

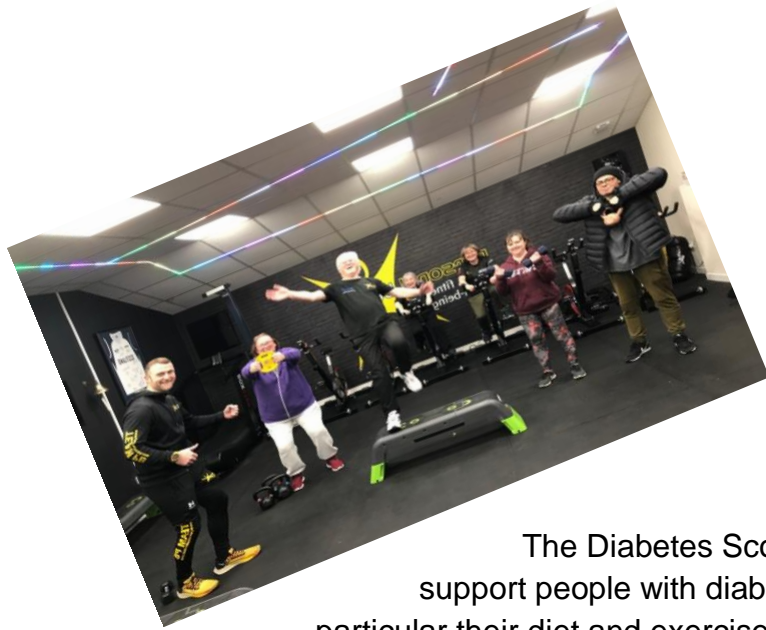
DiABETES SCOTLAND

KNOW DIABETES. FIGHT DIABETES.

West Lothian Group

Diabetes Lifestyle Project

Participant Survey 2023



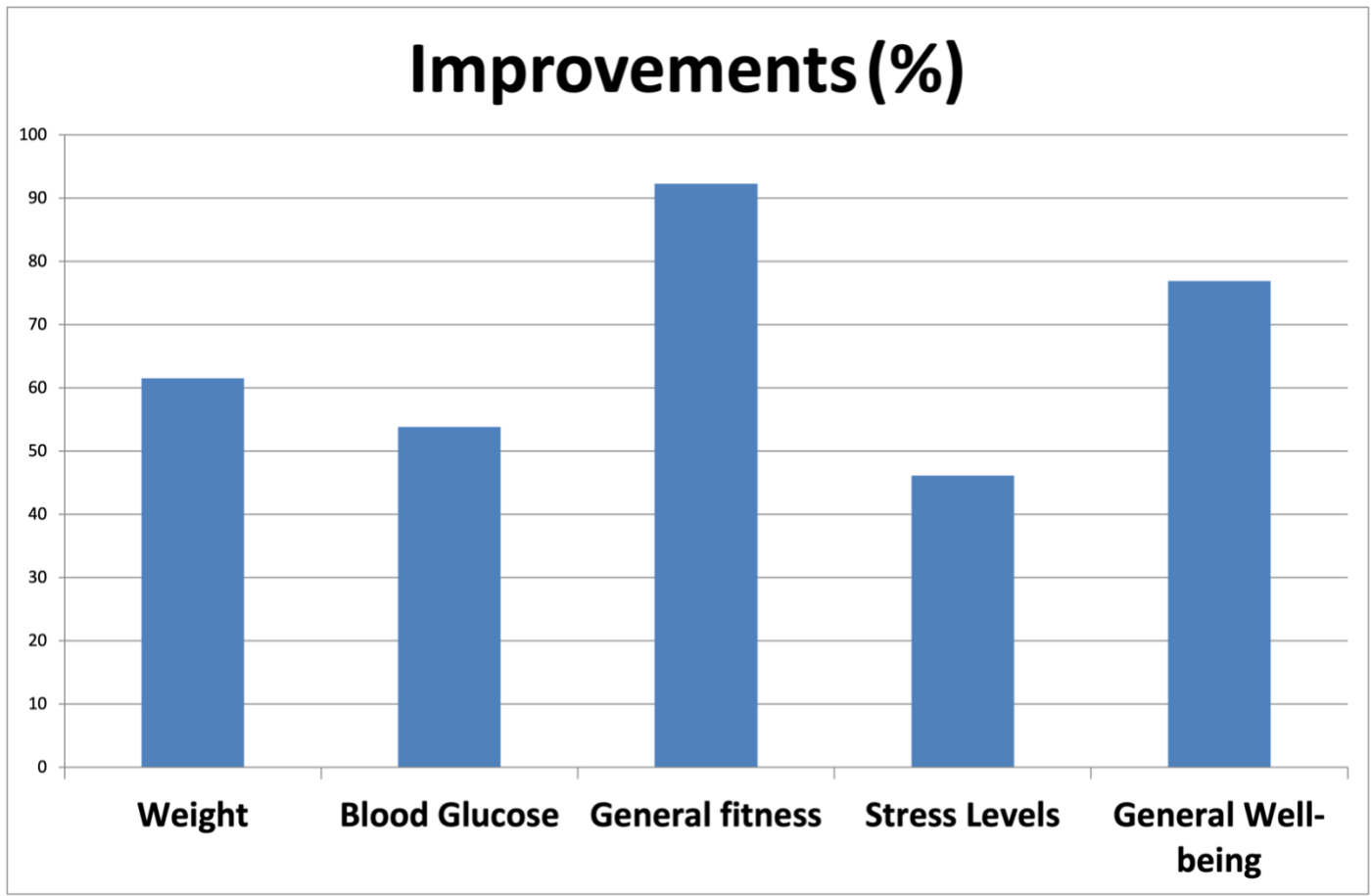
The Diabetes Scotland West Lothian Group Lifestyle Project aims to support people with diabetes to make changes to their lifestyle and in particular their diet and exercise levels to help them self-manage the condition and avoid serious long-term complications such as blindness, amputations, kidney failure, heart attacks and strokes.

