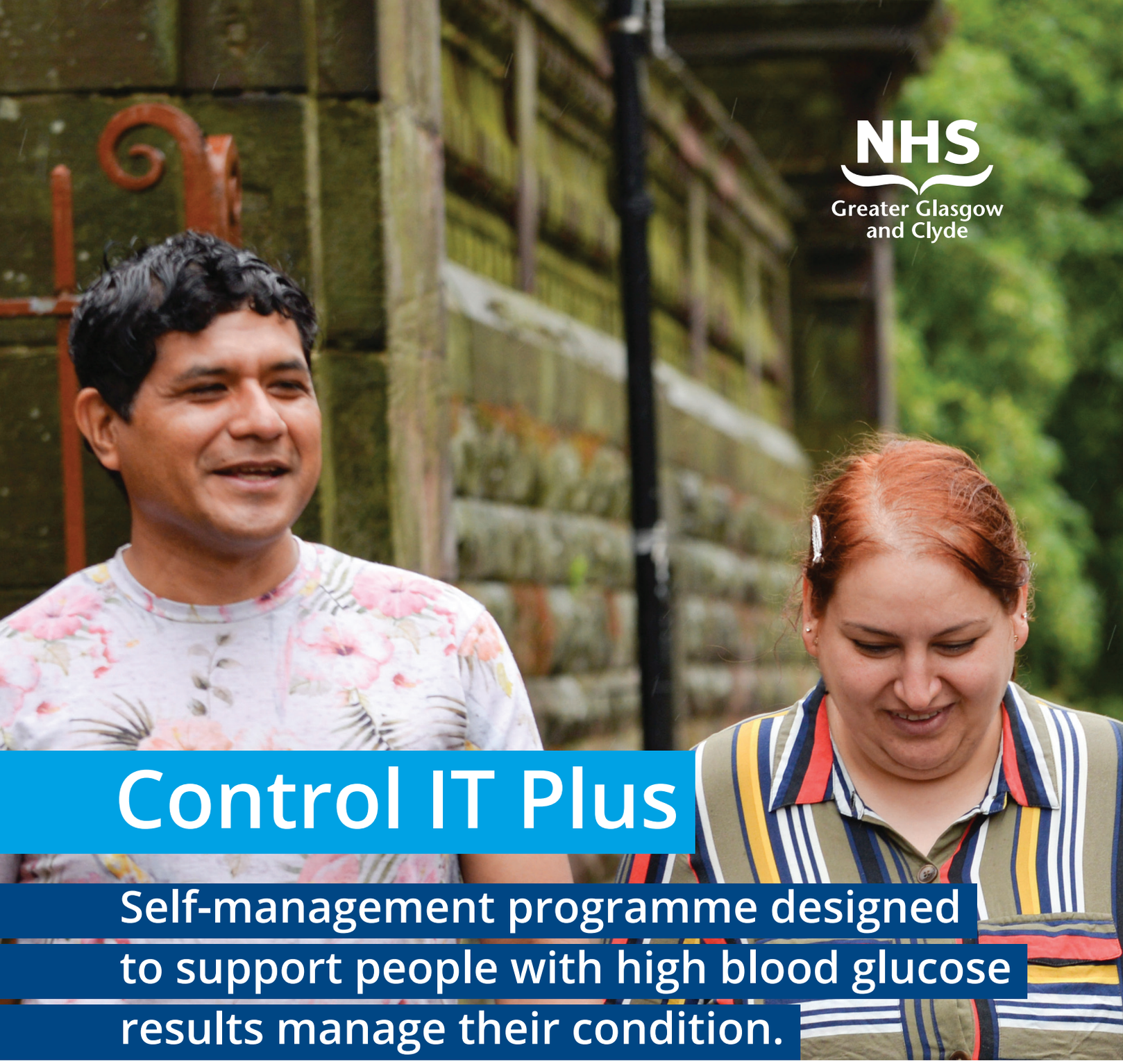


NHS
Greater Glasgow and Clyde

Control IT Plus

Self-management programme designed to support people with high blood glucose results manage their condition.

Live IT Plan IT
Move IT Know IT
Control IT
Toe IT Eat IT
PLUS

What our patients say...

> I thought that the sessions were excellent and I really liked being able to participate from my own home using teams.

> Useful information for someone newly diagnosed with Type 2 Diabetes.

> I enjoyed the sessions they were very helpful in what I was looking for just looking forward to getting my book so I can have a good read at it thanking you all.

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Welcome to your Control IT PLUS participant pack

Welcome to your Control IT PLUS participant pack.

Control IT PLUS is a lifestyle programme aimed at people who are newly diagnosed with type 2 diabetes or are at risk of developing type 2 diabetes. Throughout this booklet, unless otherwise stated, when using the word diabetes we are referring to type 2 diabetes.

The main aim of Control IT PLUS is to give you a better understanding of type 2 diabetes and how to self-manage your condition. This booklet summarises all the topics covered during the Control IT PLUS session which include:

- **Understanding what is type 2 diabetes** and the short/ long term effects of high blood glucose
- **Have a better understanding of healthy eating** and how your diet impacts on blood glucose levels and health
- To be aware of the **benefits of exercise and keeping active**
- How and why it is important to **look after your feet**
- **Goal setting** and how to make realistic changes to your lifestyle
- **Information** on how to access additional support in your local area

Remember that you play the most important role in self-managing your diabetes. We hope you enjoy the session.

Best Wishes,

The Control IT PLUS Team.

Know IT Plus

What is Type 2 Diabetes?

Type 2 Diabetes is a condition where blood glucose levels are higher than normal due to the insulin your body produces not working properly and/ or your pancreas not producing enough insulin.

- **Insulin does not work properly** when the cells of the body do not react to insulin as they should. This is usually due to being overweight; this is known as insulin resistance
- **Lack of insulin** occurs when the pancreas (the gland that makes insulin) does not produce enough insulin.

The next few questions will help you understand the answer to "**what is type 2 diabetes?**"

What causes Type 2 Diabetes?

Being overweight is the biggest cause of type 2 diabetes but there are other factors that put you at a greater risk of developing type 2 diabetes. This includes having a family history of diabetes, your age (as you get older your risk goes up), and ethnicity (People from African Caribbean, Black African or South Asian backgrounds are at higher risk – and from a younger age).

What is the pancreas?

The organ in the body which produces the hormone insulin.

What is insulin?

Insulin is the hormone made by the pancreas. Insulin acts as a key to move glucose (sugar)from the blood to the body's cells to be used for energy. Insulin controls the blood glucose levels in the body keeping them stable and within normal limits.

What is glucose?

Glucose is your body's main source of energy. It comes from carbohydrates.

What is a carbohydrate?

A Carbohydrate is an important source of food and energy.

- Starchy carbohydrates which include bread, rice, pasta, potatoes and cereals
- Sugars which include natural sugars (e.g. fruit and milk) and added sugars (e.g. table sugar) and anything containing sugar such as cakes, sweets and sugary drinks.

Carbohydrates breakdown to produce glucose, which is the body's main source of energy.

Symptoms of high blood glucose

If your blood glucose levels are high you may notice some of the following symptoms:



Thirst



Increased need to urinate (need to visit the toilet more often)



Tiredness



Blurred vision



Recurring infections



Occasionally weight loss

Someone with type 2 diabetes may have the symptoms for several years before it is diagnosed and some people do not experience any symptoms at all.

How you feel

Everyone feels differently when diagnosed with diabetes. You may feel anxious, angry or have low mood. Learning more about the condition and how you can control it will help you feel better. Speak to your GP or Practice Nurse if you need more help in coming to terms with the diagnosis.

Types of Diabetes

You have type 2 Diabetes but there are other types. These include type 1 diabetes, secondary diabetes and gestational diabetes. Of the total number of people with diabetes, around 90% of people have type 2 Diabetes, 8% have type 1 and 2% have other rarer types.

In Scotland, approximately **1** in **15** people have Diabetes.



Type 2 Diabetes and pregnancy

Women who have type 2 diabetes and are planning a pregnancy must see their GP to be referred to a pre-pregnancy clinic. It is important that diabetes control is excellent before conception to ensure the mother and baby are healthy.
Women who have type 2 diabetes and become pregnant must see their GP immediately.

