

Healthy Lifestyle (part 2)

Presented by:
Community Dietitian

Diabetes
SMART

ThinkSmart ActSmart LiveSmart



Wirral Community
NHS Foundation Trust

Diabetes Smart is a Healthy Wirral initiative

Group ground rules

We agree to:

- treat each other with respect
- let everyone's viewpoint be heard
- maintain confidentiality
- keep to the topic being discussed
- join in discussions
- share information and resources with others
- turn mobile phones to silent/turned off

Introductions and Questions

- Share your main question

Weight and Diabetes

- In general, we gain weight when we take in more calories than our body burns up.
- A calorie (kcal) is a unit of energy.
- National recommendations are that men need around 2,500kcal a day and that women need around 2,000kcal a day, to maintain a healthy weight.
- Actual calorie needs vary from person to person though.
- Being overweight makes it more difficult to manage diabetes.

Are you a healthy weight for your height?

Calculated using Body Mass Index, BMI

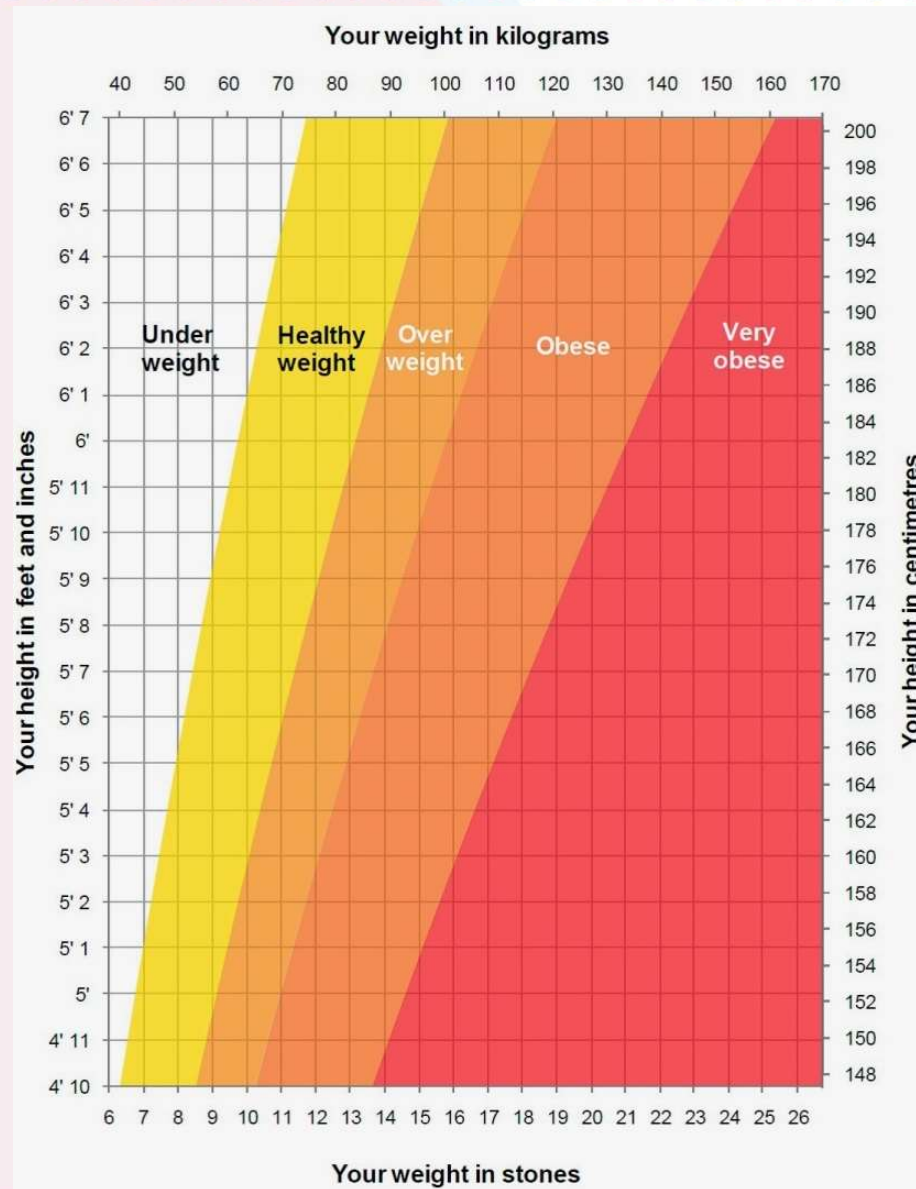
$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (meters}^2\text{)}}$$

