



Kick Start - Session 1

Diabetes Weight Management Group

Building healthier lives

UHB is a no smoking Trust

Session 1 Introduction

The Kick Start weight management program consists of five two hour sessions with a Diabetes Specialist Nurse and a Diabetes Specialist Dietitian. These sessions aim to increase your knowledge and understanding of nutrition, diabetes and weight loss. We encourage positive behaviour change to help maintain motivation throughout the course.

At each session you will be weighed and we will review your blood glucose results to see if any changes to your diabetes medication are required.

There will also be plenty of opportunity for discussion with others to find out what works for them.

What is Diabetes Mellitus?

Diabetes mellitus (often shortened to diabetes) is a condition whereby the body is unable to make enough, or respond properly to, a hormone called insulin. Insulin helps blood glucose (sugar) enter our body cells to be used as energy – without insulin, blood glucose levels rise above normal. There are many different types of diabetes (ask your Diabetes Healthcare Team), but the two main types are:

Type 1 diabetes is when no insulin is produced because the insulin-producing cells in the pancreas no longer work. This type of diabetes is always treated with injections of insulin.

Type 2 diabetes is when the body either does not produce enough insulin, or the insulin it produces does not work as well as it should (insulin resistance). There are more treatment options for those with Type 2 diabetes.

Lifestyle changes such as following a balanced diet, increasing physical activity, and weight control are especially important in managing Type 2 diabetes, however as the pancreas becomes weaker the body requires more support to control blood glucose levels.

As your weight changes your medication requirements are likely to alter. We will be able to advise you on this at each group session.

What is HbA1c ?

HbA1c is a test used to see how much glucose is attached to your red blood cells over a period of two to three months. The more glucose attached to the cells the higher your HbA1c. By reducing your HbA1c you can lower your risk of complications linked with diabetes.

Thinking about losing weight?

On a scale of one to 10 (10 being the most important), how important is it to you to lose weight?

1 2 3 4 5 6 7 8 9 10

On a scale of one to 10 (10 being the most confident), how confident do you feel that you can lose weight?

1 2 3 4 5 6 7 8 9 10

Weight management can be challenging and may involve making lots of changes. Losing weight may be very important to you, but you may feel that you don't have the confidence to make some of the changes needed.

Thinking about why you want to manage your weight can help you decide if you want to make these changes.

You might find it helpful to think about what making changes in your diet really means for you. There will be advantages and disadvantages to changing your diet.

Make a list of your reasons to change and reasons not to change:

Reasons to change (Positive things about losing weight)	Reasons not to change
e.g. feel less breathless	e.g. takes more time to plan for meals and shopping

By completing the table it should help increase and maintain your motivation throughout and after you finish the course. In moments of relapse looking at the positive things about losing weight can help guide you to get back on track.

Carrying extra weight can lead to day to day issues as well as long-term health concerns. The kick start sessions to provide support with weight management.

Diet and diabetes

Whilst there is no 'special diet' to follow, understanding how different foods can affect your weight and your blood glucose levels will help you to make healthier food choices.

Most of us eat different foods everyday – it is important to have variety in your diet to get the many different vitamins and minerals we need. A balanced diet should contain food from each of the three main nutrients (see Eatwell diagram):

Carbohydrates (CHO) are important as they provide our bodies with energy needed to function. Insulin helps the blood glucose enter our body's cells to be used as energy however eating carbohydrate in excessive amounts can increase blood glucose levels and affect weight control.

Protein foods help with tissue repair and muscle strength. However, eating more than you need will lead to weight gain.

