

# Review session

Presented by:  
Community Dietitian

**Diabetes**  
**SMART**

ThinkSmart ActSmart LiveSmart



**Wirral Community**  
NHS Foundation Trust

Diabetes Smart is a Healthy Wirral initiative

# Group ground rules

## We agree to:

- treat each other with respect
- let everyone's viewpoint be heard
- maintain confidentiality
- keep to the topic being discussed
- join in discussions
- share information and resources with others
- turn mobile phones to silent/turned off

# Introductions and Questions

- Introduce your self if you wish to
- Share your main questions/areas you would like to focus on today

## Keeping well with Diabetes and Pre Diabetes

- Understand what diabetes is
- Be a healthy weight and waist measurement
- Know which foods/drinks can raise bloods glucose levels
- Eat a healthy diet
- Drink alcohol in moderation if included
- Be physically active
- Stop smoking
- Manage stress and getting enough sleep
- Attending health checks/appointments
- Know your numbers/understand test results
- Take medication/insulin as prescribed







# Where am I now with the healthy changes?

- Think about how you are getting on with each of the areas that can help keep you well
- Are there any areas you would like to focus on today?

# What is Diabetes?

- High levels of a sugar called glucose in the blood stream
- A hormone called insulin usually controls the levels of glucose in the blood, but in Diabetes, either the insulin does not work properly or there is not enough insulin/no insulin
- Diabetes can increase the risk of complications/health problems, but they are **preventable**



<b>Starch</b>	<b>Added/free sugars</b>	<b>Natural sugars</b>	
<p>bread rice potato pasta noodles breakfast cereals oats couscous yams corn lentils and legumes plain biscuits and buns crackers anything made with flour such as pizza, pastry and thickened sauces and soups.</p>  	<p>granulated sugar (brown/white) sweets chocolate jams/preserves sugary soft drinks honey syrops fruit juice jelly cakes* desserts* biscuits*</p>  	<p><b>Fructose</b> fruit (fresh, dried, tinned and juice)</p> 	<p><b>Lactose</b> milk dairy foods like yoghurt, fromage frais and ice cream</p> 

# Health results

**HbA<sub>1c</sub>** (% or mmol/mol) average blood glucose **48-58 mmol/mol**

**Blood glucose** (mmol/l) pre meal **4-7 mmol/l**  
2 hours after a meal **less than 8.5** (type 2)  
**less than 9** (type 1)