Risk category	Underweight-malnutrition risk	Lower risk of lifestyle diseases	Increased risk of lifestyle diseases	High risk of lifestyle diseases
BMI	Less than 18.5	18.5 – 24.9 (18.5-22.9 South Asian populations)	25-29.9 (23-26.9 South Asian populations)	30 + (27.9 + South Asian populations)
What to do?	Seek advice You may benefit from gaining weight	Ensure heart healthy food options	Reduce calorie intake and increase exercise	Seek advice Consider a weight management programme

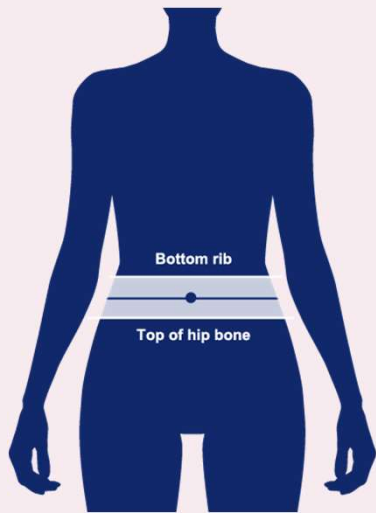
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Waist measurement is important



	Men	Women	South Asian Men	South Asian Women
Healthy Measurement	Less than 94cm (37 inches)	Less than 80cm (31.5 inches)	Less than 90cm (35 inches)	Less than 80cm (31.5 inches)
At increased risk	Over 94cm (37 inches)	Over 80cm (31.5 inches)	Over 90cm (35 inches)	
At high risk	Over 102cm (40 inches)	Over 88cm (34.5 inches)	Over 94cm (37 inches)	Over 80cm (31.5 inches)

<https://www.diabetes.org.uk/preventing-type-2-diabetes/waist-measurement>

5-10% weight loss:

- Improves blood glucose levels
- Lowers blood pressure
- Lowers blood cholesterol
- Lowers risk of long term health conditions including heart disease, liver disease, osteoarthritis, stroke, some cancers
- Lower risk of more severe illness if you get COVID 19
- Improves mental wellbeing
- Reduces breathlessness
- Makes it easier to move

Weight loss

- Work towards a healthy BMI
- Losing 5–10% weight will improve your health
- It is important to make long term changes that you can keep up

Dietary approaches

- The most successful approach will be one that you enjoy and fits in with your lifestyle
- It is the total energy intake and maintaining the changes that are best predictors of weight loss
- Small and realistic changes
- The key is to find a plan that is enjoyed and fits in with your lifestyle.
- Following a diet with 600 calories less than you need to stay the same weight, can result in 1lb a week weight loss
- To lose weight the average woman will need approximately 1,200 to 1,500 calories per day and the average man approximately 1,500 to 1,800 per day

Dietary Approaches

Low carbohydrate

- Reducing carbohydrate to less than 130g per day
- Does not mean carbohydrate is completely excluded
- Some carbohydrate foods contain essential vitamins, minerals and fibre
- First reduce carbohydrate intake from unhealthy sources such as sugary drinks, cakes, biscuits, chips, white bread, pizzas, fruit juices, smoothies
- Make sure to get your limited carbohydrate from healthy high-fibre carbohydrate foods, such as vegetables, pulses, nuts, whole fruits, whole grains, unsweetened milk and yoghurt
- If you treat your diabetes with insulin or any other medication that puts you at risk of hypo (low blood glucose levels), following a low-carb diet may increase this risk. Consult your doctor or nurse for advice on your medication

Example meal plan:

https://diabetes-resources-production.s3.eu-west-1.amazonaws.com/resources-s3/public/2021-03/0934%20DUK_MealPlanner%20low%20carb%2011_3_21.pdf

