

PARTNERING WITH SPORT ENGLAND TO HELP PEOPLE WITH DIABETES MOVE MORE

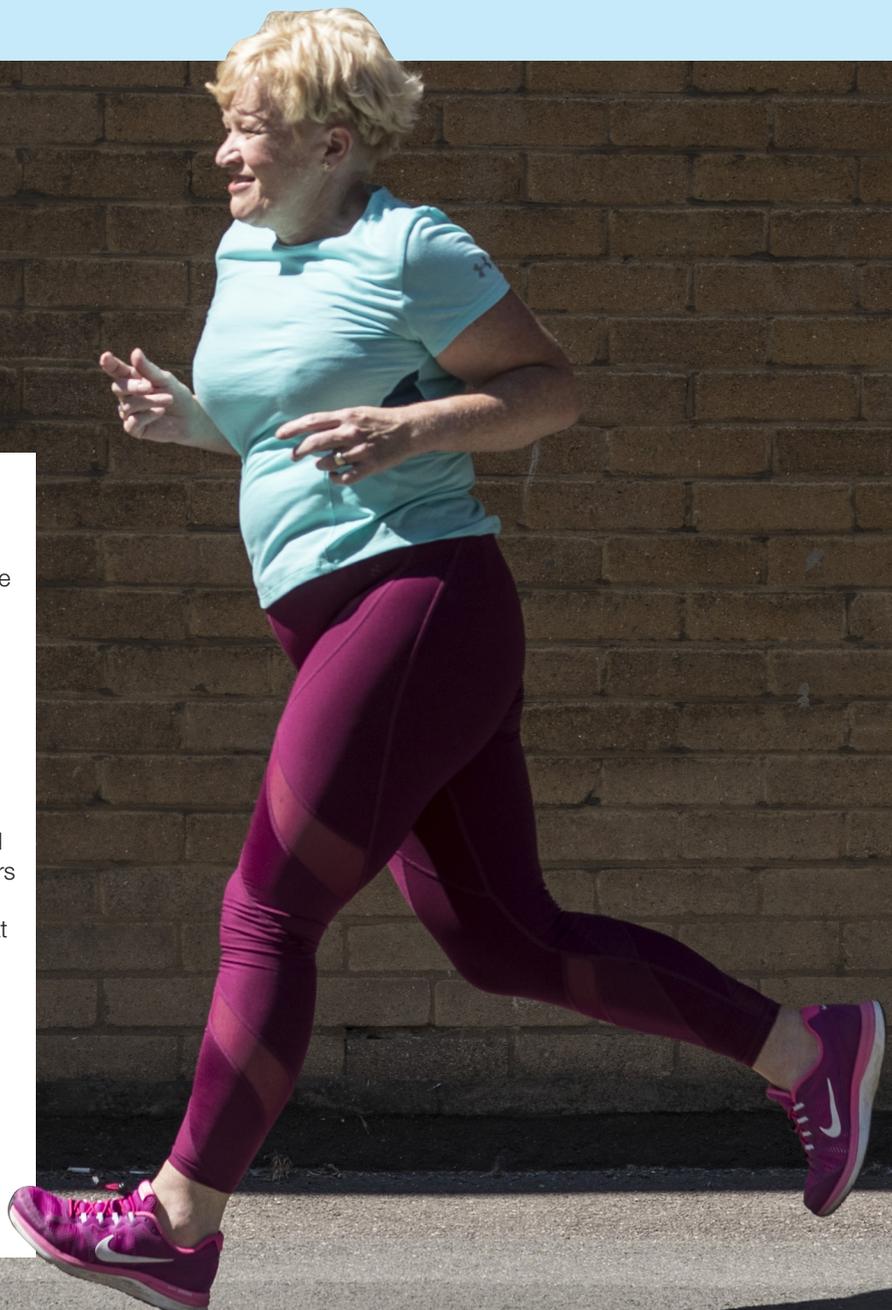
In August last year, we announced that we received National Lottery funding through Sport England to deliver a 26-month project aimed at helping people with diabetes move more.