Long Term Complications and Managing Diabetes

If blood glucose levels, blood pressure and cholesterol are not controlled there is a risk you will develop one or more complications of diabetes. Blood vessels and circulation can be affected and this can cause blood vessels to become blocked. This can lead to a heart attack, stroke, damage to kidneys, eyes and your feet. High blood glucose levels can also cause nerve damage especially to your feet.

Blood Glucose Levels

Your HbA1c will be checked at least once a year. This is a blood test which measures the average amount of glucose in your blood over the last 3 months. For most people it should be less than 53 mmol/mol, your primary care team/ GP will discuss this with you. Knowing your HbA1c level and what you can do to lower it will help you reduce your risk of developing diabetes complications.

Blood Pressure

Your blood pressure will be checked at least once a year. Blood pressure is the pressure in your blood vessels when your heart is pumping the blood around your body. Your blood pressure should be 130/80 or less. This level reduces your risk of developing complications.

Cholesterol

Your cholesterol will be checked at least once a year. Cholesterol is a type of fat which your body needs but if it is too high this can lead to complications. Your cholesterol should be 4 or less. This level reduces your risk of developing complications.

Note: These targets may not be suitable for everyone. Your GP or practice team will discuss and agree appropriate targets for you, and advise how to reduce your risk of developing diabetes complications

How do you control blood glucose levels, blood pressure and cholesterol?

- Eat a healthy diet (reducing sugar and salt)
- Increase activity levels
- Lose weight if you need to
- Take prescribed medications
- Stop smoking if you smoke
- Attend review appointments to monitor your diabetes

You play the most important role in controlling your diabetes by doing what you can to meet the targets we have discussed.

Medication to control Diabetes

There are medications available to help control diabetes when lifestyle changes are not enough. Your GP or Practice Nurse will discuss what is the best medication for you if you need it.

Annual Review

You will be called at least once a year to have your diabetes control checked.
This is called an annual review. This will include checking:

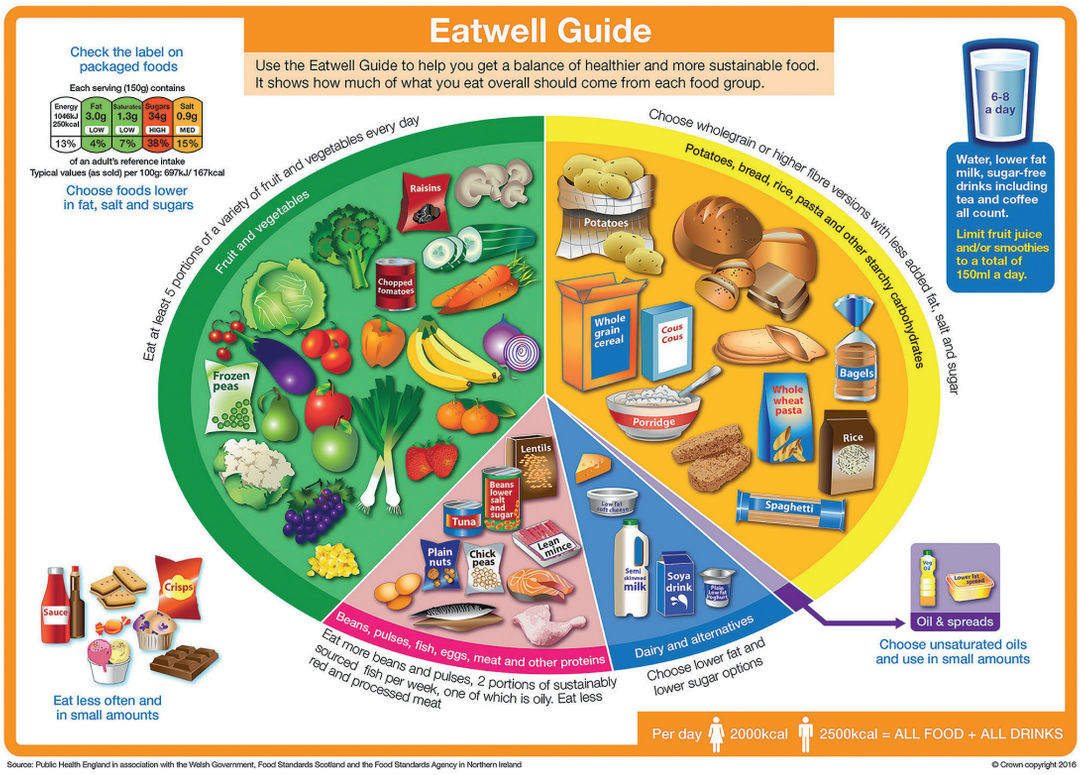
- HbA1c
- Blood Pressure
- Cholesterol
- Urine sample (for protein)
- Weight
- Smoking status

You will also receive appointments for Retinal Screening (eyes) and Foot Screening.
How often you require retinal screening will depend on your last 2 set of results.
For more information visit: https://www.nhsinform.scot/healthy-living/screening/diabetic-eye-screening-des/

Key Messages

- **Diabetes is a long term condition, but you can take steps to lessen its impact**
- **Diabetes is when blood glucose levels are raised consistently over a period of time, due to insulin not working effectively to lower blood glucose levels and / or the pancreas not producing enough insulin**
- **Glucose comes from carbohydrate and is the body's main source of energy**
- **The symptoms of high blood glucose levels are; thirst, tiredness, frequency of urination, blurred vision and recurrent infections**
- **There are different types of diabetes. You have type 2 diabetes. Others include type 1, gestational and secondary**
- **Having high blood glucose over long periods of time can lead to long term complications where your blood vessels, eyes, heart, kidneys and feet can be damaged**
- **It is important to control blood glucose levels, blood pressure and cholesterol to reduce the risk of developing long term complications of diabetes**
- **It is important to attend appointments to monitor your diabetes in order to reduce the risk of developing long term complications**
- **It is important to attend for your annual review appointment to monitor control of your diabetes**

Eat IT



See appendices section for alternative Eatwell Guides.

Yellow Section — Potatoes, bread, rice, pasta, chapattis and other starchy carbohydrates

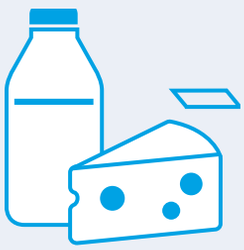
- Best choices are wholegrain and wholemeal rather than white. Other examples of carbohydrate foods include sweet potato, dosa, poha, yam, plantain, cassava, fufu and paratha
- Main source of energy, fibre and other nutrients
- We digest them slower - so they make you feel fuller longer

Green Section — Fruit & Vegetables



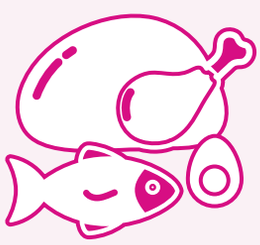
- Eat 5 a day – aim to eat at least five portions every day e.g 3 vegetable portions and 2 fruit portions
- A portion is a small handful (80g)
- Fresh, canned, dried, frozen varieties and one small glass of pure juice can all count towards the 5 a day
- Essential for good health

Blue Section — Dairy and alternatives



- Choose lower fat versions i.e. semi skimmed milk, low fat yoghurt, low fat paneer, semi skimmed evaporated milk, lassi made using low fat yoghurt
- Check low fat versions such as yoghurt for added sugar. Try to choose unsweetened yoghurt and add a portion of fruit if you want it to taste sweeter
- For dairy alternatives like soya, oat or almond milk, opt for those that are unsweetened and fortified with calcium
- This group does not include butter, margarine, cream or ice cream

Pink Section — Beans, pulses, fish, eggs, meat and other proteins



- Choose lean cuts of meat, cut off visible fat and skin and choose lower fat products such as lean mince
- Aim to eat 2 portions of fish per week (2 x 140g) one of which should be an oily fish i.e. salmon, trout, herring, kippers, mackerel
- Beans, lentils, peas such as chickpeas, dahl are in this group along with Quorn, tofu, soya mince and nuts. A portion of beans or pulses is 4 tablespoons/150g. A portion of soya or tofu is 4 tablespoons/100g.

