

# CASE STUDY

**Name:** Hannah Lockerman

**Age:** 49

**Ethnicity:** Mixed Ethnicity

**Sex:** Female

**Employment Status:** Employed

**Contract:** Shropshire, Telford & Wrekin

**Programme Stage:** Attending Group Sessions

## INTRODUCTION

My journey with the NHS Diabetes Prevention Programme began unexpectedly. Following a routine eye test, I received concerning news about my blood glucose levels. Although initially, the eye test results seemed to indicate a problem with my vision due to outdated glasses, further examination led to the discovery of prediabetes. This revelation came as a shock, but it prompted me to take immediate action to address my health concerns.

## EXPERIENCE WITH THE PROGRAMME:

Upon learning about the NHS Diabetes Prevention Programme, I wasted no time in accepting the opportunity to participate. My Locality Coach, Odell, reached out to me promptly and provided essential information about the program. Despite initial apprehension stemming from health anxiety, Odell's reassuring guidance put my mind at ease. I was particularly grateful for the remote delivery of the sessions, which accommodated my work-from-home schedule and provided accessibility even amidst the challenges of the COVID-19 pandemic.

Odell's expertise and empathetic approach were instrumental in making the sessions engaging and informative. Through the program, I gained invaluable insights into managing prediabetes and adopting a healthier lifestyle. Tools such as food diaries and portion control techniques proved transformative in reshaping my dietary habits. Additionally, Odell's emphasis on the importance of physical activity inspired me to prioritize exercise and aim for achievable fitness goals.

## OUTCOMES ACHIEVED

The positive impact of the NHS Diabetes Prevention Programme has been profound. Implementing the strategies learned through the sessions, I experienced significant improvements in my overall health and well-being. Notably, I successfully incorporated healthier dietary choices, resulting in weight loss and enhanced energy levels. Regular physical activity, guided by Odell's recommendations, has strengthened both my physical and mental resilience.

Moreover, the program fostered a supportive environment that encouraged sustainable lifestyle changes. Through shared experiences and Odell's personalised guidance, I developed newfound confidence in managing my health effectively. As a result, I feel empowered to continue my journey towards better health and diabetes prevention.