



live a great life!

DIABETES SUPPORT PROGRAMME

We can really help you!

Advice for people with
pre-diabetes and type 2 diabetes

A Partner to East Lindsey District Council
Magna Vitae is a Registered Charity. Charity Number 1160156

Delivered by:

MAGNA VITAE

TRUST FOR LEISURE & CULTURE



DIABETES SUPPORT PROGRAMME



The problem

Type 2 diabetes can lead to many medical complications such as damage to nerves, blood vessels, eyes, kidneys and limbs. It contributes to an estimated 22,000 early deaths in England. Pre-diabetes (the early indicator of future type 2) is estimated to affect a third of adults in England.

NHS report.

According to Public Health England (2016), 80% of people aged 40 to 60 in England are overweight, drink too much or get too little exercise. Obesity is a significant risk factor for diabetes.

East Lindsey is amongst the worst affected areas for diabetes. The district currently has some of the worst figures of diabetes incidence in England.

Public Health England 2016 report.

Diabetes

In essence diabetes is a metabolic (energy) problem, where the body is unable to manage its glucose levels correctly, allowing it to become too high. Although essential to life, glucose, when out of control, can become a very damaging substance. This is one of the reasons it is very important to monitor blood glucose levels when someone has diabetes.

Pre-diabetes is effectively the borderline between type 2 diabetes and having no signs of diabetes. It is a warning sign to make changes to lifestyle and diet so that the body doesn't go on to develop type 2 medical condition.

The cost to health

The varied and high level of complications caused by diabetes make this a costly illness to support. Current estimates put a cost to the NHS of about £8 billion per year.

"The whole course was really useful, but doing the weekly food diary showed me all the errors I was making without noticing."

Magna Vitae

Here at Magna Vitae part of our mission statement is to 'live a great life'. We want to help you to take control of your pre-diabetes or type 2 diabetes so you can be as healthy as you can and enjoy life to your optimum.

Magna Vitae have plenty of experience in delivering diabetes sessions and have highly trained and qualified staff who can support you both in exercise and fitness as well as in eating and nutrition.

We have designed an eight week programme suitable for both pre-diabetes and type 2 diabetes. It will empower you to move to a place of much improved health and wellbeing. The programme will only involve about 1-2 hours per week with plenty of opportunity to try exercise and increase activity levels too.

The course will look at areas such as:

- What is diabetes?
- Macro and micro nutrients
- Food labelling
- Exercise (more active, more often)
- Lowering risk of complications
- Specific food/recipes
- Use of Boditrax - our fantastic health monitoring system

Throughout the eight weeks you will receive ongoing support with food intakes, exercise advice, and general support.

All of this will cost just £3 per session!

Sessions take place at Meridian Leisure Centre, Wood Lane, Louth.

For those of you who may already have started on the exercise referral route (consult your GP), the diabetes support programme can be joined absolutely free of charge.

"I did not know exactly how diabetes worked, I do now and how to slow it down."



"I now use my brain and not just my stomach when making meals."

Get to know our resident nutrition expert, Marko Humphrey

Marko is the Nutrition Consultant at Magna Vitae and has delivered numerous diabetes sessions around East Lindsey.

Marko has an extensive background in food technology as well as nutrition, so has considerable knowledge, experience and advice to bring to this course. He is a registered member of the Association for Nutrition.



Marko Humphrey

"I have known for some time that I needed to do something about my weight but have found it difficult to get seriously into the process and all too easy to ignore it. I am back on the right track now! Thankyou!"

"Marko had a light hearted approach and wasn't judgemental at all."

"All the sessions were interesting and informative, good interaction. I found the exercises very useful too."

"Very clear presentation of the facts."

Contact Marko at:

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