Eatwell Guide

Check the label on packaged foods

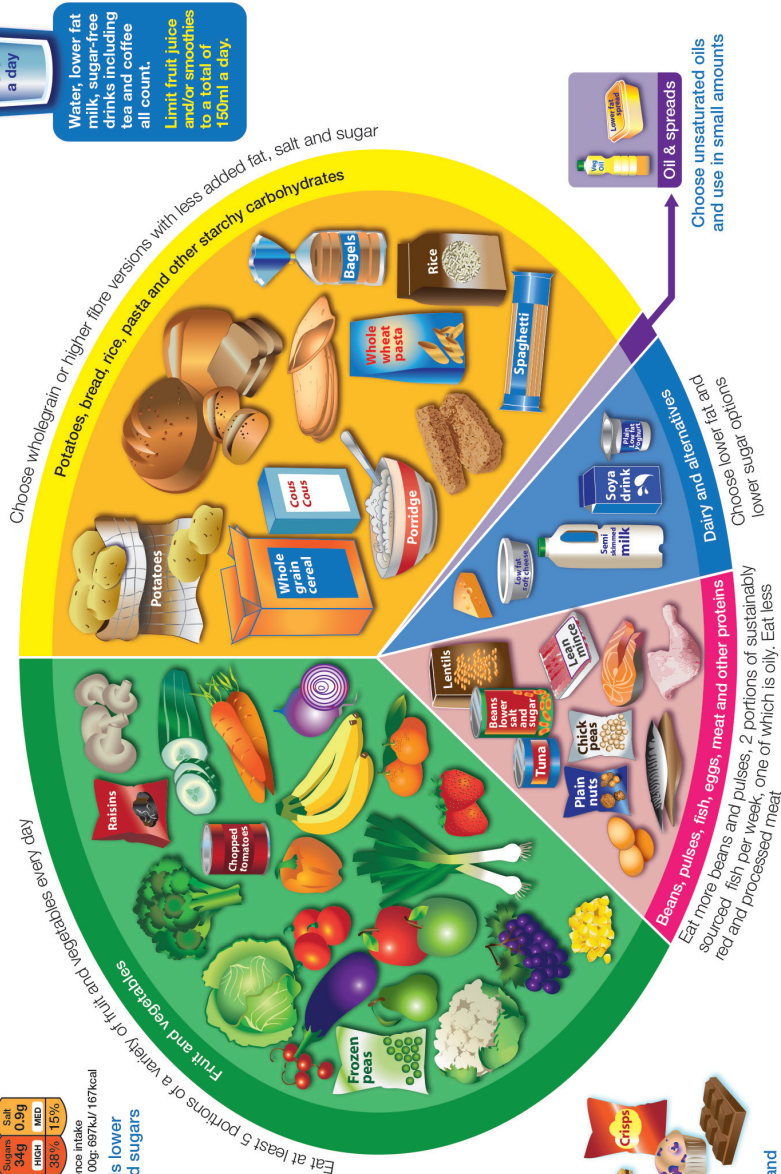
Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ	3.0g	1.3g	34g	0.9g
250kcal	LOW	LOW	HIGH	MED
13%	4%	7%	35%	15%

of an adult's reference intake

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Fat provides some essential vitamins, but is only needed in very small amounts in your daily diet. Too much will lead to weight gain and increases your risk of complications including those from diabetes, heart disease and stroke

“A varied, balanced diet is important in helping control blood glucose levels – no matter what medication you have been prescribed, following a healthy way of eating is key to good diabetes control.”

Which foods affect blood glucose levels?