Dietary Approaches

Mediterranean

- Based around vegetables, beans and pulses, nuts and seeds, wholegrains, fruits and olive oil
- Also includes some dairy (milk and yogurts), eggs and fish in moderation
- Linked with lower rates of heart disease
- Can promote weight loss and improve blood glucose levels

Example meal plan:

https://diabetes-resources-production.s3.eu-west-1.amazonaws.com/resources-s3/public/2021-03/0934%20DUK_MealPlanner%20mediterranean%2011_3_21.pdf

Dietary Approaches

Calorie Reduced Healthy Eating

- Choose foods lower in added sugars and fats
- Be mindful of portion sizes
- Filling up more on high fibre low calorie options such as vegetables and salad

Example meal plan: https://diabetes-resources-production.s3.eu-west-1.amazonaws.com/resources-s3/public/2021-02/1500%20meal%20planner%2025_2_21.pdf

Dietary Approaches

Group activity

- Each group has the same diet history for one day of foods and drinks
- As a group, suggest how these meals could be changed to fit in with one of the dietary approaches:
 - **Low Carb**
 - **Mediterranean diet**
 - **Calorie controlled healthy eating**
- Suggest changes for at least one of the meals and feedback to the rest of the group

Dietary Approaches

The Diabetes UK web site has more information about the approaches and has developed meals plans for each approach

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans>

Practical strategies to lose weight

- Reduce calorie intake and increase activity using ideas below
- Increase activity: day to day activities, sitting less, add structured activity
- Make more meals from scratch
- Check food and drink labels
- Reduce portion sizes
- Get enough sleep
- Swaps to reduce energy density
- Limit alcohol
- Eating lifestyle (avoid distractions, be mindful of what is being eaten)
- Plan ahead
- Support
- Self-monitoring (food, activity, weight, waist)
- Set realistic goals (SMART)

SMART Goals

Specific

What will you do?

Measurable

How much...how often?

Achievable

How confident are you that you **can** do it? (at least 7/10)

Realistic

How confident are you that you **will** do it? (at least 7/10)

Time Bound

When will you do it?

Evaluate

How did it go?

