

A diabetes prevention journey

This service user has been attending the NHS Diabetes Prevention Programme with Xyla Health & Wellbeing and has seen some amazing changes since starting his journey. He has been happy to share with us some of his experiences and results.

What did you find useful about the group sessions?

What stood out for you in your sessions?

I enjoyed learning about the impact that exercise, food and drink has on diabetes. Also, using the 'Portion Plate' as a visual principle for a balanced meal, was a major thinking element for me.

What changes did you make to your lifestyle, e.g. exercise routine, dietary, habits...?

The main lifestyle change that I have made is to think carefully about my eating habits and to reduce my consumption of processed food.

I have also kept a daily diary sheet to record daily steps, time of going to bed, and every so often adding my weight as a way to be disciplined about keeping on track of my behaviours – this really helps.

Have you accessed any local services (i.e. leisure centres, exercise on referral) due to this programme?

I have continued to play both indoor and outdoor green bowls. I also have a large garden that keeps me occupied and also a demanding cocker spaniel that enjoys taking me for a walk in the local woodlands.

What was your favourite part of the programme, why?

I particularly enjoyed the Eating Well sessions to learn more about food labelling skills and understanding the impacts that many different ingredients have on my health and wellbeing.

What would you say to those who are thinking about joining the programme?

Come with an open mind and a pad, and take notes.

"I enjoyed learning about the impact that exercise, food and drink has on diabetes."