

Resources for Type 2 Diabetes

Confidential diabetes helpline: 0345 123 2399*, Monday to Friday, 9am to 6pm

Living with Type 2 Diabetes

- NHS UK video library - <https://player.vimeo.com/video/215821359>

Healthy eating with Diabetes

- www.diabetes.org.uk/preventing-type-2-diabetes/ten-tips-for-healthy-eating
- NHS UK video library - Fats and Oils <https://player.vimeo.com/video/215816344>

Type 2 Diabetes and exercise

- NHS UK video library - <https://player.vimeo.com/video/215817415>
- www.diabetes.org.uk/preventing-type-2-diabetes/move-more
- Public Health England Resources to support exercise at home: <https://campaignresources.phe.gov.uk/resources/campaigns/50-resource-ordering/resources/5118>
- www.diabetes.org.uk/Preventing-Type-2-diabetes/Waist-measurement
- www.nhs.uk/oneyou/for-your-body/move-more/

Foot care

- www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet

Blood sugar – how to test:

- www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing

What health checks do you need when you have Diabetes

- NHS UK video library <https://player.vimeo.com/video/215816727>

NHS diabetes prevention programme: Supports people to understand pre-diabetes and reduce their risk of developing type 2 diabetes by making sustainable improvements to their diet, activity and weight. Based on international research and psychological theories of behaviour change, it empowers participants with the knowledge, skills and support that they need to improve their health.

- North Central London: <https://preventing-diabetes.co.uk/north-central-london/>
- North East London: <https://preventing-diabetes.co.uk/north-east-london/>
- Mid and South Essex: <https://preventing-diabetes.co.uk/essex/>

Locally commissioned digital tools:

- [Healthy.io](#): Albumin-creatinine ratio (ACR) home urine test kits utilising the smartphone camera
- [My Diabetes My Way](#): structured education integrating with the GP record
- [Oviva Diabetes Support](#): Digital structured education and behaviour change programme including 1:1 remote dietician support
- [Low Carb Program](#): Digital support for people with type 2 diabetes to achieve a lower carbohydrate lifestyle

Support from others living with Type 2 Diabetes:

- <https://healthunlocked.com/>

Mental Well-being

- www.nhs.uk/oneyou/every-mind-matters/

Type 2 Diabetes resources for healthcare professionals

NHSE sick day rules:

- www.england.nhs.uk/london/wp-content/uploads/sites/8/2020/04/3.-Covid-19-Type-2-Sick-Day-Rules-Crib-Sheet-06042020.pdf

Using a blood sugar monitor:

- <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing>

RCGP learning hub diabetes:

https://elearning.rcgp.org.uk/mod/page/view.php?id=10179&gclid=Cj0KCQjwZ7BRDzARIsAGjbK2aF87IKX0qVoggZeneHJtmloJJ6EovFN6nkFmawyFi4CaG046rXCnlaAsONEALw_wcB

- Contains a series of learning modules including:
 - Lifestyle modification
 - Type 2 diabetes and diet

The Royal College of General Practitioners has now launched a new e-module to help healthcare professionals not only learn about non-diabetic hyperglycaemia, but also about the NHS Diabetes Prevention Programme, how it works, who is eligible – and importantly how to make a quality referral. <https://elearning.rcgp.org.uk/course/info.php?id=359>

More information can be viewed her: www.england.nhs.uk/blog/learn-about-the-nhs-diabetes-prevention-programme-this-diabetes-awareness-month/