



More people, more active, more often



Diabetes Be Active Programme

BEGINNING TUESDAY 16TH OCTOBER

1.00PM – 2.30PM

DATE	EDUCATION SESSION	ACTIVITY SESSION
W1 – Tuesday 16th October	Introduction	Exercise circuit + baseline testing
W2 – Tuesday 23rd October	Nutrition – Food groups & the healthy plate model	Exercise w/ Katrina
W3 – Tuesday 30th October	Eric Lundin – Diabetes & wellbeing	Body weight exercise circuit
W4 – Tuesday 6th November	Debbie – PN + Nutrition – Meal planning & takeaway	Dance w/ Adriaan Beddie
W5 – Tuesday 13th November	5 ways to wellbeing + building habits	Exercise equipment exercise circuit
W6 – Tuesday 20th November	Nutrition – Label reading & beverages	Seated exercise class w/ Janet Straight
W7 – Tuesday 27th November	What's in the community / motivation	Sports Week
W8 – Tuesday 4th December	Graduation	Post testing



Each week the session will commence with a hot drink and social time

Pre & Post Questionnaire

Physical Activity, Nutrition, Wellbeing

Be Active Diabetes Programme: Pre-Questionnaire

Name: _____ **Date:** _____

How would you describe your health? Please circle one option below.

Poor Fair Good Very good Excellent

Physical Activity

How many days per week do you usually do 30 minutes (can be split up) or more of moderate intensity activity? (Moderate Intensity = require moderate physical effort and cause small increases in breathing or heart rate)

☐ Rarely or not at all.
☐ 1-2 days
☐ 3-4 days.
☐ 5 or more days

How important is it for you to be physically active regularly? (Please circuit one number)

1 2 3 4 5

Not important Very important

How confident are you that you can be physically active regularly?

1 2 3 4 5

Not confident Very confident

How would you rate your understanding of the positive impact exercise can have on your diabetes?

1 2 3 4 5

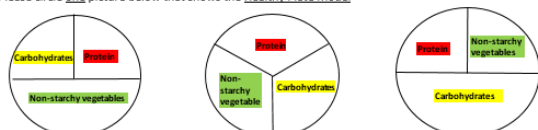
Low understanding High understanding

Nutrition

1. Please tick which 5 foods you think are high in Carbohydrate

Bread ☐ Baked beans ☐ Broccoli ☐ Chicken ☐
 Banana ☐ Yogurt ☐ Carrots ☐ Pasta ☐
 Nuts ☐ Corn ☐ Cheese ☐ Ham ☐

2. Please circle one picture below that shows the Healthy Plate Model



3. How confident are you with making healthy food choices? Please circle one option below.

Not confident 1 Slightly confident 2 Moderately confident 3 Very confident 4 Extremely confident 5

4. How motivated are you to make healthy food choices? Please circle one option below.

Not motivated 1 Slightly motivated 2 Moderately motivated 3 Very motivated 4 Extremely motivated 5

Wellbeing

Generally over the last two weeks the following statements describe me:
 (Please tick one description from each statement)

1. I am feeling 'burnt out' by the effort needed to manage my diabetes

Not at all ☐ Somewhat ☐ Quite a bit ☐ Very much ☐ Totally ☐

2. I do not have good balance in my life

Not at all ☐ Somewhat ☐ Quite a bit ☐ Very much ☐ Totally ☐

3. I am not feeling motivated to keep up my Diabetes self-management

Not at all ☐ Somewhat ☐ Quite a bit ☐ Very much ☐ Totally ☐

4. I worry a lot about my diabetes

Not at all ☐ Somewhat ☐ Quite a bit ☐ Very much ☐ Totally ☐

Further comments

Thinking about the questions you have just answered; do you have any further comments relating to your health and diabetes?

Thank you for your participation

Pre / Post Questionnaire

Wellbeing

Generally over the last two weeks the following statements describe me:

(Please tick one description from each statement)

1. I am feeling 'burnt out' by the effort needed to manage my diabetes

Not at all ☐ Somewhat ☐ Quite a bit ☐ Very much ☐ Totally ☐

2. I do not have good balance in my life

Not at all ☐ Somewhat ☐ Quite a bit ☐ Very much ☐ Totally ☐

3. I am not feeling motivated to keep up my Diabetes self-management

Not at all ☐ Somewhat ☐ Quite a bit ☐ Very much ☐ Totally ☐

4. I worry a lot about my diabetes

Not at all ☐ Somewhat ☐ Quite a bit ☐ Very much ☐ Totally ☐

Outcomes - Attendance

Average Attendance = 11 people (out of 17)

