

Martin's diabetes prevention journey

Martin 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?

I found the dietary advice particularly useful, as well as the support of the group.

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

I have made changes to my diet, reducing snacking, and changing snacks to healthy options, not from the petrol station. I make more food myself such as taking a packed lunch, and not eating in fast food restaurants at lunch. I also make more time for that in the evening. Focusing on my sleep and stress levels and I'm now getting 2-3 hours more per night, plus working to reduce stress at work. I felt that the poor sleep was impacting my performance at work and this in turn made it stressful.

"It has really helped me and kept me motivated"

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

I also participated in a cardiac group, that was exercise for people that have had heart attacks. Because I had been on the cardiac programme before I attended this group (in the same venue) it really supplemented what we did here. It was a physical activity group.

Through them I have also accessed the swimming pool at the leisure centre, so I can play more actively with my grandchildren.

What was your favourite part of the programme, why?

My favourite part was just being part of the group and breaking it down, learning new things.

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

The weather impacted my physical activity in the wintertime, as well as some pain in my lower leg. I have seen the doctor about my leg, and I am setting new goals for swimming and indoor cycling rather than exercising by walking outdoors.

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

I have had a 2kg weight loss, and my blood glucose level has dropped from 47 to 42.

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

Yes, I really would, because of the amount of varied information and the subjects that are covered. The combination of elements, nutrition, physical and mental health has made it a complete package. I attended all the sessions.

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

Go for it, it has really helped me and kept me motivated. I'm very happy it worked for me.

It's certainly set me on the right course, so I think it has been very good.

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

The mixture of subject topics is well based and particularly for people like me who have never been bothered about these things before, I've always thought these things would take care of themselves.