

## Diabetes 8-week Lifestyle Programme

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Canterbury's Green prescription team are currently running an 8-week 'Be Active Programme' to support individuals with Pre-& Type 2 diabetes. The aim of the programme is to support and educate participants, so they can manage their condition well. Through collaboration with the Diabetes centre, a multi-dispensary approach has been taken to develop a programme which includes numerous aspects to ensure positive health outcomes for participants.

Each week participants take part in an exercise and education session. The exercise has a resistance training focus and external providers that are already providing classes in the community come in to run three of the eight sessions. This is to break down intimidation barriers of attending classes and demonstrate the accessibility and inclusiveness of these classes. Throughout the programme we hope to increase the intensity of the exercise to build towards a moderate to high intensity.

The education sessions vary over the eight weeks. We are having three sessions run by a dietitian on weeks two, four and six. This will be led by the diabetes centre and it has been a collaborative effort to ensure the sessions are interactive and suitable for the clientele. A Psychologist from Diabetes Centre will be running a session in week three to educate the participants on the mental and psycho-social impacts of the disease. Following this, a wellbeing session will be held in week five to build upon learnings from previous sessions. In week seven of the programme we will discuss motivation and retrospectively analyse what has motivated them to come to this programme and how they will expand upon this moving forward.

For the programme to be effective, long-term lifestyle change is the goal. This will be communicated throughout the programme, and session eight will be to discuss goals and 'where to from here'. Along the way, social interaction and peer-support will be encouraged to form connections that hopefully will continue beyond the programme. This will allow accountability to each other and improve psycho-social elements of the disease.

Green Prescription support will be offered to all participants following the programme to ensure a supportive environment leading on from the intervention.

Key take-home messages:

- Programme formed from a strong collaborative approach between several health organisations
- Programme incorporates a holistic approach for managing a chronic disease
- Participant lead – constant feedback received from participants to ensure they are gaining as much from the programme as possible

