X-PERT Diabetes Programme Summary

This programme is delivered over six sessions, which are outlined below. If you have purchased or been given this handbook but are not attending a programme all of the key messages from these sessions are still covered. If you require additional support our free online forum (accessible at www.xperthealth.org.uk/forums) is open to everyone.

Session 1: What is Prediabetes and Diabetes?
Digestion, carbs and blood glucose control
Insulin and insulin resistance
The 7 Lifestyle Factors for optimal health
Health results - what do they mean?
Setting goals: my health results

Session 2: Nutrition for Health and Fat Awareness
Limitations with “eat less, move more”
Nutrition for Health - food groups and portions
Dietary approaches - one size doesn’t fit all
Fat Awareness
Setting goals: my dietary approach

Session 3: Carbohydrate Awareness
Carbohydrate and blood glucose levels
Assessing the amount of carbohydrate
Considering the type of carbohydrate
How good am I at estimating carb content?
Setting goals: my carb intake

Session 5: Possible Complications
Low and high blood glucose levels
How can diabetes affect long-term health?
Prevention of complications
Work, driving, insurance, travel and illness
Stress, meditation and sleep
Setting goals: reducing my risk

Session 4: Psychology of Eating, Food Labels and Physical Activity
Psychology of eating and causes of hunger
Nutritional information on food packaging
Physical activity - why, what, when and how?
Setting goals: my foods and activity

Session 6: Recapping and the Way Forward
“Are you an X-PERT?” game (group programme only)
Revisiting my health profile
What’s next?
Maintaining any benefits
Recipes for different dietary approaches
Setting goals: my health goals for the future

www.xperthealth.org.uk