



Diabetes Prevention & Weight Loss

Jane Puzey – Clinical Lead Dietitian for Diabetes

There is a lot of work going on at the moment looking at the remission of diabetes, where people lose a little bit more weight. And a lot of work looking at again prevention of diabetes, where people get diagnosed with pre diabetes, actual prevention of getting type two diabetes by again losing some body weight.

People often ask what is the best way to lose weight, what is the best diet to follow. And again, when you look at all the evidence there is no evidence long term that one diet is any better than the other. What is important is it's something that suits the person. Something the person feels that they can do something that person feels that they could actually sustain, whether that's by calorie counting low carbohydrate, low fat, just portion control, but looking at reducing calorie intake and increase the energy expenditure is really important to try and get them to achieve maybe that 5% weight loss is aiming to do.

Fatima Nurmohamed – Type 2 Patient in Remission

I was determined to go down in my weight because I was always told by the doctor, you need to lose weight, you need to lose weight, you need some exercise. And I thought exercise was going to the gym and that's too expensive. So I said, no, I don't know what to exercise is. And then they decided, they told me that exercise is only brisk walk every day, that's your exercise. So I decided, okay, I'll do that. Keep a count on my watch. I bought a watch specially to count my steps. I have my iphone, which gives me all the facilities to get online and read about all the foods.

Salma Mehar – Consultant Dietitian

Weight Loss management can come through group education, it could come to be a one to one basis, or it could be a digital support service.

Fatima Nurmohamed – Type 2 Patient in Remission

I downloaded an app which would record everything I eat. So, I started putting in, like normally, a normal day what I eat in the morning, afternoon, evening.

Robert Brookes – Type 2 Patient

Basically what I do, was having the setup, is to record it. So I kept a meticulous record of what I was eating, which I've done now for over a year. Just to see that I'm on track.

Lee Ramos – Specialist Dietitian

The number one app would be MyFitnessPal. A lot of patients that I work with use that.



Fatima Nurmohamed – Type 2 Patient in Remission

So then I realized on my app I was trying, I was losing weight. I was losing at least a pound, two pounds a week. I was not on a diet. Everybody thought I was on a diet. It wasn't a diet. I was just cutting down on foods and checking each food contains, how many calories.

Lee Ramos – Specialist Dietitian

So that wants to lose weight, particularly with type two diabetes, it sort of depends where they are carrying their weight. If someone's carrying their weight, mostly around their middle, their waist, then I'd look at their carbohydrate portions and alcohol, if they drink alcohol and simply by just reducing their portions by 10%. Say if they had new potatoes, say they are used to having 5. Just taking one or two potatoes off, will make all the difference. So it doesn't need to be you know a massive adjustment.

If they carry their weight sort of all over, then it will be general portion sizes, and again, just by having one serving spoon less of each thing. Particularly of the protein on the carbohydrate portions, is what I'd recommend.

Salma Mehar – Consultant Dietitian

The other support that you could look into is looking at whether there are any more commercial organizations such as Weight Watchers or Slimming World, or lighterlife that might provide the support that you're looking for. Some of them are group based services, some of them are on a one to one individual basis. And it really depends on what supports you'll need.

Nadia Babar – Type 2 Patient

I've come across a book, which is fantastic because it shows the food that we eat and how much each plate, how much sugar is in. So I mean most of the stuff I now know from my own research but some of the stuff was amazing. You just didn't realize how much certain foods had so much sugar in. So it's a great book and it helps me with my diet.

Salma Mehar – Consultant Dietitian

We recognize that some people might be working they might not have the time to give up to attend these group sessions, and there might be other commitments such as children. And you need to fit something that suits your lifestyle. And there might be some digital support services out there that might actually be able to provide the support that you need. This could be through an app, or it could be through a support service.



Nadia Babar – Type 2 Patient

If you want to lose weight. The key is, exercise, and like I said, walking is the best thing you can do. I've been doing with two years now, and it's great, it makes you feel good and releases happy hormones, and it makes you, it lowers your sugar levels. So, it's brilliant that you can do a bit of exercise every day.