Purple Section — Oils and spreads



- Try to eat foods in this group less often and only in small amounts. Fats and oils are essential but we generally eat too much saturated fat e.g butter, ghee. Choosing lower fat spreads is a good way to reduce your saturated fat intake
- Unsaturated fats are healthier fats, usually from plant sources and in liquid forms as oil e.g. rapeseed and olive oil. It is healthier to choose spreads made from these fats such as olive or sunflower spread. Try to avoid the use of palm and coconut oil, choosing rapeseed, vegetable or olive oil instead
- Try to spread all fats thinly and try not to add too much fat/oil when cooking
- All types of fat are high in energy (calories) and should be limited

Food and drinks high in fat, sugars and salt



- These foods contain a lot of energy (calories) particularly when you have large servings and can contribute to becoming overweight
- High fat foods include biscuits, cakes, pastries, pies, patties, fried doughs, crisps, savoury snacks, butter and cream - try to limit their consumption by having less often and in smaller amounts. Eating too much of these foods could contribute to raised cholesterol levels
- High sugar foods include sweets, chocolate, jalebi, bakhlava, puff puff dumplings, chin chin, jams, honey, condensed and coconut milk - these foods should be eaten less often and in smaller amounts
- Full sugar drinks (still and fizzy) can be swapped to diet and sugar free versions. Hot drinks such as malted drinks and hot chocolate should be changed to low calorie kinds.
- High sugar food and drinks also contribute to dental decay.
- Instead of adding sugar to foods and drinks, try sweeteners. Please see Diabetes UK website **www.diabetes.org.uk**) for further information on the various kinds of sweeteners available
- Try not to add salt both during cooking and at the table. Avoid low salt products as they could affect your blood pressure. Choose alternatives such as pepper, herbs and spices to flavour your food in place of salt

Fluid and Hydration



- Aim for 6-8 glasses of fluid daily (1.5-2 litres a day) to prevent you from becoming dehydrated. This could include water, no added sugar squash, tea, coffee, diet/sugar free/ zero fizzy drinks
- Be aware of drinks with added sugar and fat e.g shop bought drinks such as full fat vanilla lattes, flavoured coffees, hot chocolates. These can be high in sugar and fat, affecting both your blood sugar levels and weight
- If you drink alcohol, this should be limited to 14 units or less per week. Aim to spread alcohol intake across the week and have at least 2-3 alcohol free days each week



Food Labelling

There are several sections to food labels and some of these are mentioned below.

Chicken & Vegetable Broth 600g e

A soup made with vegetables, cooked chicken and pearl barley.

Ingredients

Water, Carrot (10%), Onion, Chicken (6%), Potato (5%), Spinach (2%), Peas (2%), Cabbage (2%), **Celery** (2%), Chicken stock (chicken skin, water, chicken extract, chicken, sugar, salt, cornflour, chicken fat, onion concentrate), Potato starch, Pearl **barley**, Rapeseed oil, Garlic purée, Salt, Black pepper.

! ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in bold.

! Warning

Although every care has been taken to remove bones, some may remain.

Nutrition

Typical values	per 100g	per 1/2 pot (300g)	%RI	your RI*
(as consumed)	167kJ	501kJ		8400kJ
Energy	40kcal	119kcal	6%	2000kcal
Fat	1.2g	3.6g	5%	70g
of which saturates	0.2g	0.6g	3%	20g
Carbohydrate	4.2g	12.6g		
of which sugars	1.2g	3.6g	4%	90g
Fibre	1.1g	3.3g		
Protein	2.5g	7.5g		
Salt	0.5g	1.5g	25%	6g

*Reference intake of an average adult (8400kJ/2000kcal) (RI). Contains 2 portions.

1. Ingredients

Items are listed here in order of quantity with largest being first. For example you see sugar mentioned in the first 5 ingredients, this indicates a higher content.

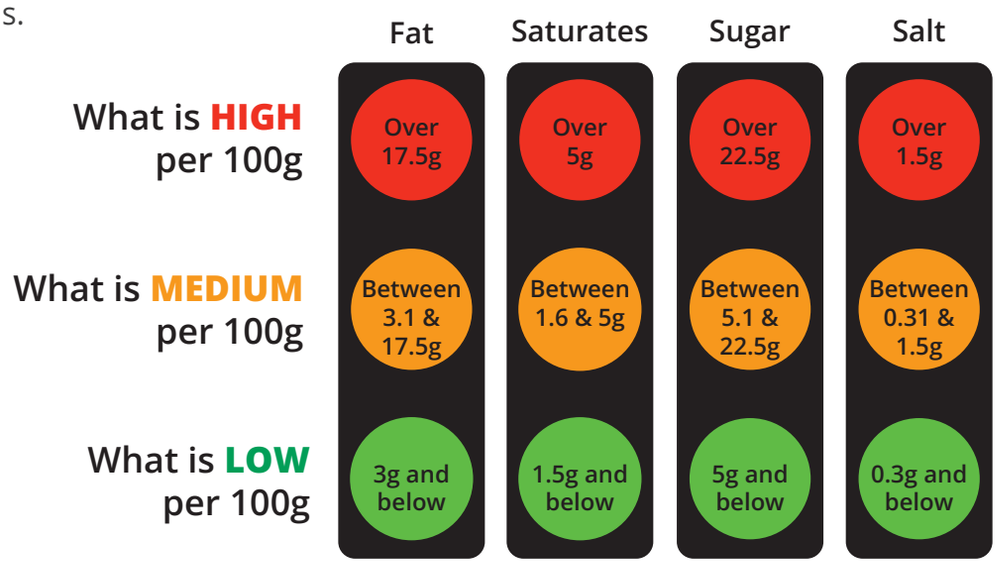
2. Nutrition Information

Use the nutrition information per 100g (as highlighted) in the label, to make comparisons between foods.

Remember that labels may refer to a serving size that is different to the portion you consume, i.e. the serving size may refer to one half of the pot, but if you are eating the full pot you will need to double it.

When reading labels you can use the values shown in this colour coded traffic light guidance below.

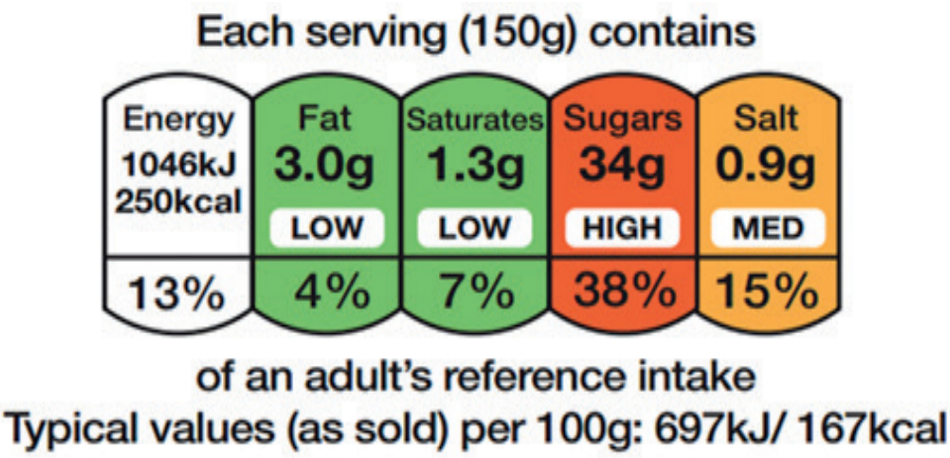
All of the values in the guidance below are referring to "per 100g" so ensure that you refer to this column when looking at the Nutrition Information tables on any food labels.



Based on guidelines by the Department of Health, under the terms of the Open Government Licence.