# Health results

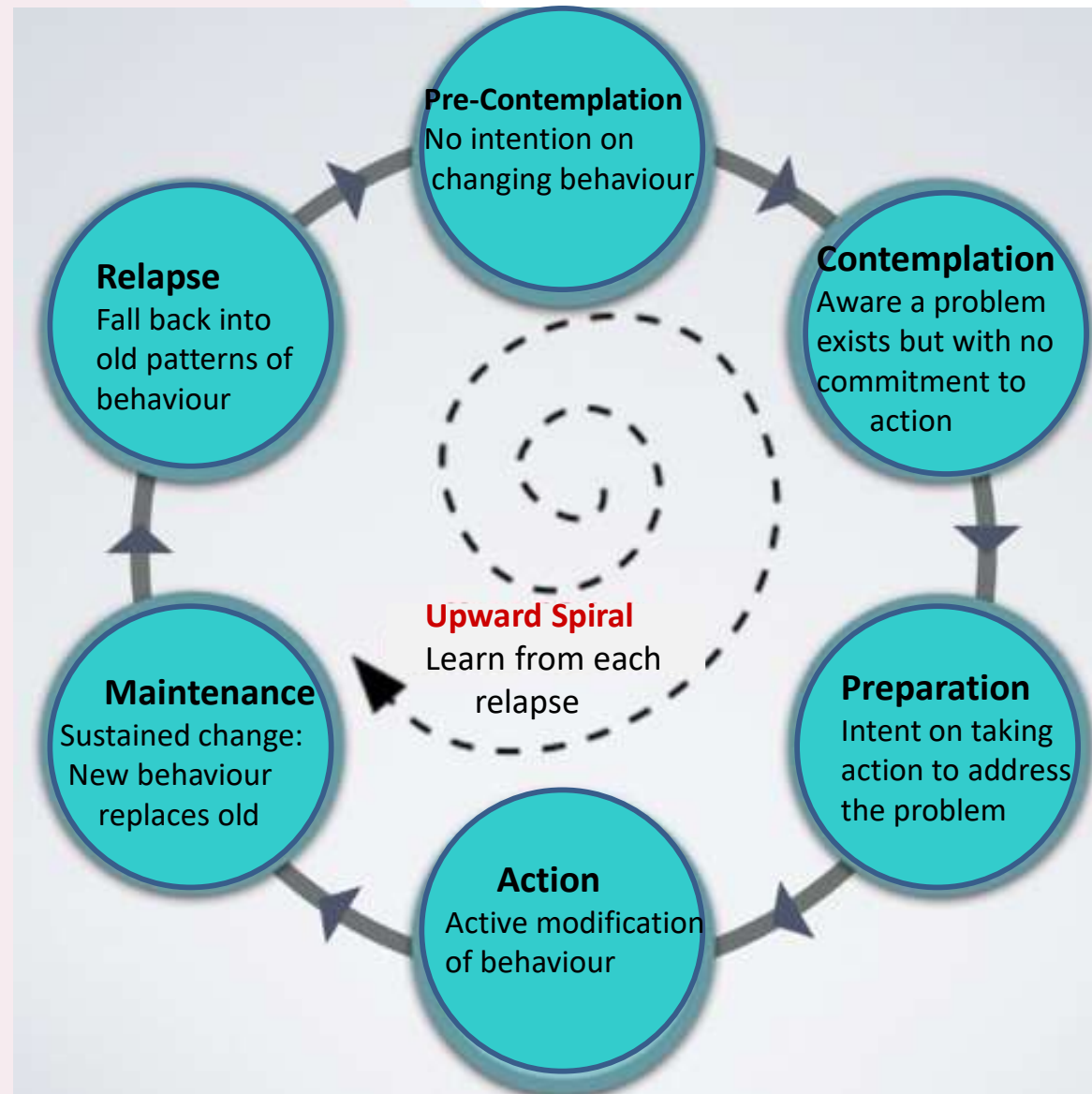
<b>Blood pressure</b> (mmHg)	type 2 diabetes	<b>140/80 mmHg or below</b>
	type 1 diabetes	<b>135/85 mmHg or below</b>

(130/80 mmHg or below with kidney problems or  
high risk of cardiovascular disease)

# Health results

<b>Total cholesterol</b> (mmol/l)	<b>less than 4.0</b>
<b>Non HDL</b> (mmol/l)	<b>less than 4.0</b>
<b>HDL</b> (mmol/l) good cholesterol	<b>Men 1.0 or above Women 1.2 or above</b>
<b>LDL</b> (mmol/l)	<b>less than 2.0</b>
<b>Total cholesterol: HDL ratio</b>	<b>less than 4.5</b>
<b>Triglycerides</b> (mmol/l)	<b>less than 1.7</b>

# Cycle of change



# SMART Goals

**Specific**

What will you do?

**Measurable**

How much...how often?

**Achievable**

How confident are you that you **can** do it? (at least 7/10)

**Realistic**

How confident are you that you **will** do it? (at least 7/10)

**Time Bound**

When will you do it?

**Evaluate**

How did it go?

**Review**

What will you do next?

## Questions to help you set your Goals

- What is your Goal?
- How important is your Goal to you?
- What makes it important?
- What do you need 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 do you feel, on a scale of 0-10?

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# Questions

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**NHS**  
Wirral Community  
NHS Foundation Trust



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# Further information and support

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**NHS**  
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# Further sessions available:

- **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
- **Review session** - an opportunity to review how you are managing your condition

Each class lasts 1 to 2 hours and you can choose which of the sessions cover the topics that

you want to know more about.

For the full timetable visit [wchc.nhs.uk/smart](http://wchc.nhs.uk/smart).

If you have any questions or to book on to the sessions please call the team on **0151 604 7271** or email [wchc.dieteticsadult@nhs.net](mailto:wchc.dieteticsadult@nhs.net)

**Thank you for joining us today!**

**Please take a moment to complete  
a short evaluation...**