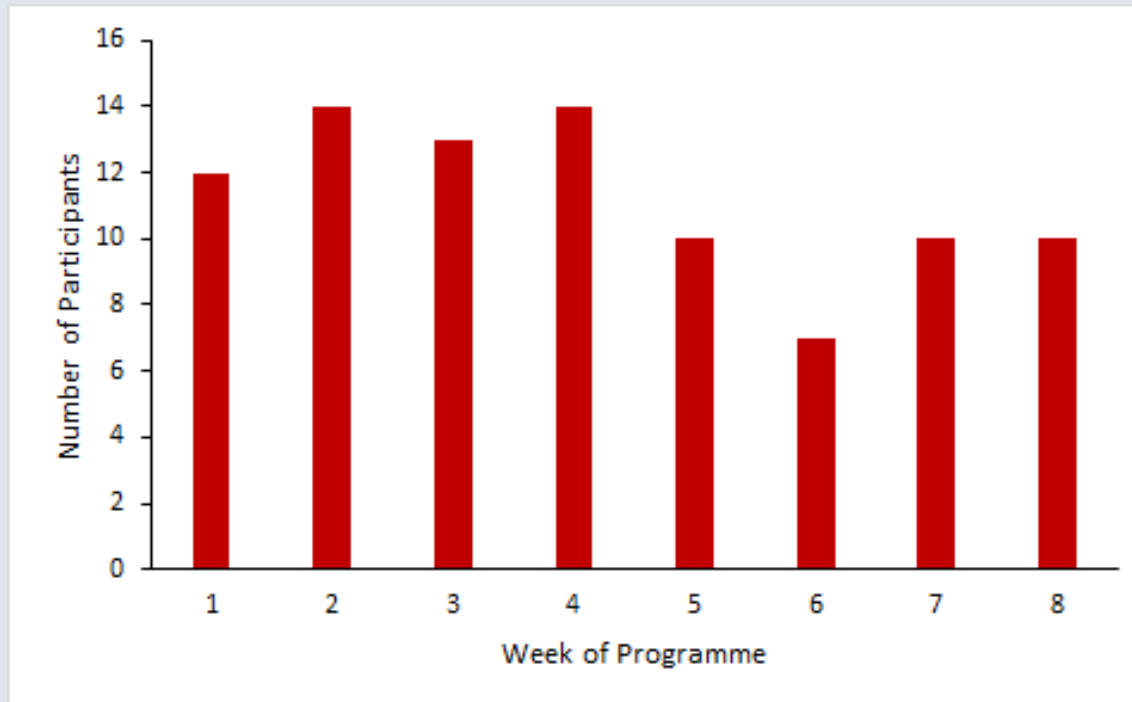


Figure 1: number of participants attending the programme each week.

