

Case study:

Prediabetes Programme



John, a 77 year old male from Rustington, was diagnosed as pre-diabetic two years ago. John felt that he could make the changes to his diet on his own, however at a follow up blood test there was no change to his blood glucose reading, so John contacted Arun Wellbeing for support.



Session 2

Alcohol, exercise and diabetes

In addition to looking at nutrition, physical activity, and the restrictive effects of a winter lockdown on opportunities to exercise, was also discussed. John is getting ready to return to the golf-course with added incentive as he can now see how regular exercise keeps his blood sugar levels at a healthier level.



Face to face Pre-Diabetes workshops for the public are currently suspended due to Covid-19, so John and his wife participated in 2 x one hour long telephone meetings with an Adviser. The sessions explain about diabetes, how it harms the body and how our lifestyle choices can place us at risk of developing diabetes, especially as we get older.

Before attending the sessions, John completed a food diary and sent it to the Wellbeing Adviser to be used at the sessions.

The Wellbeing Adviser prepared a small, personalised presentation for John and his wife focusing on the foods and drinks which John mentioned in his food diary. This enabled John to understand where the hidden sugars were within his food choices, and how to read nutrition labels and understand portion sizes.

The Wellbeing Adviser and John also looked at alcohol and the impacts on pre and type two diabetes. John said that during these two sessions the 'penny dropped' and he was able to see where he could tweak his food and drink intake to vastly reduce his daily sugar consumption.

After just two sessions John had set himself the following goals:-

1. Substitute fruit yoghurts for plain yoghurt with added dried fruit and nuts.
2. Reduce Rice Krispies/Cornflakes and substitute with Porridge/Weetabix with dried fruit.
3. Substitute Tropicana orange juice for water or Becks Blue.
4. Have less white bread substituting with more wholemeal.
5. Reduce portion sizes, especially bread and potatoes.
6. Read the label on packets and jars etc.!!!