We're delighted about this partnership and what it means for you and your patients, and we're excited to share more about what we've been up to so far. But first, we want to talk about what inspired our new Live Well Move More project.

In 2018, we received National Lottery funding from Sport England to carry out a 12-month research project investigating how people with diabetes felt about getting physically active.

We consulted 1100 people affected by diabetes, exploring what their barriers and motivators to exercise were. This prompted open discussions about what more our charity could do to support people in becoming more active, and we're excited to put those ideas into action during this project.

Since then, our lives have been changed by the coronavirus pandemic. And thanks to further research from Sport England, we now know more about how these changes have affected attitudes to moving more.



Sport England commissioned regular surveys to be carried out with people living with long-term health conditions (LTHCs) in England, including people with diabetes. The results showed that at the height of the pandemic and lockdown restrictions in the spring, four in 10 people with LTHCs reported doing less physical activity than normal.

Both our findings, and those from Sport England, demonstrate that more needs to be done to help people with diabetes live healthier, more active lives – particularly during these uncertain times.

That's why, over the course of our project, we're going to be working hard to deliver a tailored programme to support people with diabetes to move more. We'll be providing information about personalised and accessible exercise, as well as creating more resources to encourage your patients to feel confident and safe when becoming more active.

In turn, we hope this will help more of your patients realise the many benefits of physical activity - which include:

- helping their body use insulin better
- helping them look after their blood pressure and lower their risk of diabetes complications
- helping lower cholesterol to protect against problems like heart disease
- helping them lose weight if they need to, and keep the weight off after they have lost it
- giving them energy and aiding sleep
- helping their joints and flexibility
- improving HbA1c for people with type 2 diabetes through being more active
- helping the mind as well as the body, as exercise releases endorphins or 'happy hormones', which can help to

reduce stress levels and improve low moods.

The impact of these benefits on how your patients manage their condition can be life changing. So, what have we been up to so far to help make those benefits a reality?

We've created a free digital guide to moving more, which you can download from our online shop to share with your patients (www.diabetes.org.uk/up-movingmore). The resource provides readers with information about why being physically active is so important when you have diabetes and shows them how to incorporate different types of exercises into their daily life. There's also space for your patients to track their progress and reflect on what they've learnt along the way.

We're trialling these guides throughout our 10-week community programmes, which – due to the coronavirus pandemic – are now being held virtually. The programmes involve groups of people with diabetes coming together for weekly sessions with our Project Coordinators, with the shared aim of getting active and learning more about diabetes. We're hoping to be able to run more of these sessions in person later in the year, depending on the coronavirus restrictions in place. Another highlight so far has been the appointment of Francesca, our Physical Activity Helpline Advisor, as we're now able to offer one-to-one, confidential support about how to be more active over the phone (0345 123 2399) or via email (helpline@diabetes.org.uk).

If your patient is feeling anxious about getting active, or just wants some more information about how to get started, we're here to help. The calls are



practical and supportive, and callers may be able to receive ongoing support over a few months to help change their behaviour.

Plus, we've got more information and ideas about getting more active on our website (www.diabetes.org.uk/up-active), as well as free courses for people with diabetes about physical activity in Learning Zone (www.diabetes.org.uk/up-LZ), our interactive tool that's clinically approved and endorsed by experts.

Looking forward, we're hoping to run a Move More event for healthcare professionals - incorporating both virtual and in person sessions to support you in helping people with diabetes become more active. And we'll be continuing to develop more resources for you to share with your patients and raise awareness about the benefits of moving more.

There's a lot more we'd like to do over the course of this exciting project to help people with diabetes become more active, and we'll continue to update you both here and in the Diabetes UK professional e-newsletter with our progress.

If you'd like to get in touch with us about our work, or if you want to share thoughts or feedback about what we've mentioned, get in touch with us at livewellmovemore@diabetes.org.uk.

PHOTOS: DIABETES UK

