

FB's diabetes prevention journey

FB has been attending the NHS Diabetes Prevention Programme with Xyla Health & Wellbeing and has seen some amazing changes since starting his journey. He has been happy to share with us some of his experiences and results.

What did you find useful about the group sessions? What stood out for you in your sessions?

The Coach personalised the sessions for each participant, made me feel it was a 1-2-1 session. The Coaches made sure we were clear about the content they were delivering, and the topics were clear and well explained.

The coaches were always on time and well organised. The sessions were fun and engaging and I was always looking forward to attending the sessions and participating.

What changes did you make to your lifestyle, e.g. exercise routine, dietary, habits...?

The main change that has stood out is my physical ability – I use active travel more than using a bus, taxi or car (esp. cycling). I have changed the portions sizes that I eat and have found the portion plate useful to guide me in how and when I eat.

Have you accessed any local services (i.e. leisure centres, exercise on referral) due to this programme?

I have not used any other services.

What was your favourite part of the programme, why?

Taking charge of my lifestyle is key for me – it has really helped me to manage stress, looking at how to

combat the stresses that come from home and the workplace. I have been given several strategies and approaches that has helped me to control and manage my stress levels.

What challenges did you face with the programme, and how did you overcome them?

I live with my partner and three children; my wife tends to buy food that I understand is of a poor quality. It was hard to enable them to understand the risks that are associated with different kinds of foods. I need to negotiate with them to eat a healthier diet and communicate to them how to prepare and cook food in a way that would be healthy. It remains a challenge to eat a healthy diet with more traditional or family recipes.

What changes have you seen in any measurements that have been taken? E.g. HbA1c, waist measurement, weight, clothes size etc...

My HbA1c is within normal limits (started at 42), weight has dropped around 6kg since attending the programme and I have lost around 2.5 cm on my waist. I am pleased I have had to add an extra hole to my belt!

"Their support and help has been life changing"



Would you, or have you, recommended the programme to others? Why?

Yes – well organised, friendly Coaches, and good materials. Also, my engagement with other participants has helped a lot.

What would you say to those who are thinking about joining the programme?

Even if participants don't gain any knowledge, the mindfulness and support gained through the NDPP is really helpful to make lifestyle changes, but either way you'll learn a lot!

Are there any other comments you wish to make about your experience?

It was not what I expected. I was surprised how enjoyable it was and how good the Coaches were – their support and help has been life changing.