Front of packaging nutrition label

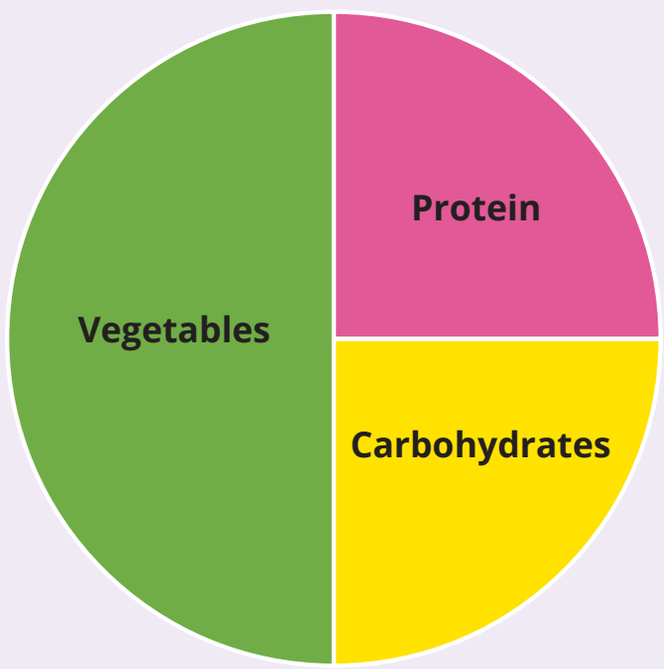
The label on the front of packaging helps you make a quick decision. It is often colour coded, allowing you to see at a glance how healthy or unhealthy the food is. The fat, saturated fat, sugar and salt content will be colour coded as to whether they are high, medium or low. Be aware that the manufacturers portion size may be smaller than what you consume. If you have a larger portion, you may be consuming more sugar, saturated fat, salt or calories than you think. Try to check the serving size on the label and adjust if you are eating more than this.



For a healthier choice choose products with more greens and ambers and fewer reds. If a food contains one or more red labels try to limit how often you eat this.

Portion sizes

Weight loss plate



- Be mindful of the portion sizes you have from each food group at main meals and throughout your day
- If you like seeing lots of food on your plate, why not add more vegetables (aim for half your plate as vegetables)
- Use smaller plates and bowls to make your portions appear larger
- Eat slowly and wait a while before having more – it can take a while for our brains to register we are full
- If you are cooking, make larger quantities and freeze them in the correct portion sizes for future meals.
- For more information on portion sizes please visit the following websites:
  www.bda.uk.com/resource/food-facts-portion-sizes.html
  www.nutrition.org.uk/putting-it-into-practice/balancing-the-diet/get-portion-wise/

Managing your weight

Maintaining a healthy weight or losing some weight has positive benefits to health. A healthy weight is a BMI (your weight in relation to your height) between 18.5 - 25kg/m^2. This may not be achievable for everyone, but any weight loss is beneficial.

By taking the steps towards achieving a 5% weight loss you are also working towards achieving significant health benefits. Some of these benefits may include:



Improving blood glucose control and insulin sensitivity, which means that your insulin will work better



Improving blood pressure and cholesterol levels



Reducing the amount of diabetic medication that you may require to take



Reducing the risk of developing diabetic complications



Improving sleep and increasing your energy levels



Improving your mobility and reducing any aches and pains.

Staying focused and making changes long term can sometimes be challenging but don't lose heart, many of us are in the same situation and getting help from family, friends and colleagues can make it easier.

The following website can be used if you wish to calculate your BMI.
www.nhs.uk/live-well/healthy-weight/bmi-calculator/

The NHS Greater Glasgow and Clyde Weight Management Service can help you stay motivated and give you some practical support. You can phone the Type 2 Diabetes Hub to discuss the services available.

Call: ☎ 0141 531 8901 (Monday to Thursday, 8:00am - 4:00pm, Friday 09:00am - 3:30pm) or Email: ✉ ggc.type2diabeteshub@nhs.scot

Remission of Type 2 Diabetes

Diabetes is no longer the progressive condition we once thought. Studies show that for anyone who is overweight, losing up to 15kg (2 and a half stone) can reduce your blood glucose levels to a non-diabetes range and may put your diabetes into remission.

Losing weight is important as it reduces extra fat in your liver and pancreas. Too much fat in these organs makes it difficult for them to control your blood sugar levels. When you lose weight, they can work normally again.

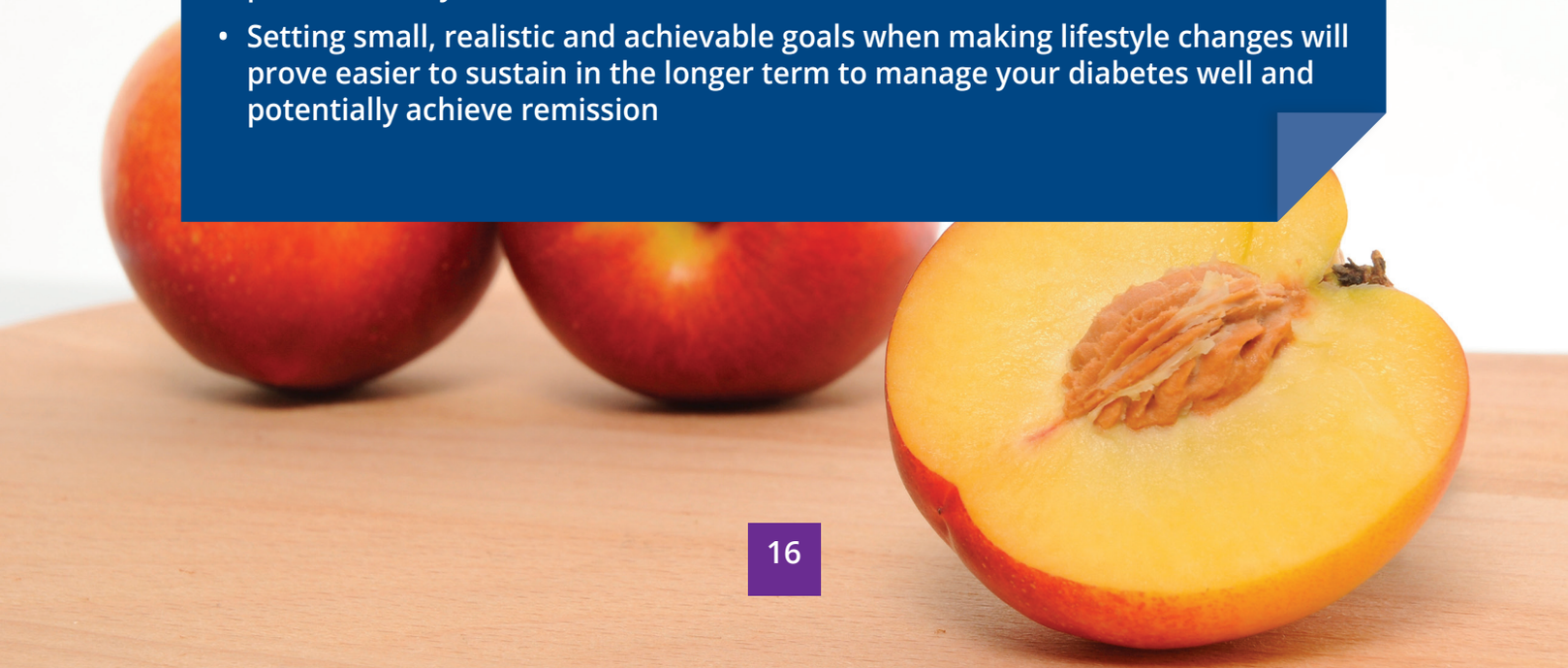
Not everyone can achieve remission, but losing weight means you may not need medication and reduces the risk of any diabetes related problems. Weight loss is not easy and getting the right approach can help you achieve your future goals and keep you heathier for the future.