Outcomes - Ethnicity

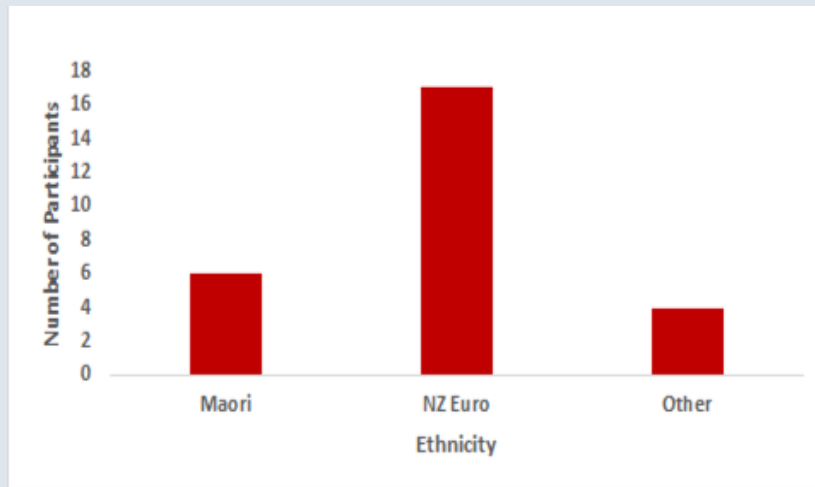


Figure 2: Number of participants registered - ethnicity

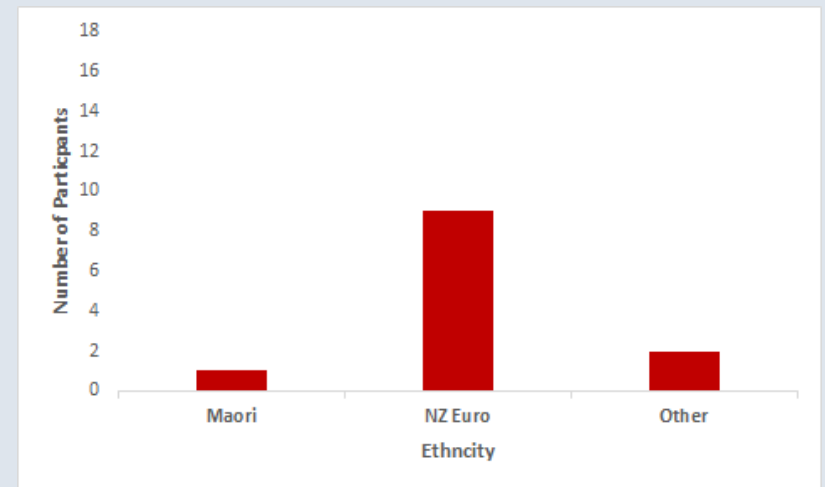


Figure 3: Number of participants who attended four or more sessions

Outcomes

- Physical Activity

- 78% reported an **increase** in the number of days active per week
- 67% reported an **increase** in confidence

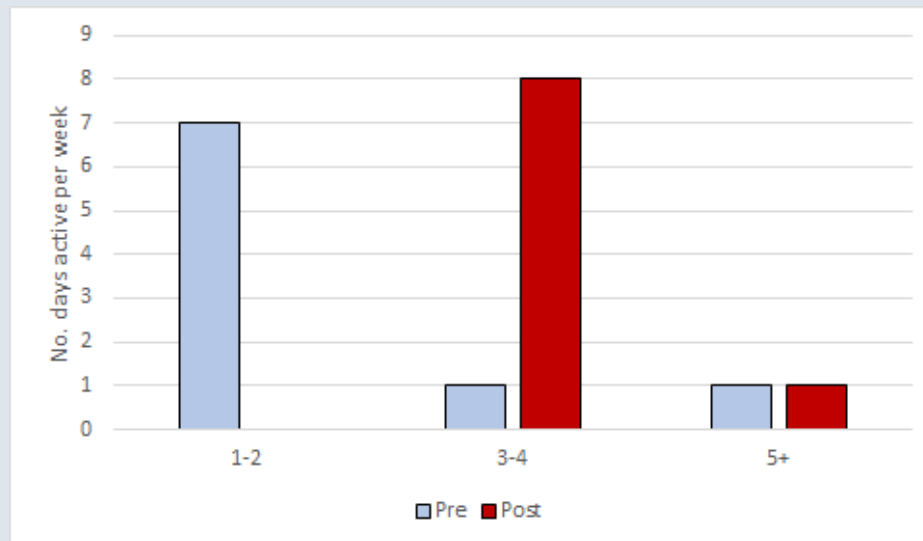


Figure 4: number of days participants were active pre/post programme

Outcomes - Nutrition

- **Carbohydrate Awareness** - mixed results
- 100% of participants could correctly identify the **Healthy Plate Model** proportions
- **Confidence** to make healthy food choices:
 - Increased confidence - 67% (6/9) of respondents
- **Motivation** to make healthy food choices:
 - Increased motivation - 44% (4/9) of respondents



Outcomes - Wellbeing

- Mixed results:
 - Not all questionnaires were fully completed (only 6 out of 9)
 - 3 respondents' overall wellbeing score improved
 - 3 respondents' overall wellbeing score got worse
 - ? understanding of questions

Participants Feedback

“I’m more than happy with this programme and have thoroughly enjoyed every bit of it. Thank you”.

“Would like to do it all over again”

“Everything well explained”

“ I would like it to be a little harder”

“Excellent, supportive encouraging staff”

“Just enough training for getting me motivated”

“Some of the activities to be longer”

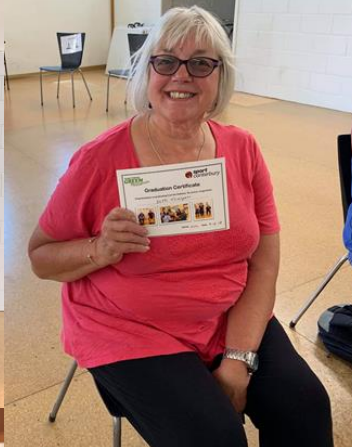
“The team are great people, very positive”

Our Feedback

- Higher participant numbers
 - Trial an evening class
 - Promotion at more medical centres
- Improve accuracy of data collected
 - Fitness testing
 - Pre & Post Questionnaire
- Nutrition Sessions - set a goal to work on after each session.
- Physical Activity - increase intensity of sessions following on from participant feedback
- Appealing to Maori and Pasifika

Beth – Participant Feedback





Beating diabetes

YOUR LOCAL SPORTS

By Louis Day

CLAIRE HAMPTON managed to overcome her type two diabetes within four months thanks to Sport Canterbury's Be Active programme. Mrs Hampton's blood glucose





More people, more active, more often

www.sportcanterbury.org.nz
0800 ACTIVE