



Tips to help you stick to your plan

- Make sure your goal and actions are achievable. Start with a small goal, you can always build things up as you gain confidence about what you can do
- Write down your action plan and look at it regularly
- Talk to other family members and friends about your plan and get their support
- Have a back-up plan if things don't work out. For example, if it's raining when you were planning to go for a walk, just get some exercise in the house like vacuuming or some floor exercises
- If you feel you haven't stuck to your plan don't worry, you haven't failed. Go back to your plan and decide whether you need to make any changes to it. Learn from your experiences, make a new plan and start again!
- Support someone else who wants to make healthy changes, it will help you as well
- Remember you are in control, these are your goals and actions!

My action plan for preventing diabetes	My goal is:	Action I will take	How will I do it?		When will I do it?		Tick when achieved

Support and signposting

If you have a long-term health condition you may need to take your doctor's advice before setting your goals.

If you need support from a **health trainer** to plan your changes, call them on **01274 322666**.

Other useful contacts

Diabetes dietitians helpline: call **01274 365884** for information on diet, weight loss and reducing your risk of developing diabetes. They can answer your questions over the phone or book you onto their services, eg supermarket tours, weight loss clinics, weight loss groups.

Bradford 12-week weight loss group: built around your needs. To book a place call **01274 435387**

Bradford Champions Show the Way: provide local activities led by champions to aid a healthy lifestyle. Call **01274 321911**

NHS Choices: www.nhs.uk

Diabetes UK: www.diabetes.org.uk

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Bradford City Clinical Commissioning Group
Bradford Districts Clinical Commissioning Group



Healthy tips to help you beat diabetes



Bradford City Clinical Commissioning Group
Bradford Districts Clinical Commissioning Group

At risk of developing diabetes? Bradford Beating Diabetes is here to support you to:

- **Be aware...** know how to reduce your risk of diabetes
- **Be active...** achieve a good level of physical activity
- **Be healthy...** what you eat and what you weigh makes a difference
- **Be in control ...** make choices and take action to reduce your risk of developing diabetes

Be aware...

If you've been told you have an increased risk of developing Type 2 diabetes, there are a lot of simple things you can do to reduce your risk and there is a lot of support to help you. Making even small changes to your daily life can produce big benefits, not only will you lessen the chance of developing diabetes but you will also lower the risk of heart disease, stroke and cancer. Making healthy changes can also help you feel fitter and happier. The important thing is that you choose some simple changes that are right for you. There are three main lifestyle areas you can adjust that will make a real difference:

- doing more exercise
- eating healthier food
- losing weight



You could choose to make changes in all three lifestyle areas or just in one to start with. It's also recommended that if you smoke, you stop. And if you drink alcohol, only do so at safe levels.

Be active...

Exercise

Adults should do at least 30 minutes of moderate exercise, such as brisk walking, five times a week to help prevent diabetes and become healthier.

Tips to exercising more:

- include walking in your daily life (leave the car behind on short journeys)
- try a new activity like gardening or an exercise class such as yoga
- enjoy activities with friends and family – a walk in the park perhaps
- jobs around the house like vacuuming and DIY can be good exercise and just going up and down the stairs gives you a bit of a work out!
- if your daily routine means sitting a lot, get up and walk about regularly

Be healthy...

Eating healthy food

Eat more food high in fibre such as wholemeal bread, wholemeal chapattis, brown rice and wholegrain cereals, beans and lentils and fresh fruit and vegetables. Eat less fat, particularly saturated fat like butter, ghee and coconut oil, and instead use vegetable oils which are high in unsaturated fat, such as olive oil, sunflower oil or rapeseed oil, and use low-fat spreads. Also choose foods and drinks without or low in added sugar and salt.

Healthy eating tips

- choose skimmed or semi-skimmed milk, low fat yoghurts rather than full fat
- choose fish and lean meats instead of fatty processed meat like burgers or sausages
- grill, bake, poach or steam food instead of roasting or frying
- avoid high fat foods, such as mayonnaise, chips, crisps, pastries, poppadoms, samosas, cakes and biscuits
- choose fruit, unsalted nuts or low fat yogurt as snacks
- if you take sugar in tea or coffee cut it out or use a sweetener
- fresh home-cooked food is the best!

Reduce your weight

You need to lose weight if your Body Mass Index (BMI) is over 25. If you are of South Asian or Chinese heritage you need to lose weight if your BMI is over 23. For more information on BMI and a simple calculator visit www.diabetes.org.uk

Tips to losing weight

- eat smaller portions
- eat a healthier diet: less fat, more fibre, lots of fresh food
- become more physically active
- losing 5 - 10% of your weight in one year is a realistic target



Stop smoking

It's hard to stop smoking without support. Get support from Bradford Stop Smoking Service, call **01274 437700**.

Reduce alcohol intake

Everyone who drinks alcohol should only do so at safe limits: that's 14 units spread over a week with at least a couple of alcohol-free days. To find out how many units different drinks contain, visit: <http://www.nhs.uk/Livewell/alcohol/Pages/alcoholunits.aspx>

Be in control...

Have a plan...and stick to it!

People who have a plan are more likely to be successful. Set yourself an achievable goal with realistic actions as part of that goal. Here's an example plan opposite that you can adapt to suit your lifestyle.

Example action plan

My goal is: I am going to lose half a stone in the next six months, starting 1 January.

Action I will take	How will I do it?	When will I do it?	Tick when achieved
I'm going to eat five portions of fruit and vegetables every day	Buy more fresh fruit and vegetables Use recipes that include more vegetables Have fruit at the end of evening meal instead of a pudding	In my weekly shopping trip Every day Every week day	
I'll eat less fat, especially saturated fat	I'll use less oil in cooking and switch to using an unsaturated oil I'll have a piece of fruit rather than a biscuit as a snack between meals	Every day At my afternoon snack at 3pm	
I'll go for a brisk walk at least five times a week	I'll walk instead of taking the car, and do this at least three times a week. If I don't walk to the shop three times then I will go for extra walks instead I will go for two 30 minute walks	Every time I need something from the local shop Every Wednesday and Sunday	