Carbohydrate and diabetes

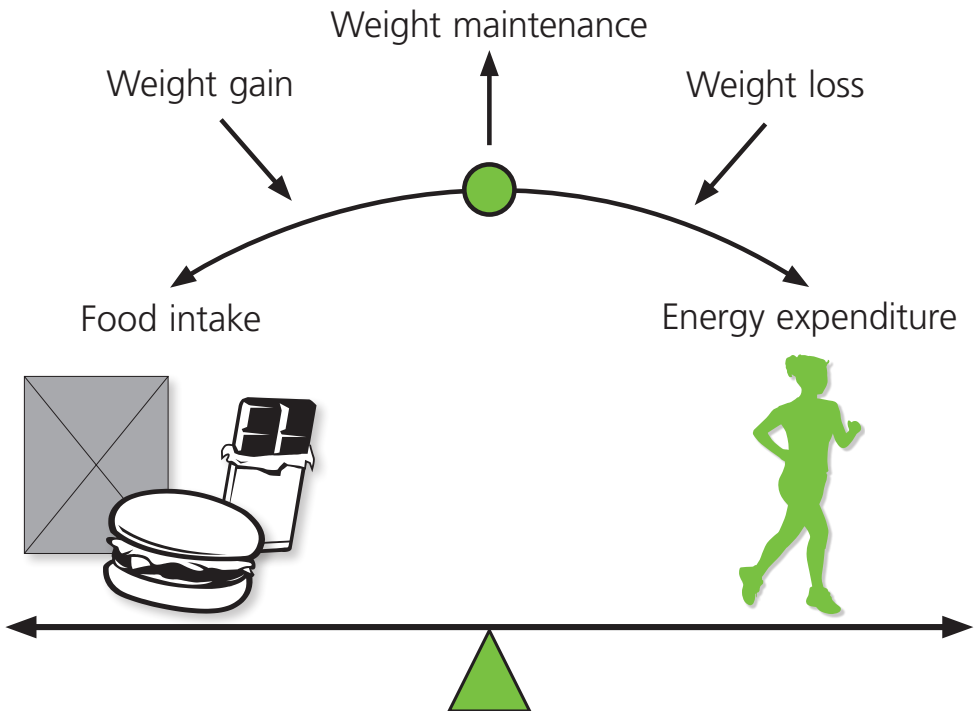
1. Starchy CHO	2. CHO as fructose	3. CHO as lactose	4. CHO in snacks
<p>These foods often form the basis of meals, for example: potatoes, rice, breakfast cereals, bread, chapattis, cous cous, noodles, pasta.</p> <p>These are an important part of a balanced, varied diet as they provide ‘slow release’ energy, fibre, vitamins and minerals.</p>	<p>Whether dried or fresh, fruit contains natural sugar, for example: apples, oranges, raisins, strawberries, mangos.</p> <p>These are an important part of a balanced, varied diet as they provide essential fibre, vitamins and minerals.</p>	<p>Liquid dairy products contain milk sugar (lactose), for example: milk, yoghurts, ice cream, crème fraiche, fromage frais.</p> <p>These are an important part of a balanced, varied diet as they provide essential vitamins and minerals.</p>	<p>These products often have large amounts of added sugar and fat, for example: sugar, honey, sugary drinks, sweets, fruit juices, crisps, biscuits, chocolate.</p> <p>If eaten regularly they may cause weight gain/erratic blood glucose control – avoid these foods where possible.</p>

General principles of weight loss

Eating with regards to weight loss means more than just eating healthily. You also need to consider the amount of food you eat.

The food we eat provides our bodies with energy (calories) which is used to perform everyday activities e.g. walking & breathing. Any energy not used is stored.

To lose weight you will need to take in less energy (calories) from foods and drinks than the energy you use up in everyday activity and exercise. Being active will increase the amount of energy you use up and also help with weight loss.



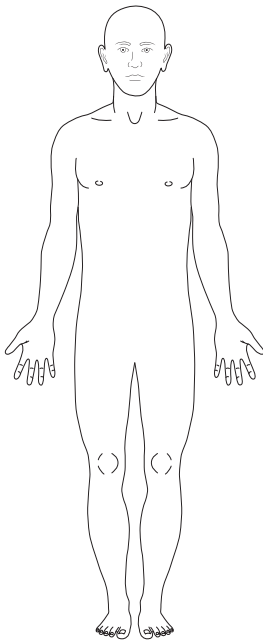
Measurements

Measuring your waist and establishing your body mass index (BMI) can help identify if you are at risk of secondary complications. The greater your waist size and/or BMI, the greater the risk of developing complications.

