

# 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."*