Currently the Project includes a walking group, Personal Best Exercise sessions, Easyline seated exercise sessions and a Nutrition Club. All the activities are at least weekly and are based on the principles of providing a safe and welcoming environment with expert input which allows people with diabetes to overcome barriers such as lack of self-confidence and self-esteem, poor fitness levels, limited experience of exercise, lack of knowledge and concerns about the impact of exercise on diabetes and other health conditions.

The Lifestyle project continued online throughout Covid restrictions. This is a summary of the responses to a survey carried out in May 2023 with people who have participated in the project since it resumed to face-to-face activities.



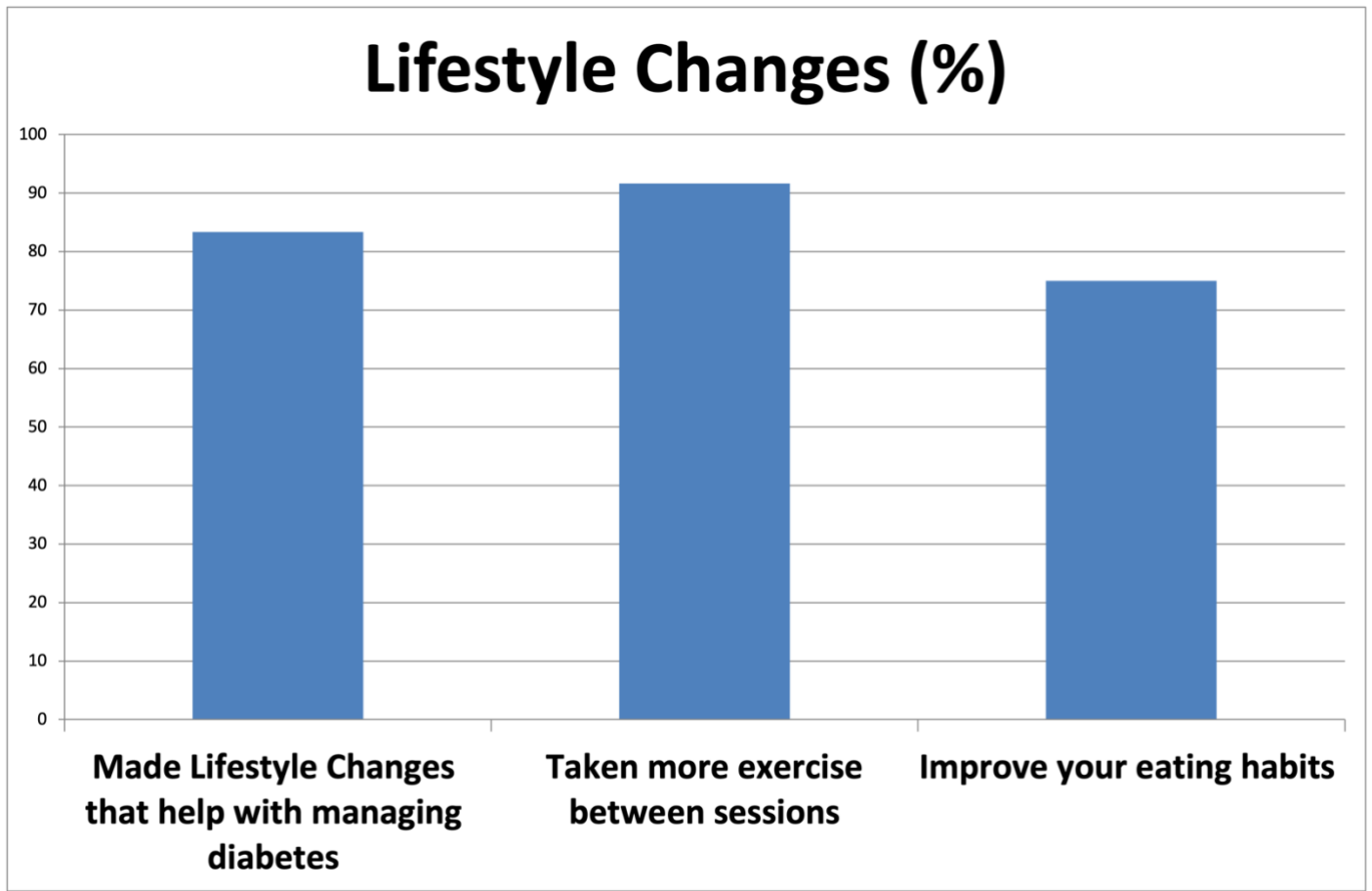
Since joining the Lifestyle Project what has improved?



Comments

- Lost 3 kilos since start of year, I have more energy and it's great to be part of the group.
- I now feel more in control of my weight and my blood glucose levels. I am awaiting results from my last diabetic review, but as I record my levels a couple of times a day I am already seeing the benefits. My overall fitness is improving and I find I am really looking forward to my PB sessions. No matter how I feel before I attend a session, I always feel so much better after I have been.
- You feel really great after a session.
- I have lost nearly 3 stone and have managed to get my diabetes type 2 blood glucose levels into "remission". Much more able to take part in the exercise sessions.
- Meeting with peers really does help to encourage participation in exercise.
- My mood has improved by meeting people and I feel healthier too.