Further information on the studies are available at www.directclinicaltrial.org.uk

Further information and support on maintaining a healthy weight / losing weight is available at www.nhsggc.scot/weightmanagement

Key Messages

- In order to get all the nutrients we need to feel our best, we need to eat a variety of foods every day from the 5 different food groups (carbohydrates, fruit and vegetables, protein, dairy and fats)
- Eat at regular intervals throughout the day. Try to choose wholegrain or wholemeal options from the carbohydrate / yellow section of the Eat Well Guide. These high-fibre choices help to control blood glucose levels better
- Be mindful of portion sizes if you want to maintain a healthy weight and help with blood glucose control
- Keep hydrated - drink 6 to 8 glasses of fluid per day
- The recommended weekly allowance for alcohol is 14 units for men and women and it is recommended that you have alcohol free days every week
- Losing weight will improve your blood glucose levels, your blood pressure and your cholesterol.
- Setting small, realistic and achievable goals when making lifestyle changes will prove easier to sustain in the longer term to manage your diabetes well and potentially achieve remission



Move IT

Being physically active is good for diabetes. Whether you feel able to go for a walk or a swim, or can manage some arm stretches or on-the-spot marching while the kettle boils, it all makes a difference. The following shows the recommendations on what we all should be aiming for in terms of physical activity. But remember if you are currently inactive then please increase your activity levels gradually with the long term aim being these recommendations.

Be active for either...



A total of 150 minutes of moderate* intensity activity per week

or



A total of 75 minutes of vigorous** intensity activity per week

or



A combination of both moderate and vigorous intensity.

This can be broken down into small achievable chunks (even as small as 10 minute bouts), like 30 minutes of moderate exercise per day across 5 days per week will help achieve the 150 minute target. Research suggests that the 150 minutes can be accumulated in bouts of any length, and/or achieved in one or two sessions per week while still leading to health benefits. The most important thing is that it needs to work for you.

Moderate Intensity Activity

Moderate activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing. Examples of moderate intensity activities include:

- Brisk walking
- Riding a bike
- Dancing
- Pushing a lawn mower

Vigorous Intensity Activity

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath. Most moderate activities can become vigorous if you increase your effort. Examples of vigorous activities include:

- Running
- Swimming
- Riding a bike fast or on hills
- Walking up the stairs
- Sports, like football, rugby, netball and hockey
- Skipping
- Aerobics

Undertake strength building activities at least 2 times every week

To get health benefits from strength exercises, you should do them to the point where you need a short rest before repeating the activity. There are many ways you can strengthen your muscles, whether you're at home or in a gym.

Examples of muscle-strengthening activities include:

- Carrying heavy shopping bags
- Yoga
- Pilates
- Tai chi
- Lifting weights
- Working with resistance bands
- Doing exercises that use your own body weight, such as push-ups and sit-ups
- Heavy gardening, such as digging and shovelling
- Wheeling a wheelchair
- Lifting and carrying children

Undertake balance improvement activities at least 2 times every week

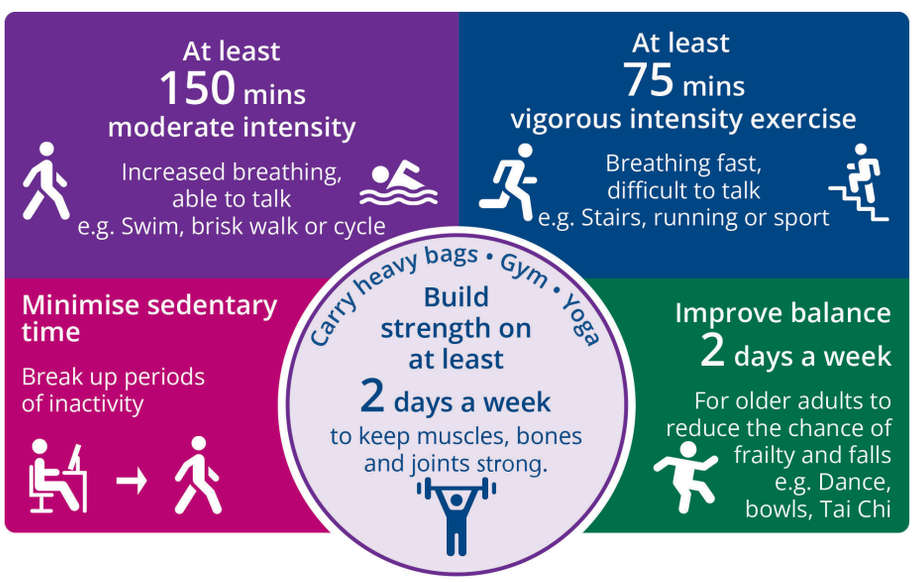
Great examples of this would be:

- Tai chi
- Bowls
- Dancing

Minimise sedentary time

- Reduce time spent sitting or lying down
- Break up long periods of not moving with some activity
- If you find physical activity particularly difficult, eg due to mobility or physical health issues, then reducing sedentary time is a great place to start when trying to be active

Be active



Benefits of being active for diabetes

There are many benefits of being active when you have diabetes. Moving more can:

- **Help the body use insulin better** by increasing insulin sensitivity
- **Help you look after your blood pressure,** because high blood pressure means you're more at risk of diabetes complications
- **Help to improve cholesterol** (blood fats) to help protect against problems like heart disease
- **Help you lose weight** if you need to, and keep the weight off after you've lost it
- **Give you energy and help you sleep**
- **Help your joints and flexibility**
- **Help your mind as well as your body** - exercise releases endorphins, which you could think of as happy hormones. Being active is proven to reduce stress levels and improve low mood
- **Help people with type 2 diabetes improve their HbA1c.** In some cases, this can help people with the condition go into remission

Although there are many benefits to moving more, we know that you may be anxious about how your body will cope and how exercise can affect your diabetes. Some people think that moving more will be too tiring, or make their condition harder to manage, and others are worried about their blood sugar levels.

These worries and feelings are all understandable, but it's important to remember that you don't have to deal with these feelings alone. Speak to your healthcare team who can reassure you and provide information that will help.

Physical activity for adults and older adults

Benefits	Reduces your chance of	
Benefits health	Type II Diabetes	↓40%
Improves sleep	Cardiovascular disease	↓35%
Maintains healthy weight	Falls, depression etc.	↓30%
Manages stress	Joint and back pain	↓25%
Improves quality of life	Cancers (colon and breast)	↓20%



Some is good.
More is better.



Make a start today.
It's never too late!



Every minute
counts!

The good news is that any activity is beneficial! All you need to do is make small changes which you can fit in around your daily routine and it doesn't have to cost much. Here are some ideas to get you moving.

Enjoy what you do

If you enjoy it you are more likely to keep it up, especially if you can do it with family or friends. Perhaps there was something you used to do years ago or perhaps there is something you have always wanted to try?



Make small changes

Walking is free, and can really improve your fitness. 10 minutes of brisk walking every day can make a big difference. Try leaving the car at home for small trips, or get off the bus or train one or two stops earlier and walk the rest of the way. Go for a walk at lunchtime or take the stairs.



www.nhsggc.scot/getactive

Get some tips from the NHS find out about the Active 10.

Start slow

A little bit more than you did before will make all the difference. Build up gradually, your body will get stronger. If you have any medical conditions, do speak to your healthcare team before starting any new activity.



Set yourself achievable goals

You're more likely to stick to being more active if you set goals. Set realistic short-term and long-term targets, when you reach a goal, treat yourself for your hard work. Make sure these goals are clear, detailed and achievable. For example instead of a goal of "Be more active" you may have a goal of "In 1 months' time I want to be able to walk 10mins every day". Writing these goals down often helps and displaying them in a place where you can see them regularly.

Don't give up

Although your body benefits as soon as you become more active, you may not feel the benefits straight away. It can take time for your body to adapt to the activity.
So don't give up you'll soon see the positive results.

Want support to become more active?

If you would like help and support to become more active then we have the perfect service for you. LIVE ACTIVE is our exercise referral scheme. Here our physical activity advisors can help and support you to become more active safely. They will discuss your current activity levels, set goals and support you along the way. Simply call ☎ 0141 531 8901 to speak to our Type 2 Diabetes Hub and they will help you find the best way to get active. Or you can speak to your health professional to ask for a referral to **Live Active.**

Key Messages

- Any increase in activity is beneficial for health, every minute counts and it's never too late to start
- Current recommendations are for 150 mins of moderate intensity per week, or 75mins of vigorous activity (You do not have to do this all at once you can break it down into a number of sessions over the week to fit with your lifestyle)
- Building strength as well as improving balance and aerobic activities is important
- Break up periods of inactivity by getting up and moving around
- There are services such as Live Active which can help support you to become more active in Greater Glasgow and Clyde
- Simply call ☎ **0141 531 8901** to speak to our Type 2 Diabetes Hub and they will help you find the best way to get active. Or you can speak to your health professional to ask for a referral to Live Active



TOE IT

Diabetes is a long term condition which could have a serious effect on your feet and legs.

