

WHAT'S INVOLVED?

Six FREE (2.5 hour) weekly group-based sessions

WHERE?

Courses are currently available in:

Darlington; Peterlee; Easington; Murton; Wheatley Hill; Chester le Street; Consett; Stanley; Durham; Sacriston; Stanhope; Barnard Castle; Bishop Auckland; Spennymoor; Crook; Sedgfield

CAN I BRING SOMEONE WITH ME?

Of course! You are more than welcome to bring a family member or friend

"The course was well organised and delivered. I really enjoyed the course and have learnt so much."

"I feel much more equipped to deal with my diabetes and much less daunted by my diagnosis"

Leading the way to healthy living...



"This course will change my life for the better. Thank you"

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Contact the Diabetes Information and Education Team for more information or to book a place on a course:

Email: cddft.diabeteseducation@nhs.net

Phone: 0191 569 2844



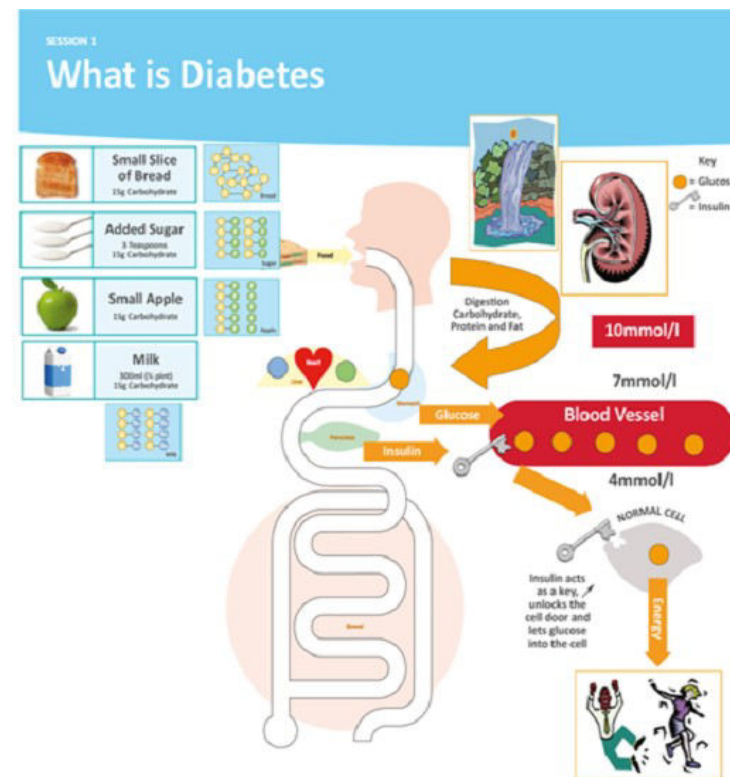
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X-PERT HEALTH
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Registered Charity:
Educating for better health

X-PERT Diabetes Programme

Learn about your diabetes and have the opportunity to explore and address your concerns



Why attend an X-PERT Health Diabetes Course?

The Benefits:

Lower blood glucose

Dispelling dietary myths allowing increased

dietary freedom

Healthier eating

Increase carbohydrate awareness

Increased energy levels

Improved fitness

Improved wellbeing and quality of life

Lower blood pressure

Lower blood cholesterol

Weight loss if appropriate

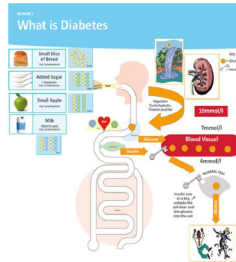
Reduced risk of heart disease and other long-term condition

Learning to deal with illness

“Very positive course made me more aware of things I can do to improve my general health, improve Hba1c result and hopefully reduce my weight”

Session 1: What is Pre-diabetes and Diabetes?

- Digestion, carbs and blood glucose control
- Health results - what do they mean?
- Medications for diabetes



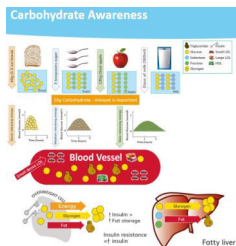
Session 2: Nutrition for Health

- Nutrition for Health - food groups/portions
- Dietary approaches - low fat, Mediterranean, low carb, intermittent fasting
- Fat Awareness



Session 3: Carbohydrate Awareness

- Carbohydrate and blood glucose levels
- Assessing the **amount** of carbohydrate
- Considering the **type** of carbohydrate

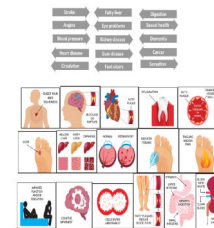


Session 4: Food Labels and Physical Activity

- Nutritional information on food packaging
- The traffic light system & reference intakes (RIs)
- Nutritional claims - what do they mean?
- Physical activity - what, when and how?

Session 5: Possible Complications

- Low and high blood glucose levels
- How could diabetes affect long-term health?
- Prevention of complications
- Importance of regular check-ups



Session 6: Recapping & the Way Forward

- Recapping with the “Are you an X-PERT?” game
- Revisiting my health profile
- More confidence to self-manage my health?