To measure your waist

To measure your waist:

- 1. Find the top of your hip bone
- 2. Find your lowest rib
- 3. Measure in between these points making sure the tape measure is kept level with the floor and not pulled too tight



		At risk
Men	White European	>90cm (>35inches)
	Black, Asian and other minority ethnic groups*	>94cm (>37inches)
Women	White European	>80cm (>32inches)
	Black, Asian and other minority ethnic groups*	>80cm (>32inches)

*these groups are known to have an increased risk of diabetes

To estimate your BMI

Using the table opposite:

- 1. Find your weight along the top of the table
- 2. Find your height along the side of the table
- 3. Follow along the column and row; where they meet is an estimation of your BMI

E.g. For an individual of 175cm, weighing 85kg; BMI = 27.8kg/m²

Weight in kilograms

	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	82.5	85	87.5	90
145.0	21.4	22.6	23.8	25.0	26.2	27.3	28.5	29.7	30.9	32.1	33.3	34.5	35.7	36.9	38.0	39.2	40.4	41.6	42.8
147.5	20.7	21.8	23.0	24.1	25.3	26.4	27.6	28.7	29.9	31.3	32.2	33.3	34.5	35.6	36.8	37.9	39.1	40.2	41.4
150.0	20.0	21.1	22.2	23.3	24.4	25.6	26.7	27.8	28.9	30.0	31.1	32.2	33.3	34.4	35.6	36.7	37.8	38.9	40.0
152.5	19.3	20.4	21.5	22.6	23.6	24.7	25.8	26.9	27.9	29.0	30.1	31.2	32.2	33.3	34.4	35.5	36.5	37.6	38.7
155.0	18.7	19.8	20.8	21.9	22.9	23.9	25.0	26.0	27.1	28.1	29.1	30.2	31.2	32.3	33.3	34.3	35.4	36.4	37.5
157.5	18.1	19.1	20.2	21.2	22.2	23.2	24.2	25.2	26.2	27.2	28.2	29.2	30.2	31.2	32.2	33.3	34.3	35.3	36.3
160.0	17.6	18.6	19.5	20.5	21.5	22.5	23.4	24.4	25.4	26.4	27.3	28.3	29.3	30.3	31.3	32.2	33.2	34.2	35.2
162.5	17.0	18.0	18.9	19.9	20.8	21.8	22.7	23.7	24.6	25.6	26.5	27.5	28.4	29.3	30.3	31.2	32.2	33.1	34.1
165.0	16.5	17.4	18.4	19.3	20.2	21.1	22.0	23.0	23.9	24.3	25.7	26.6	27.5	28.5	29.4	30.3	31.2	32.1	33.1
167.5	16.0	16.9	17.8	18.7	19.6	20.5	21.4	22.3	23.2	24.1	24.9	25.8	26.7	27.6	28.5	29.4	30.3	31.2	32.1
170.0	15.6	16.4	17.3	18.2	19.0	19.9	20.8	21.6	22.5	23.4	24.2	25.1	26.0	26.8	27.7	28.5	29.4	30.3	31.1
172.5	15.1	16.0	16.8	17.6	18.5	19.3	20.2	21.0	21.8	22.7	23.5	24.4	25.2	26.0	26.9	27.7	28.6	29.4	30.2
175.0	14.7	15.5	16.3	17.1	18.0	18.8	19.6	20.4	21.2	22.3	22.9	23.7	24.5	25.3	26.1	26.9	27.8	28.6	29.4
177.5	14.3	15.1	15.9	16.7	17.5	18.3	19.0	19.8	20.6	21.4	22.2	23.0	23.8	24.6	25.4	26.2	27.0	27.8	28.6
180.0	13.9	14.7	15.4	16.2	17.0	17.7	18.5	19.3	20.1	20.3	21.6	22.4	23.1	23.9	24.7	25.5	26.2	27.0	27.8
182.5	13.5	14.3	15.0	15.8	16.5	17.3	18.0	18.8	19.5	20.3	21.0	21.8	22.5	23.3	24.0	24.8	25.5	26.3	27.0
186.0	13.1	13.9	14.6	15.3	16.1	16.8	17.5	18.3	19.0	19.7	20.5	21.2	21.9	22.6	23.4	24.1	24.8	25.6	26.3
187.5	12.8	13.5	14.2	14.9	15.6	16.4	17.1	17.8	18.5	19.2	19.9	20.6	21.3	22.0	22.8	23.5	24.2	24.9	25.6
190.0	12.5	13.2	13.9	14.5	15.2	15.9	16.6	17.3	18.0	18.7	19.4	20.1	20.8	21.5	22.2	22.9	23.5	24.2	24.9

