the session and exercises suitable for you. The sessions are designed with short rest periods between each exercise. There will be chair-based exercises for anyone who needs them. As the sessions progress you should start to notice a difference in your fitness.

Every 2 weeks: you will attend a group session (90 minutes) where you will look at a nutrition and behaviour topic with your Dietitian and other group members.

Our topics include:

- ❖ How to improve your motivation to change
- ❖ What we mean by energy deficit
- ❖ Managing your emotions when it comes to food choices and food behaviours
- ❖ Improving your snack options
- ❖ Setting goals to help you make changes
- ❖ How to manage eating out and the effects of alcohol
- ❖ Dealing with any slips or pauses you might have when it comes to these making changes

Stepping Forward – maintaining changes

This stage covers the remaining 8-9 months of the year and is all about giving you support to help you maintain the changes to your eating habits and activity levels. The group sessions with your Dietitian and other group members are held monthly and you will carry on looking at nutrition and behaviour topics to keep you moving towards your long term health goals.

It is common to come up against challenges whilst on your journey to a healthier lifestyle. Our team is here to listen to what has been difficult for you, and we will support and help you with the information and skills you need to help you reach your goals.

IS STEP TOWARDS A HEALTHIER YOU THE RIGHT OPTION FOR ME?

Your success in the long-term depends on your commitment to change the way that you eat, what you eat and to follow a healthy lifestyle.

The programme has been designed to give you the tools to make long-term changes to your eating and activity habits while promoting health and wellbeing. At each session, you will be supported to set goals for how you will make some positive changes to your life and you will be encouraged to think about the steps you need to take to put these into practice at home. You will be able to talk about how things went at your next session.

The programme will not give you a set meal plan or set you daily activity requirements. You will work together with our experienced staff to gain the knowledge and skills for you to make changes towards your own individual goals and needs.

THE STEP TOWARDS A HEALTHIER YOU PROGRAMME IS AIMED AT PEOPLE WHO:

- ❖ Have been diagnosed with Type 2 Diabetes
AND
- ❖ Have a body mass index (BMI) of 30kg/m² or above*
AND
- ❖ Are aged 18 years and over
AND
- ❖ Can commit to a 12 month programme by attending regular group sessions

* BMI risk factor thresholds differ within different ethnicities for example, people from the South Asian population will be considered with a BMI 26 kg/m² or above. You can check your BMI here - <https://www.nhsinform.scot/healthy-living/food-and-nutrition/healthy-eating-and-weight-loss/understanding-your-health-and-weight-body-mass-index-bmi>

WHEN WILL I START THE STEP TOWARDS A HEALTHIER YOU PROGRAMME?

We need to assess if our programme will meet your needs and expectations before you can attend.

You will be invited to attend an assessment, which lasts about 30-45 minutes. You will be asked to complete an assessment pack before you come to this appointment. The assessment pack includes a series of questions and questionnaires that help us assess your medical history, what you eat at the moment, your previous weight loss attempts, your current mental health and whether you are ready to start a weight management programme.

SO ARE YOU READY TO LOSE WEIGHT AND IMPROVE YOUR DIABETES CONTROL?

This is an important question. Successfully managing your weight is not about going on a "diet" and then putting the weight you have lost back on, like 95% of "dieters". Successfully managing your weight is about creating long-lasting eating and activity behaviours that you can stick with.

To help you decide if you are ready, please think about:

- ❖ the benefits you will gain from losing weight and improving your diabetes control

AND

- ❖ the challenges or difficulties you might face when trying to make changes.

Use the benefits and challenges table below to help you decide

Benefits	Challenges
<p>Good things that will happen if I lose weight.</p> <p><i>E.g. I will be more mobile and less out of breath</i></p> <p><i>My blood glucose level will improve</i></p>	<p>Things that will get in the way of me losing weight.</p> <p><i>E.g. I work full time and have a busy family life</i></p> <p><i>I don't want to give up the foods I enjoy</i></p>

If you have more noted in the “benefits” box this suggests you are ready to lose weight. Now think about how you will deal with the challenges which may get in the way of you losing weight. This is an important part of assessing if you are ready to start with STEP Towards a Healthier You.

HOW COMMITTED ARE YOU?

STEP Towards a Healthier You is for individuals who are committed to making long-lasting changes to their eating and activity behaviours. Please look at the importance and confidence self-rating test below to see if you are ready to commit.

Importance

How important is it for you to lose weight and manage your diabetes right now (*tick a number below*)?

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1 = *Not important at all*

10 = *The most important thing in my life right now*

- 8-10 You are really keen to get started. In fact, you might already be planning changes to help you lose weight and improve your general health and diabetes control.
- 6-7 You feel it is important to make changes but other issues in your life are just as important. Have a think about why you want to manage your weight at the moment. What would it mean for you to be able to lose some weight and keep it off in the next couple of years? It might help to deal with other issues first before you decide on making changes to manage your weight. Go back to the Benefits and Challenges Table to check if you are really ready.

- 3-5 This is probably not the right time for you to start a weight management programme as other issues in your life seem more important to deal with first. So, give it some time then re-take this test scale in a few months to check how you feel then.
- 0-2 Losing weight may not be something you want to tackle right now. If you do not think it is important to manage your weight, this is not the programme for you.

HOW CONFIDENT ARE YOU THAT YOU CAN MAKE LIFESTYLE CHANGES IN ORDER TO REACH YOUR WEIGHT LOSS AND DIABETES IMPROVEMENT GOALS?

1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1 = Not confident at all

10 = Totally confident

You are ready to get started if you think it very important to make changes to your weight.

Your confidence score doesn't matter too much at this stage, as long as you think it is important to make changes to your weight and diabetes control your confidence will grow as you work through the programme.

Remember that this programme takes a different approach to the usual diets you may have been on before. STEP Towards a Healthier You helps you overcome situations that have stopped you making lifestyle changes before.

WHAT DO I DO NEXT?

If you would like to register your interest in the programme or find out more about it please contact the team on the number below.

STEP Towards a Healthier You Team
NHS Lanarkshire
Telephone: 01698 754252

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