



# Information Book

## Core Session

Diabetes Smart is a Healthy Wirral initiative

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# Diabetes Smart Information Book

## Core Session

Welcome to the Diabetes Smart Information Book. You will need this for the virtual Core Session.

Before you join the session there are a number of activities for you to complete. You may find it helpful to have a pen and paper to hand to make notes while working through the activities and during the Microsoft Teams session.

The activities will help you to get the most out of the session by giving you the opportunity to find out more about the topic and prepare any questions you may have.

We have included a number of symbols throughout this information book to help you work through the activities.



Things for you to consider / think about before the session



Videos to watch / web sites to visit



Links to support and further information



Sign-posting to other Diabetes Smart sessions with more in-depth information on a topic



Suggested activities to do following the session



# Core Session

This session looks at the basics of managing your pre-diabetes/diabetes and covers:

- What pre-diabetes/diabetes is
- potential health problems linked with diabetes and their prevention
- Treatment and self-management of pre-diabetes/diabetes
- Food choices with pre-diabetes/diabetes, setting goals and making changes

We recommended you join the other virtual sessions to help you manage your condition and make small and meaningful changes to your lifestyle.

**Other virtual sessions include:**

- **Healthy lifestyle** - food choices and support to manage your weight
- **Carbohydrate awareness** - what they are and how they can affect your blood (glucose sugar) levels
- **Reading and understanding food labels** - using them to guide your food choices
- **Keeping well with diabetes** - how to prevent potential health problems linked with your condition
- **Physical activity** - benefits and ways you can get more active
- **Insulin management** - for people with Type 1 or Type 2 diabetes treated with insulin
- **Review session** - an opportunity to review how you are managing your condition

Each session lasts 1 to 2 hours and you can choose which of the topics you want to know more about.

Details of our virtual timetable are available on our website - [www.wchc.nhs.uk/smart](http://www.wchc.nhs.uk/smart)  
If you have any questions please call the team on **0151 604 7271** or email [dietetics.wirralct@nhs.net](mailto:dietetics.wirralct@nhs.net)

After you have attended the virtual Core Session you can revisit the PowerPoint presentation, including audio file on our website - [www.wchc.nhs.uk/smart](http://www.wchc.nhs.uk/smart)



## Activity 1



**Before joining this session please think about the following:**

- What do you want to achieve?
- What is/are your main question(s) about pre-diabetes/diabetes?

## Activity 2



- What do you already know about diabetes?



- Watch the short video from [Diabetes UK](#) (2 minutes 22 seconds).
- For additional information about the effects of diabetes on the body watch the [You Tube video](#) (8 minutes 44 seconds).



- Were you surprised by any of this information?
- If your friend was newly diagnosed with diabetes and asked you about the condition how would you explain it to them?
- Think about any questions you would like to ask at the session.

## Activity 3



- Are you aware of any health problems linked to diabetes?

## Activity 4



- How can you keep well with pre-diabetes/diabetes?

During the session we will be talking about weight, BMI and waist measure.

### You may want to:



- Check your weight
- Work out your body mass index (BMI) - use the online calculator from [NHS.UK](https://www.nhs.uk)
- Measure your waist. [Diabetes UK](https://www.diabetes.org.uk) have a handy guide on how to do this simple measure.



[Diabetes UK](https://www.diabetes.org.uk) has further information on support around mental health and diabetes.

### Suggested sources for you to read include:

- [Adjusting to life with diabetes](#)
- [Diabetes and anxiety](#)
- [Depression and diabetes](#)
- [Diabetes distress](#)



Download the [Know Your Numbers](#) sheet to keep track of your results and compare them to the recommended ranges - [www.wchc.nhs.uk/smart](http://www.wchc.nhs.uk/smart)



Find out more online about the following topics from our other sessions - [www.wchc.nhs.uk/smart](http://www.wchc.nhs.uk/smart)

- Healthy eating and alcohol - Healthy Lifestyle part 1 session
- Managing your weight - Healthy Lifestyle part 2 session
- How to get more active - Physical Activity session
- Your health results, diabetes care, complications and their prevention - Keeping Well session

## Activity 5



- What medications do you take?



Take a look at the resource from Diabetes UK:

<https://www.diabetes.org.uk/resources-s3/2019-11/diabetes-uk-meds-and-kit-2020.pdf>

- Pages 11 and 12 lists medications for diabetes - are your medications listed there?
- Page 13 shows the different insulins - if you take insulin use this page to find out more about how it acts



- Think about any questions you have about your diabetes medication/ treatment that you want to ask at the session?
- Why is it important to take diabetes medication as prescribed?
- What can help you to remember to take your medications?

## Activity 6



- What do you think makes up a balanced diet?
- Do you know why carbohydrate is relevant in diabetes and pre-diabetes?
- Do you know which foods and drinks have carbohydrate in them? You may want to write a list of them
- Are there any questions you want to ask about food and diabetes?



## Activity 7



Download the useful resources from our website for further information and support - [www.wchc.nhs.uk/smart](http://www.wchc.nhs.uk/smart)

You may also find these resources helpful:

- [BDA Food Facts - Type 2](#)
- [BDA Food Facts – Type 1](#)
- [Pre-Diabetes](#)
- [TREND Hypo leaflets](#)

## Activity 8



Following the session you may want to set a goal to make changes.

**SMART** goals will be discussed in the session and you can use the form on the next page to set you own goal.



# Smart goal setting

## Questions to help you set your smart goals:

### **S**pecific **M**easurable **A**chievable **R**ealistic **T**ime based

- What is your goal?
- How important is your goal to you? What makes it important?
- What do you need to do to achieve it?
- Which bits will you do this week?
- How much? How often? When?
- If you visualise yourself doing this bit of your goal this week, how confident are you on a scale of 0-10?

(1 - not confident at all      5 - reasonably confident      10 - very confident)

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#### **S**pecific

What will you do?

#### **M**easurable

How much...how often?

#### **A**chievable

How confident are you that you can do it?

(1 - not confident at all / 5 - reasonably confident / 10 - very confident)

0   1   2   3   4   5   6   7   8   9   10

#### **R**ealistic

How confident are you that you will do it?

(1 - not confident at all / 5 - reasonably confident / 10 - very confident)

0   1   2   3   4   5   6   7   8   9   10

#### **T**ime based

When will you do it?

**Evaluate**

**Review**

