

# Living Well Taking Control

## Patient Leaflet

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**Living Well Taking Control** is your local Healthier You service. Across the country thousands of people like you have now attended a local Healthier You service and successfully reduced their risk of Type 2 diabetes.

### Why have I been invited to join a Living Well Taking Control programme?

Your doctor or nurse has recommended that you attend this free, non-medical, self-management programme because you are at high risk of developing Type 2 Diabetes. They have asked Living Well Taking Control to provide you with some support to help you manage your health. You may also benefit if you have another long-term condition.

The talk of Type 2 Diabetes can be an alarming experience however, there is strong evidence to show that by taking action, the onset of diabetes can be delayed and the management controlled. Your lifestyle and the choices you make in your daily life are the key things that can affect your health.

The aim of the Living Well Taking Control programme is to help you improve your knowledge, ability and confidence whilst offering you the support you need to make good lifestyle choices.

### What happens on the Living Well Taking Control programme?

You will be invited to join a small group of people who have also been identified at being at risk of Type 2 Diabetes. This group will meet at a local venue for 90 minutes each week for 7 weeks. The group will be led by a trained facilitator. Don't worry – it won't be like being at school; it will be informal, with the facilitators being friendly, local individuals. Following these meetings you will receive further support with your progress on a regular basis for up to one year and you will be given information about a range of relevant local activities.

### What will we cover on the programme?

- Information on diet
- Information of physical activity
- Managing stress and your emotional wellbeing
- The importance of monitoring your weight

## What's in it for me?

At the beginning of the programme, you will learn more about how and why to make positive changes whilst meeting with people in a similar situation along the way. You will be given lots of support over the programme to help you stay on track. There will also be information about a range of activities in your community to choose from - so you can pick the ones that most suit your interests!

## How will this be of help to me?

There are many ways the programme will help you:

- Improved quality of life by having information to empower you to more effectively self-manage your lifestyle.
- Improve health behaviours
- Prevent disease progression

## I have a disability/I don't speak English – will my needs be catered for?

Yes – but please let us know as soon as possible about any extra help you may need.

## Can I bring someone along with me?

Yes- in fact it is encouraged! So if you would like someone to attend with you please let us know.

## Will it cost me anything?

It is FREE to attend the Living Well Taking Control programme. You will need to arrange your own travel to and from the venue

## What do I need to do?

Respond to the invitation to join the Living Well Taking Control programme.

Call us on **0330 2233706**. We look forward to seeing you!

For more information about our programme please see our website at [www.lwtcsupport.co.uk](http://www.lwtcsupport.co.uk)

Living Well Taking Control is an educational programme underpinned by behavioural change. It focuses on peer support and discussion to help people who are at risk of developing Type 2 Diabetes to change their lifestyle. The programme has been developed by Health Exchange and Westbank Community Health and Care.

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## Living Well Taking Control

### Type 2 Diabetes Patient Information

#### Type 2 diabetes

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

There are two main types of diabetes – type 1 and type 2.

Type 2 diabetes occurs when the pancreas doesn't produce enough insulin to maintain a normal blood glucose level, or the body is unable to use the insulin that is produced – known as insulin resistance.

The pancreas (a large gland behind the stomach) produces the hormone insulin, which moves glucose from your blood into your cells, where it's converted into energy. In type 2 diabetes, there are several reasons why the pancreas doesn't produce enough insulin. This means that glucose stays in the blood and isn't used as fuel for energy. It's far more common than type 1 diabetes (when the pancreas does not produce any insulin). Untreated diabetes can damage your organs, so it's important that it's diagnosed as early as possible.

#### A growing problem

Type 2 diabetes is often associated with obesity and tends to be diagnosed in older people. It's estimated that more than 1 in 16 people in the UK has diabetes (diagnosed or undiagnosed), and this figure is rising rapidly.

There are currently 3.9 million people living with diabetes in the UK, with 90% of those affected having type 2 diabetes.

Diabetes can cause serious long-term health problems. It's the most common cause of vision loss and blindness in people of working age. Diabetes is also responsible for most cases of kidney failure and lower limb amputation (other than accidents).

People with diabetes are up to **five times** more likely to have cardiovascular disease (such as a stroke) than those without diabetes.

#### Risk factors for type 2 diabetes:

Four of the main risk factors for developing type 2 diabetes are:

- age – being over the age of 40 (over 25 for south Asian people)
- genetics – having a close relative with the condition (parent, brother or sister)
- weight – being overweight or obese

- ethnicity – being of south Asian, Chinese, African-Caribbean or black African origin (even if you were born in the UK)

### Other risks

Your risk of developing type 2 diabetes is also increased if your blood glucose level is higher than normal, but not yet high enough to be diagnosed with diabetes.

This is sometimes called "pre-diabetes" – doctors sometimes call it impaired fasting glycaemia (IFG) or impaired glucose tolerance (IGT).

Pre-diabetes can progress to type 2 diabetes if you don't take preventative steps, such as making lifestyle changes. These include eating healthily, losing weight (if you're overweight) and taking plenty of regular exercise.

Women who have had gestational diabetes during pregnancy also have a greater risk of developing diabetes in later life.

### What you can do

If you're at risk of type 2 diabetes, you may be able to prevent it developing by making lifestyle changes.

You should:

- eat a healthy, balanced diet
- lose weight (if you're overweight) and maintain a healthy weight
- stop smoking (if you smoke)
- drink alcohol in moderation
- take plenty of regular exercise

If you already have type 2 diabetes, it may be possible to control your symptoms by making the above changes. This will also minimise your risk of developing complications.

As type 2 diabetes usually gets worse, you may eventually need medication (usually tablets) to keep your blood glucose at normal levels.

**Diabetes can have serious health consequences, including heart disease and blindness. But with careful management you can reduce your risk.**

For more information see NHS Choices website:

<http://www.nhs.uk/conditions/Diabetes-type2/Pages/Introduction.aspx>