People with diabetes should receive a foot screening from a health care professional or member of their local podiatry team. This will assess their risk of developing ulceration which may lead to amputation. They will be categorised as: **low risk**, **moderate risk**, **high risk/in remission** or **active foot disease**.

Risk Factors

Neuropathy

Neuropathy is damage to the nerves in your feet which often occurs gradually and you may not be aware of it. This is why it is essential to have your feet screened. Neuropathy is often described as numbness, tingling or burning sensation, pins and needles or shooting pains.
Due to nerve damage you may not realise you have a wound on your foot.

Circulation

Circulation is the blood supply to your feet, if the blood flow to your feet is poor, also known as ischaemia, it can have an effect on the healing should you have a break in your skin.

Deformity

This is gross deformity such as a bunion or hammer toe which may make it difficult to buy shop bought footwear.

Infection

Diabetes alters the body's ability to combat infection. Signs of infection are redness, heat, swelling, odour and discharge.

Active foot disease

This is where an ulcer is present.
Ulcers may be difficult to heal if neuropathy (a form of nerve damage) is present or the circulation to the foot is poor.

A foot screening will check for the complications mentioned above and if any are present, they can be detected as soon as possible.

Factors which will help reduce a person's risk of ulceration:

- **Having good general health**
- **Good blood glucose levels**
- **Smoking cessation**
- **Healthy eating**
- **Physical activity**



Diabetes and Personal Foot Care

People with diabetes may have problems with their circulation or have neuropathy. When there is a marked deterioration in the circulation and when there is nerve damage, breaks in the skin may occur without the person knowing. These wounds may become progressively worse or become infected if left untreated.

If left untreated an infection in a person with diabetes can spread quickly with the risk of amputation. Foot wounds should be reported to your local podiatry service immediately.

Self-Care

Daily foot checks are essential to identify any foot problems which require attention e.g. dry skin, overgrown nails, any moistness between toes. You should seek advice for any skin or nail conditions which require podiatry care e.g. in growing toenails or wounds.

Feet should be washed daily, dried (with particular attention between toes) and moisturiser applied if skin is dry (avoiding between toes). Nails should be trimmed and filed in keeping with the natural contour of the toe, file any sharp edges to prevent them digging into adjacent toes, do not cut down the sides of your nails as you may leave a sharp edge which could lead to an ingrowing toenail.

Hosiery - change your socks or tights every day, making sure they have no thick seams or tight elastic at the top.

If you have poor eyesight or have difficulty reaching your feet, ask a family member or carer to help you check and care for your feet.

Avoid the use of anything which could cause damage to your feet e.g. hot water bottles which could burn your feet if you have neuropathy or over the counter corn remedies which could cause damage to the skin.

Holiday Foot Care

The daily foot care noted above should also be carried out while on holiday. If you notice a wound on your foot or signs of infection seek medical advice immediately.

- **Wear appropriate footwear** which you have broken in at home before going on holiday
- **Avoid flip flop type footwear** as they may cause blisters between your toes leading to ulceration. Use slider type footwear instead
- **Never walk barefoot**, even at the side of the pool as you could burn your feet
- **Wear footwear if you are in the sea or on the sand** to avoid trauma from sharp objects such as broken glass or stones and to prevent burning your feet on the sand
- **Protect your feet with sun cream** to avoid sunburn
- **Take a first aid kit with you** with island dressings eg. 365 or mepore. If you notice a cut, blister or graze on your foot clean with water, apply dressing and if deterioration or infection is noted seek medical advice immediately

Footwear

It is essential to wear correctly fitting footwear to prevent injury to your feet, especially if you have neuropathy.

- **Make sure your shoes are broad enough**, long enough and deep enough to accommodate your feet. Tight footwear can cause rubbing or trauma to your feet
- **A shoe with a strap, lace or a Velcro fastening** will give your feet the best support. These fastening will keep your foot firmly in place inside your footwear and help prevent rubbing.
- **When you buy new shoes, wear them around the house to break them** in before wearing them outside to make sure they do not cause rubbing or pressure
- **Always check the inside of your shoe** before applying to make sure no foreign objects have fallen into them
- **Check the soles of your shoes** also to make sure nothing has pierced the sole such as a nail.

What to do if you are concerned about your feet?

Self-refer to podiatry: 0141 347 8909/
Free phone ☎ 0800 592 087
Monday - Friday 8am-8pm and Saturday 9am -1pm. Alternatively, you can email:
✉ AHP.Appointments@ggc.scot.nhs.uk

- Contact your GP
- Out of hours call NHS 24 on ☎ 111
- Go to Accident and Emergency



Key Messages

- You should receive a foot screening from a health care professional or member of your local podiatry team
- It is important to be aware of the risk factors which can affect your feet due to your diabetes, neuropathy, ischaemia, deformity, active foot disease
- It is important to check your feet daily and seek advice if you have any concerns
- It is important to wear well-fitting footwear to protect your feet
- When you are on holiday, follow holiday foot care guidelines and seek medical advice if you have any concerns



Plan IT

An action plan needs to be SMART

S Specific

What are you going to do?

A specific behaviour or activity you are committing to doing.
For example, doing is not 'I'll get fitter' but it could be a specific activity like 'I'll do stretching exercises'.

M Measurable

How much? For example, 5 minutes or 3 different stretches. How often?

This could be, for example, 3 times. It's usually better not to plan for every day as it is easy then to have something intervene and then you will feel disappointed that you have not achieved your plan. If you plan to do it less often, you can always do more on a good week and feel good about exceeding your expectation!

A Appropriate

Something you want to do

To check this out, ask yourself 'How important is doing this action plan for me? What is its importance rating for me? Very, fairly or not important at all?'

R Realistic

How confident are you about achieving the plan?

'How confident am I that I will carry out my plan in my life this week?'

1	2	3	4	5	6	7	8	9	10

← 1 = no confidence 10 = totally confident →

T Time-based

When will you do it?

'What days, or what time of day is best for me?'

Goal Setting Sheet

My goal/the health change I want to make is:

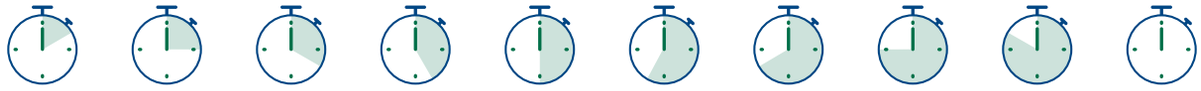
This week/month I will (What e.g. walk)

How important? (Please circle. If less than 7 start over)

1	2	3	4	5	6	7	8	9	10

← 1= not important 10 = very important →

How much (e.g. 15 minutes)



10 15 20 25 30 35 40 45 50 Other

When (e.g. before lunch)

How many days (e.g. on 3 days)

Confidence

When you see yourself completing this action during the next week, how certain are you that you will accomplish it? (Please circle, if less than 7 start over)

1	2	3	4	5	6	7	8	9	10

← 1 = no confidence 10 = totally confident →

Problem solving

- Identify the problem
- Explore it
- Think of some solutions
- Chose one and try it

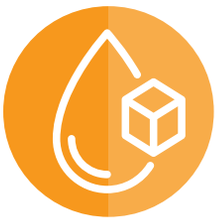
KEY MESSAGES

- Self-management is about you being in control
- The skills needed to self-manage are ones that you are using every day – goal setting, action planning and problem solving
- Be SMART with your goals. (Specific, Measurable, Appropriate, Realistic and Time specific)
- Don't be surprised if you have to alter your goals as you go



Live IT

Useful Websites and Contact Details



Type 2 Diabetes Hub

Visit the Type 2 Diabetes Hub web pages for all our Control IT Plus resources including information on a range of services that can support you to manage your condition. Scan the QR Code or visit.
www.nhsggc.scot/t2diabeteshub
Or contact our Type 2 Diabetes Hub on
☎ 0141 531 8901 or
✉ ggc.type2diabeteshub@nhs.scot



Weight Management/Losing Weight

NHSGGC Weight Management Service

Maintaining a healthy weight or losing some weight has real health benefits. Research shows that a weight loss of 5kg results in immediate benefits such as:

- Improving blood sugar control and insulin sensitivity
- Lower blood pressure and blood cholesterol levels
- Reducing the risk of developing diabetes related complications
- Improved mobility and reduced aches and pains

To find our more scan the QR code or
visit http://www.nhsggc.scot/weightmanagement



Physical Activity

Live Active

Are you looking to increase your physical activity levels but unsure where to start?

