

Go Active, Get Healthy - Diabetes

July 2019 - June 2020

'Inspiring and empowering people with diabetes to be more active, to help improve management of their diabetes and to lead a physically active lifestyle'

#fightinginactivity



One in 3 adults in England live with a long-term health condition and are twice as likely to be amongst the least physically active'

Physical Activity

Physical activity reduces the risk factors for progression of type 2 diabetes.....

Cholesterol levels **BMI**



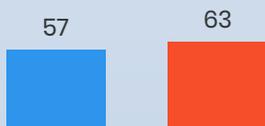
Blood pressure

Blood glucose levels



A **50% increase** in number of people achieving the CMO guidelines of 150 minutes physical activity per week.

Significant increase in patients' reporting **improvements in their health related quality of life**, for those who completed the programme.

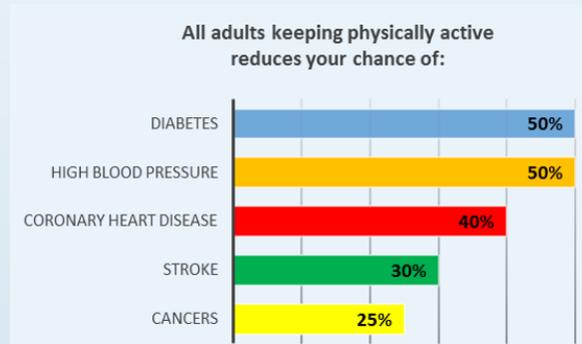


At baseline 3 months



Making lifestyle changes through sustained **physical activity!**

Regular physical activity can help prevent or manage many common conditions such as **type 2 diabetes, cardiovascular disease and some cancers.**



"Obesity is believed to account for 80-85% of the risk of developing type 2 diabetes."

Participants

Over the last year **1440 participants** were recruited onto the programme.

Equal number of **men (38.3%)** and **women (41.8%)** engaged with the programme.

72% of participants were aged **55 and over**, with a high prevalence amongst those aged **35-54 years.**

320 participants were referred by health professionals.

In total, there were **68 referrers** into the programme, that included **65 GP surgeries or Medical Centre's.**



22% Above target participants of 1180!

747 participants attended and referred through community brief intervention engagement events.

Feedback

"My life has been totally transformed. I have lost 35lbs and can walk longer distances at a quicker pace. None of this would have happened without the intervention of Jenny and the Go Active, Get Healthy project".

"I have been using the gym regularly and also play walking football between 1 and 2 sessions per week. I have also completed a number of long distance walks. I feel much fitter and have lost weight but still feel there is more to do".

For more information, to support the programme or sign up as a participant follow the link.

[click me](#)