



Weight Management and Type 2 Diabetes

Jane Puzey – Clinical Lead Dietitian for Diabetes

For people with type 2 diabetes who are overweight, losing weight is probably one of the most important things that they can do.

A lot of people are aware of their body mass index which is sort of looking at their height versus their weight and the fact there's an ideal sort of weight range for that.

But the thing for people to understand is that they don't need to achieve that ideal weight to actually get the health benefits. Any weight loss is beneficial and a lot of the evidence shows us even if they can lose 5% of their weight and maintain that weight loss, they will actually have significant benefits to their blood glucose control and they're overall health.

So, I think sometimes that reassures people that that is actually something that's quite achievable for them to actually do.

Salma Mehar – Consultant Dietitian

Weight loss management can come through group education. It can be a one-to-one basis or it could be a digital support service.

Nadim Khan – Type 2 Diabetes

My GP asked me if I want to go on a program for diabetes program and I accepted it straight away. I've been on it since January. There's a lot of healthy tips on that. Some of it I did already know, but I didn't follow it. But now I am going regularly to the clinic sessions and following what they're advising me to do.

Jane Puzey – Clinical Lead Dietitian for Diabetes

People often ask, what is the best way to lose weight? What is the best diet to follow and again when you look all the evidence there is no evidence long term, that one diet is any better than any other. What is important, is it something that suits the person? Something the person feels that they can do and something that the person feels that they could actually sustain. Whether that's by calorie counting, low carbohydrate, low fat, just portion control but looking at reducing calorie intake and increase the energy expenditure is really important to try and get them to achieve maybe that 5% weight loss



Nadia Babar – Type 2 Diabetes

First thing I did when I decided to change, was food. Sugar intake. So, I had to break it down into first things first and most important was sugar. So, I watched absolutely everything I ate. I looked at the sugar content and I made reasonable adjustments. So instead of having choc, I don't eat chocolate anymore. I have rice cakes, which are 5 grams of sugar whereas a chocolate bar is 29 to 30 grams of sugar. So, it was sensible changes I made. Portion sizes shrunk. I eat everything. So, I will have rice. I will have bread. I still have fried chicken or something but only once a week as a treat.

Lee Ramos - Dietitian with special interest in Diabetes and Child Health

Sometimes a general food shopping in labels. I'd recommend using the traffic light system, which was brought in 5 or 10 years ago, actually so ideally going for green or Amber where possible the thing to watch out for is things that are low in fat or appetizers low in fat. So, like a yogurt. It might be lower fat, but it's often therefore high in sugar. So, it's, what I'd recommend is actually looking at getting used to looking at labels.

Nadia Babar – Type 2 Diabetes

I've lost stone and a half over a period of almost 2 years and it's been a gradual come off and so it stayed off and I seem to be continuously every time someone sees me they say you've lost weight. So, first it was just sugar now. I look at fat content as well. So, I try and keep to amber to green labels. If it's red then I'm not going to have it.

Jane Puzey – Clinical Lead Dietitian for Diabetes

Some people tell us they find it really helpful to plan their meals in advance. Maybe a week in advance. To sit down, write out a meal plan and then base their shopping list on that. So, they know what it is, they need to buy in and that means they don't buy things they don't really need that then they're tempted to eat if they're actually there in the cupboards. Doing it that way often as well can be cost-effective and quite often people can cook in bulk and freeze up portions as well, which means they're not having maybe to cook from scratch every day.

Catherine Cassell – Diabetes Nurse

So, as well as dietary advice, it's important to talk about people's actual lifestyles. So, I do talk about things like sleep, stress, what they do for a job, what family dynamics are at home, what support they've got at home and also exercise because when you've got a level of support, it really does help with making lifestyle changes.



Nadia Babar – Type 2 Diabetes

Family have been great and my son says you can't have chocolate, your diabetic. So everyone looks out for me. Even my husband, when he cooks stuff, he won't put sugar in it. So, everyone knows how important my diabetes being normal is and they all chip in. They do their little bit.

Salma Mehar – Consultant Dietitian

The other support that you could look into is looking at whether there are any more commercial organizations such as Weight Watchers or Slimming World or Lighter Life that might provide the support that you're looking for. Some of them are group-based services. Some of them are on a one-to-one individual basis, and it really depends on what supports your needs.

Nadim Khan – Type 2 Diabetes

The sessions that I'm attending for these diabetic classes, the tutors are very very helpful and understanding. So if you are feeling shy in asking questions because of your language barrier. You can always inform your GP that you need an interpreter there or they'll organize somebody who can speak the second language, another different language. But I would strongly say don't be shy. Don't just go there. Don't sit quietly and nod your head that you think you understand. Maybe we don't understand. Don't be shy. Ask them for an interpreter or ask them to provide you someone to talk to you later on after the class and more in detail. The change on a day to day, it's difficult but I am following it through as to what the advice has been given me and I'm accepting the new change.

As what to eat and what not to eat. It's difficult. 52 years I've been doing things wrong. Getting a lot of naughty things. But I'm accepting that change and I'm following through.

