

## Feedback from local diabetics who have completed a course.

“What an eye opener!”

“Programme was very informative, clear and understandable... Excellent!”

“Every week was enjoyable and informative”

“Not complicated and very easy to ask questions”

“The course and handbook have allowed me to understand the nature of the disease and how I can manage it”

“I would highly recommend this course to others”

“Ideal class size, trainers know their subject and are well prepared to provide answers to questions”

## To find out more or to enrol onto a course...

- Courses are free to patients registered with a Southern Derbyshire or Erewash based GP Practice
- Courses are available across Southern Derbyshire and Erewash areas, offered at venues as close as possible to you
- Courses run over 6 consecutive weeks; each session lasting 2.5 hours

If you are over 18, have type 2 diabetes and wish to be referred onto a course, speak to your GP/Practice Nurse.

If you would like further information, please contact the course coordinator at:

[DCHST.XPertdiabeteseducation@nhs.net](mailto:DCHST.XPertdiabeteseducation@nhs.net)

or you can call them directly on **01773 52502**

# Welcome to our X-PERT Diabetes Programme



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# The X-PERT Diabetes Programme

## What is it?

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### How can I use it?

Whether you have just been diagnosed with type 2 diabetes or have had it for years, the X-PERT Diabetes Programme will provide you with all the information you need to look after your diabetes. Learn about up to date treatments and have the opportunity to explore and address your concerns.

#### Week 1 – What is Diabetes?

Digestion, carbs and blood glucose  
7 lifestyle factors for optimal health  
Health results – what do they mean?  
Medications for diabetes  
Setting goals: health results

#### Week 2 – Weight Management

Energy balance and fat awareness  
Eating for good health – food groups  
Addressing the myths  
Physical activity – what, when, how?  
Options for weight loss  
How to assess what I am eating  
Setting goals: eating and activity

#### Week 3 – Carbohydrate Awareness

Carbs and blood glucose levels  
Assessing the amount of carbs  
Considering the type of carbs  
How good am I at estimating carbs?  
What is my daily intake of carbs?  
Setting goals: the right carbs for me  
Leading the way to healthy living...

#### Week 4 – Food Labels

Fat, saturated fat, sugar, fibre  
Identifying 'A lot' and 'A little'  
The traffic light system  
Guideline daily amounts (GDA)  
Nutritional claims: the meaning?  
Setting goals: the food I buy

#### Week 5 – Possible Complications

Low and high blood glucose levels  
Diabetes and my long-term health  
Prevention of complications  
Importance of regular check ups  
Work, driving, insurance, travel and sick days  
Setting goals: to reduce risk

#### Week 6 – Leave the Best to Last

Recapping with the X-PERT Game  
What resources will help me?  
Revisiting my diabetes health profile  
Have my needs been addressed?  
More confidence to self-manage my diabetes?  
Setting goals for continued success

#### X-PERT can...

- Improve your diabetes control by reducing blood glucose levels
  - Help you lose weight and reduce your waist size
  - Help identify healthy foods whilst increasing your freedom of choice
  - Help you become more active
  - Increase your confidence and ability to look after your health
  - Improve blood pressure and blood cholesterol levels
  - Reduce depression and improve quality of life
  - Reduce the medication you have to take for your diabetes
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