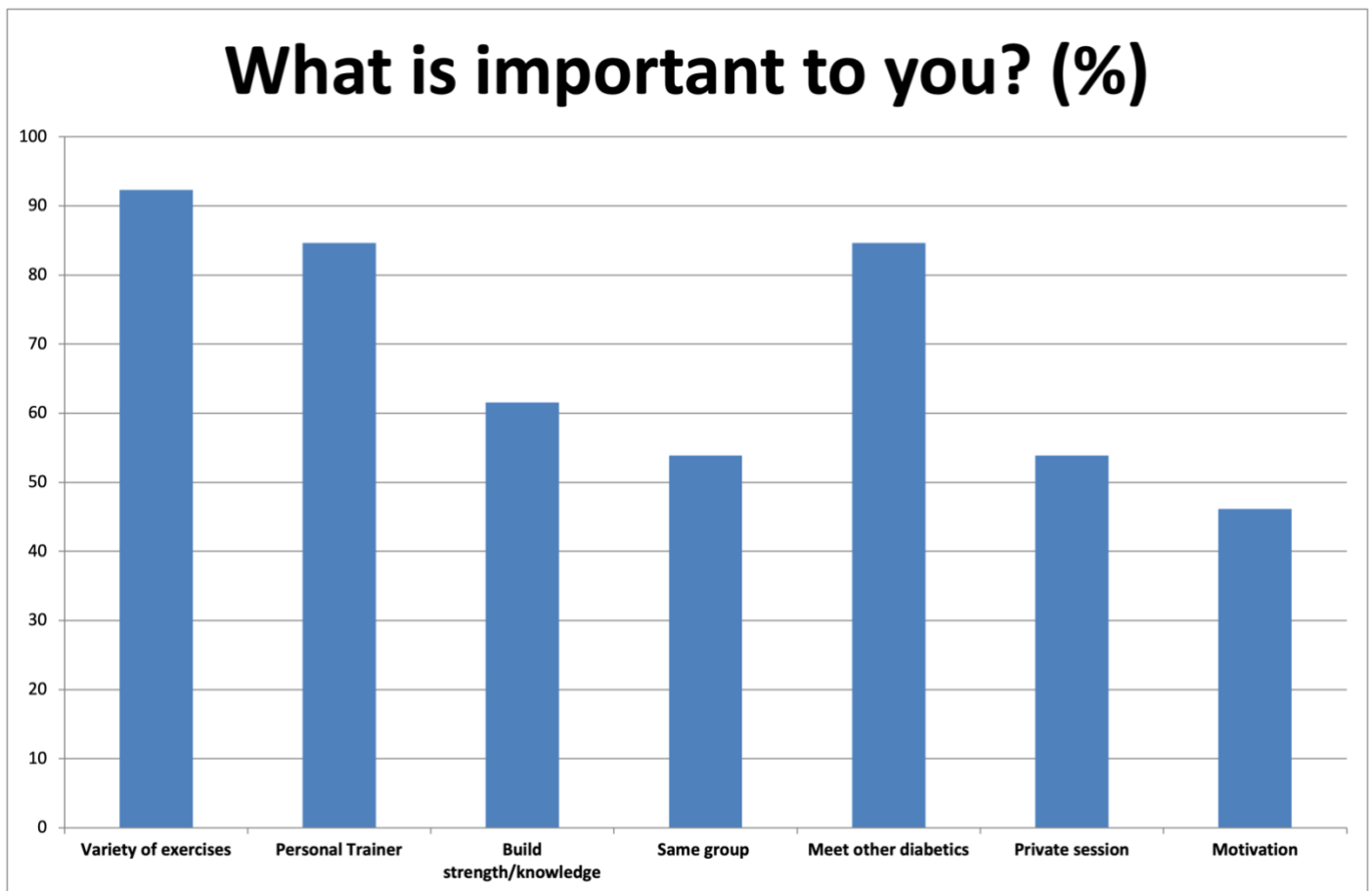
Have the sessions encouraged you to make lifestyle changes?



Comments

- Now do a home exercise session between visits to Personal Best. Recording food eaten to ensure I stay within recommended guidelines on Nutrition.
- I recently started the nutrition class where we discussed what I was looking for from the sessions. Edyta put together a plan detailing my protein, fat and carb percentages and set a daily calorie intake to help me lose the excess weight and reach where I want to be. I have been following this for a couple of weeks now and already seeing a difference in the scales and I am more mindful of what I am eating. I have also set myself mini goals for increasing my steps on a weekly basis.
- Absolutely, makes you change your outlook to improve your health and fitness.

What is important to you?



Comments

- The different exercises cover Stamina; Cardio, Increased Muscle, Balance and Weight control.
- Always mixing up what we do therefore no boring repetitive routines. Trainer always mindful of what you are capable of (health issues etc) and takes a personal interest in this, whilst gently encouraging you to push yourself a little harder. The fact that it is a private group with small numbers builds confidence with everyone being friendly and non judgemental.
- The variety of exercises and talking to other people with diabetes which really helps a lot .
- I was very grateful that my husband was encouraged to come with me despite him not having diabetes.

How might the sessions be improved?

- I'm not well-versed in exercise techniques, so it's difficult for me to provide a definitive answer.
- Different walks could be over an increased distance; ruggedness or speed to provide improvement.
- I feel the nutrition group could be better attended. This would allow more people to report what has worked for them in the past and how they achieved this.

If you no longer attend the sessions please let us know why

- Change in personal circumstances.
- No longer available at session times.

Would you recommend the Lifestyle Project to those living with diabetes?

Yes – 100%

For more information contact:

***May Millward MBE
Chair
West Lothian Diabetes Scotland
Group***

***01506 834877
may.millward@diabetes.co.uk.goassemble.com***