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'

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.

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.

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.

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".

Making lifestyle changes through sustained physical activity!

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