There are lots of people just like you who are now leading more active lives and feeling the benefits. This is thanks to the physical activity activities and classes we offer across Greater Glasgow and Clyde.

With a range of classes and activities taking place in your local community, there has never been a better time to become active.
Simply call ☎ 0141 232 1860, scan the QR code or visit the Get Active website
https://www.nhsggc.scot/your-health/get-active/
to find out more.



Stopping Smoking

Quit Your Way

The Quit Your Way Community stop smoking services run across Greater Glasgow & Clyde and offer FREE intensive support from a trained advisor. To find our more about Quit Your Way scan the QR code or alternatively visit
🌐 https://www.nhsggc.scot/your-health/quit-your-way/
or call ☎ 0800 916 8858.



General support (including lifestyle)

- **Diabetes UK:** 🌐 www.diabetes.org.uk (includes details on their helpline, online forum and support groups)
- **NHS Inform:** 🌐 https://www.nhsinform.scot/
- **NHS Better Health:** 🌐 https://www.nhs.uk/better-health/
- **Carbs and Cals:** 🌐 www.carbsandcals.com
- **My Diabetes My Way:** 🌐 https://mydiabetesmyway.scot.nhs.uk
  My Diabetes My Way is a free, secure online platform (also available as a mobile app) that supports self-management of diabetes. It gives people in Scotland access to their NHS diabetes information, including clinic results such as HbA1c, blood pressure and cholesterol as well as screening and other information.
  Visit the My Diabetes My Way website for more information and to register

Are you looking after someone?

If you are struggling to make any of your appointments due to caring responsibilities then please let us know. You can also link in with your local Carers Centre who may be able to help you plan alternative care arrangements for the person. To find out more please visit **https://www.nhsggc.scot/your-health/carers/** If you have a friend/ relative/carer who supports you then they are welcome to come with you to your appointments if you feel like that would help.

Would you like advice and support with finances or finding work/getting back into employment?

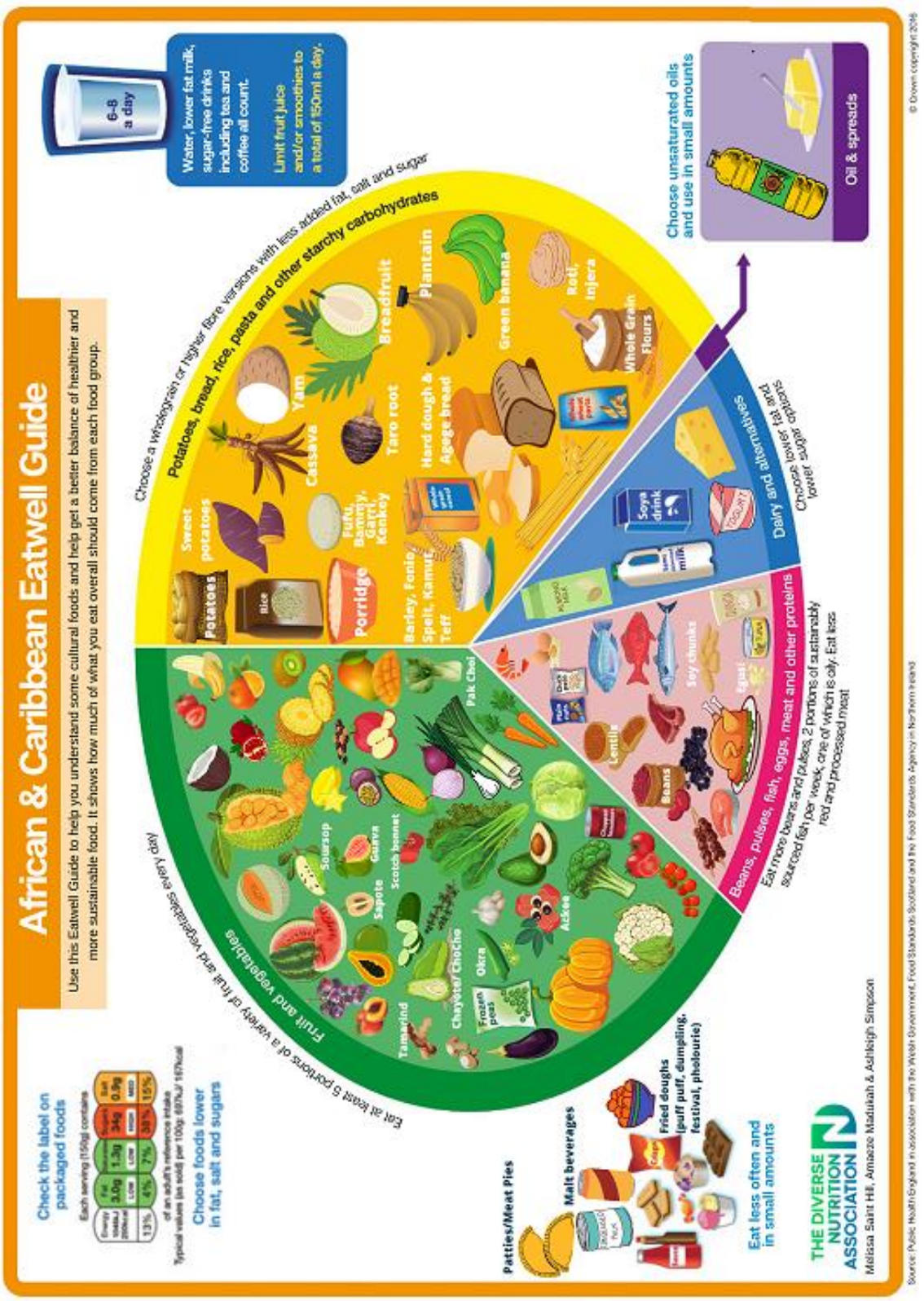
The following is the web address of the Health and Wellbeing Directory. On here you will find several different types of support on various topics such as money advice, employability. It lists the support which is available in each of the areas throughout Greater Glasgow and Clyde and includes contact details: **www.nhsggc.org.uk/hwd**