Height in centimetres

Underweight

Normal

Overweight

Obese

Measuring your success

Research shows that monitoring your weight regularly is recommended to help stay motivated to lose weight.

You can record your progress below:-

Height (m)

Date	Weight

You don't have to reach your ideal BMI to gain health benefits. If you can aim to lose 5 to 10% of your weight, this will help:

- Improve diabetes control
- Improve self-esteem
- Lower your blood pressure
- Lower your blood cholesterol (fat) levels

Hypoglycaemia

If your diabetes is controlled by tablets and/or insulin you may find as your weight decreases that you experience more episodes of hypoglycaemia. We will be able to advise you on any changes to your medication requirements at each group session, to help minimise the risk of your blood glucose level falling too low.

What is hypoglycaemia?

Hypoglycaemia (or a hypo) occurs when your blood glucose levels drop below 4 mmol/L. Symptoms can include:

Sweating, trembling and shaking, tingling of the lips, feeling anxious, hunger, going pale or palpitations.

A number of situations can cause a hypo:

- Too much insulin or too many diabetes tablets
- Delayed or missed meals
- Eating less starchy carbohydrate foods than usual
- Unplanned or strenuous activity
- Drinking too much alcohol or drinking alcohol without food

Sometimes there is no obvious cause.

If you recognise that you are having a hypo, you should treat it immediately with:

- 150 mL (a small can) of non-diet fizzy drink OR
- 200 mL (a small carton) of smooth orange juice OR
- 6 Dextrose tablets OR
- Four large jelly babies

If you do not feel better (or your blood glucose level is still less than 4 mmol/L after five–10 minutes), repeat ONE of these treatments. When you start to feel better, and if you are not due to eat a meal, eat some starchy carbohydrate food, like two plain biscuits, or one to two pieces of fruit, or one glass of milk (200ml), or one small pot of yogurt, or one slice bread/toast.

If you are not able to treat your hypo yourself, but you are still conscious and able to swallow, someone can give you glucose gel if you have this available. If you become unconscious, you will need immediate emergency treatment. Someone should dial 999 for an ambulance. You should be put on your side with your head tilted back. **Glucose treatments should NOT be put in your mouth if you are unconscious.**

Please see separate leaflet provided 'Why do I sometimes feel shaky, dizzy and sweaty' for further information.

My weight management plan

The changes I am prepared to make now are...

1.
2.
3.

I think that the barriers to making these changes will be...

1.
2.
3.

I think I can overcome these barriers by doing the following...

1.
2.
3.

Monitoring

Please complete the three day blood glucose and food diary for review at the next session provided by the nurse/dietitian.

In summary:

The only weight reducing diet which really works is one which involves cutting down the total amount of energy from food that we eat. It should be well-balanced, healthy and enjoyable. Faddy diets are often too restrictive and do not work in the long term. The important thing about losing weight is to do it gradually, making small permanent changes. This means you will not only succeed but are more likely to keep it off in the future.

Diabetes centre

Tel: **0121 371 4523**

Tel: **0121 371 4535**

Useful website addresses

Diabetes UK

Tel: **020 7424 1000**

www.diabetes.org.uk

British Heart Foundation

Tel: **0207 935 0185**

www.bhf.org.uk

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Diabetes

University Hospitals Birmingham NHS Foundation Trust
