



**Wolverhampton  
Diabetes Care**

## **Life style intervention**

Lifestyle changes are important but on their own they rarely achieve target outcomes.

- Diet
- Exercise/Physical activity
- Smoking cessation advice
- Alcohol intake

### **Exercise**

Physical activity and exercise are good for everyone including people with diabetes. The benefits of regular exercise should be explained and patients should be encouraged to perform regular aerobic activity.

The Department of Health recommends that, for general health, adults should be engaged in at least thirty minutes of moderate intensity activity on five or more days each week.

### **Further Information:**

#### **NHS Choices**

<http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>

#### **Wolverhampton City council:**

Healthy lifestyle resources

[https://www.wolverhampton.gov.uk/leisure\\_culture/sports/healthy/resources.htm](https://www.wolverhampton.gov.uk/leisure_culture/sports/healthy/resources.htm)

Alcohol & Smoking advise:

[:https://www.wolverhampton.gov.uk/health\\_social\\_care\\_2/health\\_services/alcohol\\_drugs\\_substances/default.htm](https://www.wolverhampton.gov.uk/health_social_care_2/health_services/alcohol_drugs_substances/default.htm)

Healthy living:

[http://www.wolverhampton.gov.uk/health\\_social\\_care\\_2/health\\_services/healthy\\_living/](http://www.wolverhampton.gov.uk/health_social_care_2/health_services/healthy_living/)

Sports & Health facilities:

[http://www.wolverhampton.gov.uk/leisure\\_culture/sports/](http://www.wolverhampton.gov.uk/leisure_culture/sports/)

#### **Wolves Community Trust:**

[http://www.wolvescommunitytrust.org.uk/wt/health/tackle\\_diabetes/healthy\\_eating](http://www.wolvescommunitytrust.org.uk/wt/health/tackle_diabetes/healthy_eating)

# Dietary management

Aim of dietary intervention: To improve glycaemic control and reduce long-term complications

General principles of dietary advice:

- Eat 3 meals a day.
- Include starchy carbohydrate at each meal. Better choices include lower glycaemic index (GI) carbohydrates such as; pasta, basmati rice, grainy breads
- It is essential that portion sizes of all food groups are appropriate
- Cut down on fats; particularly saturated fats and trans fats. The healthier choices are monounsaturated and polyunsaturated fats.
- Eat more fruit and vegetables. Aim for at least 3 portions of vegetables and up to 3 portions of fruit per day. Fruit juice should not exceed 1 glass (150ml) per day.
- Limit sugar and sugary foods and drinks.
- If alcohol is consumed it should be drunk in moderation.
- 'Diabetic' foods and drinks should be avoided. They offer no benefit to people with diabetes.
- Increase physical activity.

Weight loss:

- Aim for a weight loss of 0.5-1kg per week by creating an energy deficit of ~500kcal/day (Initially weight loss may be more rapid).
- Encourage long-term lifestyle changes involving the whole family where possible.
- The most important change is altering portion sizes i.e. increasing vegetables/salad to ½ plate and decreasing carbohydrate, protein and fat portions.

Referral Criteria:

- Newly diagnosed type 2 diabetes mellitus
- People with type 2 diabetes mellitus struggling to implement lifestyle changes
- People with type 2 diabetes motivated to lose weight.
- People with type 2 diabetes starting on insulin