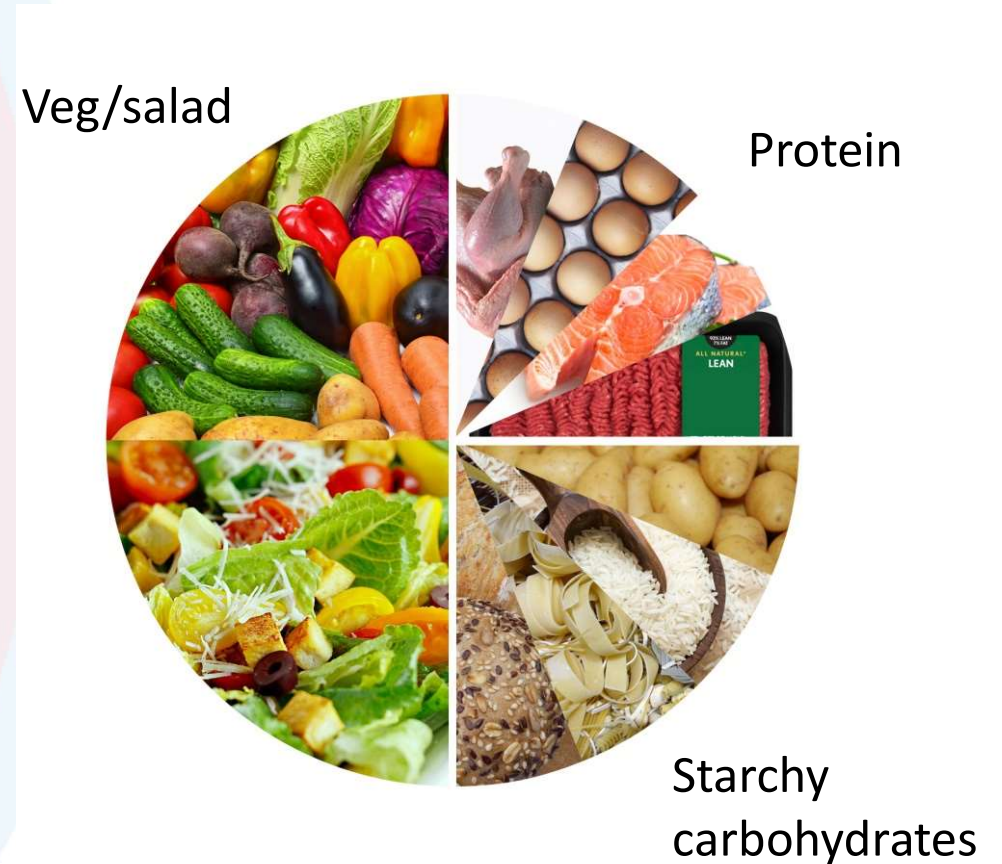
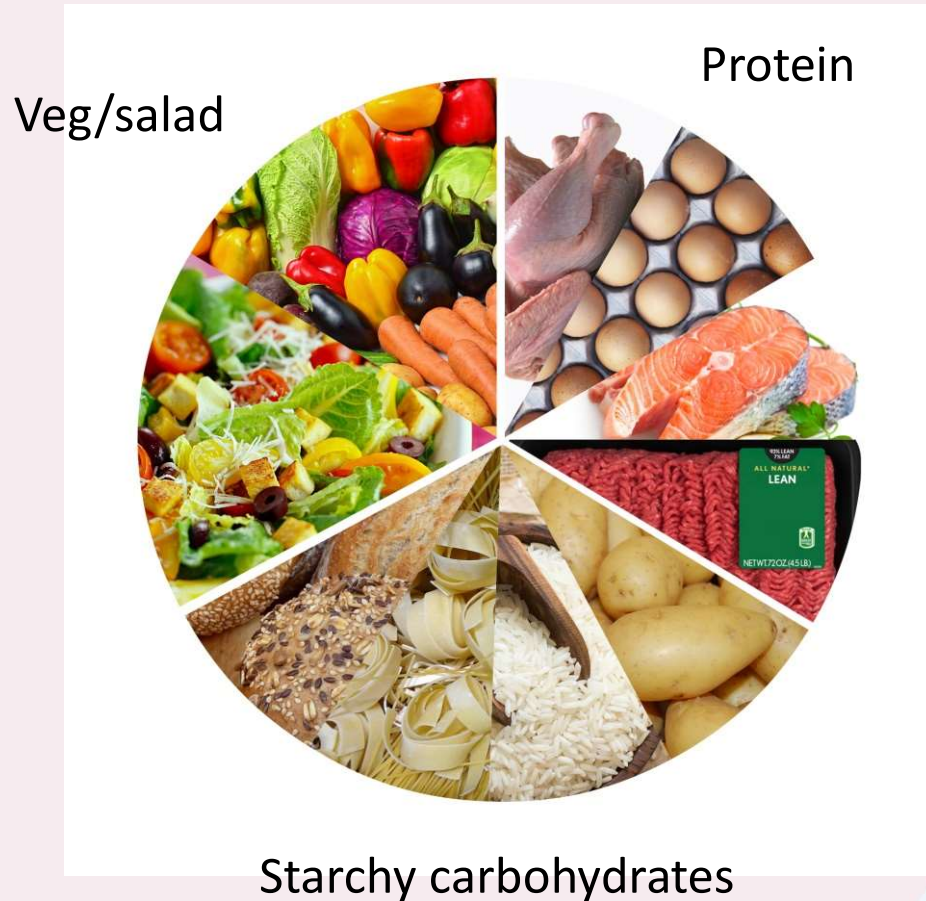
Review

What will you do next?

Questions to help you set your Goals

- What is your Goal?
- How important is your Goal to you?
- What makes it important?
- What do you need to achieve it?
- Which bits will you do this week?
- How much? How often? When?
- If you visualise yourself doing this bit of your Goal this week, how confident do you feel, on a scale of 0-10?

Healthy Meal Ideas



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Questions

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Further support

You can access the following topic session:

- Physical Activity
- Food labelling
- Carbohydrate Awareness
- Keeping well with Diabetes
- Review sessions

Book on 0151 604 7271 or email
wchc.dieteticsadult@nhs.net

For Resources and support :
www.wchc.nhs.uk/services/diabetes-smart/self-care-resources-and-support/

Thank you for joining us today!

**Please take a moment to complete
a short evaluation...**