Appendices

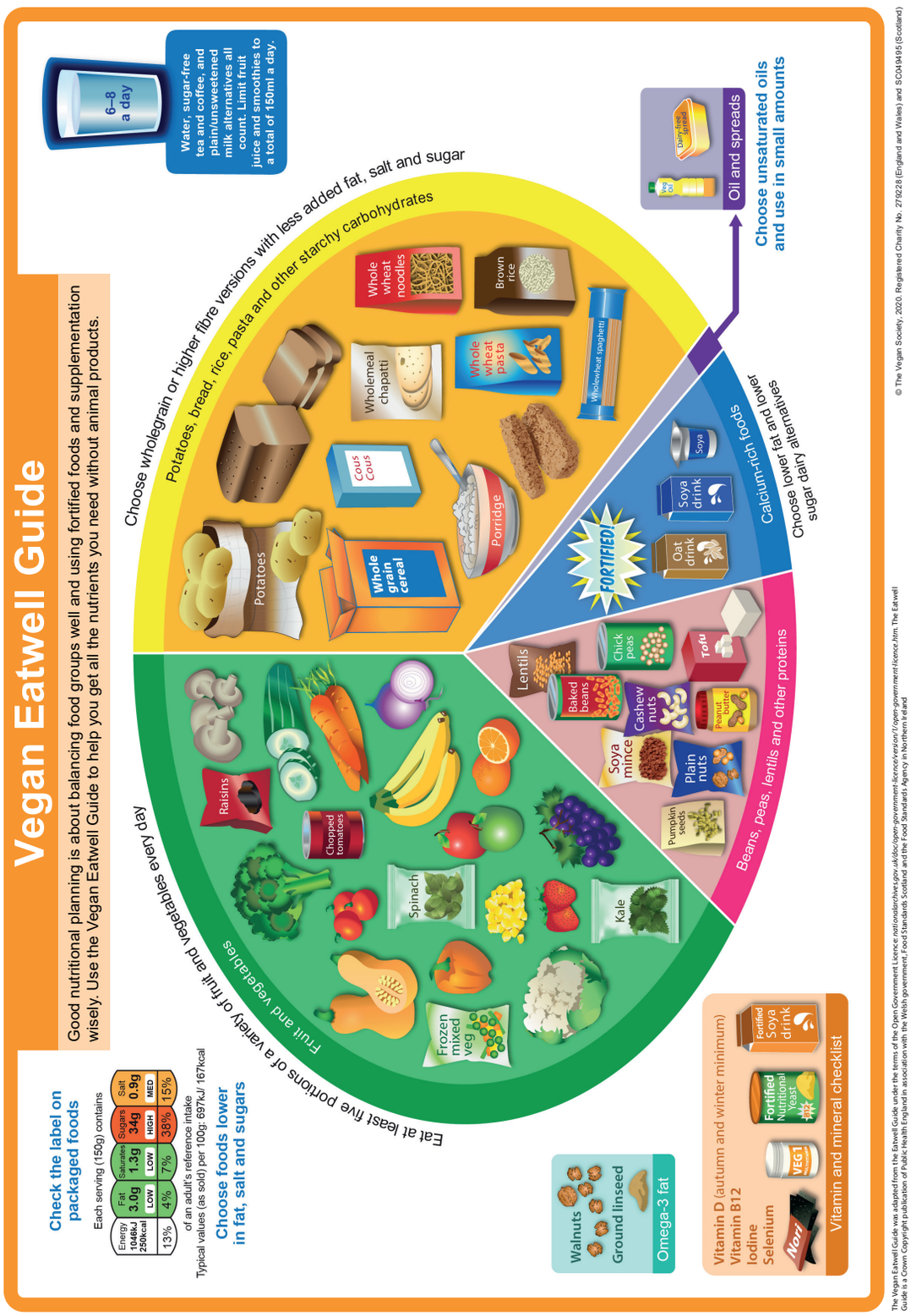
Appendix 1. South Asian EatwellGuide



Appendix 2. African & Caribbean Eatwell Guide



Appendix 3. Vegan Eatwell Guide



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Additional Information

Healthy eating tips

- Aim to eat at least five portions of fruit and vegetables daily. A portion is around 80g.
- Eat starchy carbohydrates at mealtimes. Choose wholegrain varieties.
- Eat a variety of protein-rich plant foods. Include them in most meals.
- Eat at least two portions of calcium-rich foods daily: 200ml fortified milk alternative: 200g fortified soya yoghurt alternative, 70g calcium-set tofu (uncooked weight) or two slices of soya and linseed bread fortified with extra calcium are examples of one portion.
- Eat walnuts or seeds rich in omega-3 fat daily. Choose highly unsaturated dairy-free spread and oils, like vegetable (rapeseed) or olive oils, and use in small amounts.
- Stay hydrated by drinking six to eight glasses of fluid daily, including water, sugar-free tea and coffee, and plain/unsweetened milk alternatives. Limit fruit juice and smoothies to a total of 150ml a day.
- Limit foods with added fat, sugar and salt.

Sustainability tips

- Choose local and seasonal produce when possible.
- Plan food shops and buy frozen and tinned fruit and vegetables if this helps you to reduce food waste.
- Try to buy unpackaged food, or buy in bulk using recyclable, biodegradable or reusable packaging.
- Limit especially perishable fruit and vegetables and those that are pre-prepared, chopped or trimmed, e.g. salad bags or cut pineapple.
- Limit air-freighted fruit and vegetables, e.g. green beans from Africa or berries from the USA.

Nutrients that deserve special attention

Vitamin D supplementation:
- 10mcg daily
- Take during autumn and winter as a minimum
- D3 from lichen or D2 are animal-free options

Vitamin B12 options:
- Daily supplementation (at least 10mcg)
- OR weekly supplementation (at least 2000mcg)
- OR fortified foods – at least twice a day adding up to at least 3mcg

Daily iodine options:
- Supplement (140mcg)
- OR around 500ml milk alternative with added iodine
- OR one and a half to two sheets (4g) of nori

Daily selenium option:
- Supplement (60 or 75mcg)

Further information

Although the Vegan Eatwell Guide applies to people aged five years and above, some of the information here is specific to adults. For further information, including guides for every stage of life, check out *vegansociety.com/nutrition* and the VNutrition app.

These are general guidelines about nutrition. If you have concerns about your diet, please talk to your doctor about seeing a dietitian. Discussing the use of supplements with a health professional will help to ensure that they are suitable for you. Published 02/2020 and to be reviewed 02/2023.

Appendix 4. Frequently Asked Questions

Will my diabetes go away?

Type 2 diabetes does not usually "go away", but some people can put their diabetes into remission. Remission means blood glucose levels return to the non diabetes range without the need for diabetes medication. Please see the Remission of Diabetes section for more information.

Am I at risk of developing Type 1 diabetes?

Type 1 and type 2 diabetes are different conditions with different causes. You will always have type 2 diabetes, even if you need insulin at some point in the future.

Needing insulin does not mean you have Type 1 diabetes.

Do I need to check my own blood glucose levels?

Most people with type 2 diabetes do not need to check their own blood glucose levels.

The HbA1c blood test, is the best way to assess your overall diabetes control.

You may be advised to check your own blood glucose if you are on certain medications however your GP or practice nurse will advise if this applies to you.

How will I know if I need medication?

Your GP or practice nurse will review your blood test results with you.

Type 2 diabetes often changes over time. Some people can manage their diabetes with lifestyle changes alone, while others may need to start medication to keep their blood glucose within a healthy range. If medication is recommended, this will be discussed with you.

Is there somewhere that I can view my HbA1c blood test results?

Yes. My Diabetes My Way is a free, secure online service (also available as an app on your phone) available to anyone with diabetes in Scotland which allows you to access your diabetes information. This includes clinic results such as HbA1c, blood pressure, BMI and cholesterol. Visit the My Diabetes My Way website for more information and to register: **https://mydiabetesmyway.scot.nhs.uk/**

Appendix 5. Myths & Facts

1) Type 2 diabetes is a mild form of diabetes - Myth

Type 2 diabetes is a serious medical condition and can lead to complications if not well controlled. The good news is that lifestyle changes and the right treatment can really make a difference and help you to manage the condition as best as possible.

2) It doesn't matter what time of day you eat - Myth

It is important to eat at regular intervals throughout the day in order to control blood glucose levels. Eating regular meals also helps to manage hunger and body weight.

3) Your body needs sugar for energy - Myth

Your body will break down carbohydrate foods such as bread, cereal, potatoes, pasta to use as its energy supply therefore sugar and sugary foods are not necessary in our diets to provide this.

4) Juices and smoothies are an ideal way to improve your intake of fruit and vegetables - Myth

Juicing fruit breaks down its fibre making juices and smoothies high in natural sugars that enter your bloodstream quickly. Eating whole fruit provides more fibre, slowing sugar absorption. Limit fruit juice or smoothies to one small glass per day—they count as only one of your five daily fruit and vegetable portions, regardless of how much you drink.

5) I can't eat bananas or grapes - Myth

All fruits can be part of a balanced diet, providing vitamins, minerals, and fibre. Since some are high in natural sugars, it is important to be mindful of portion sizes. A fruit portion is roughly 80g, equal to a small banana or a handful of grapes. Aim to spread your fruit intake throughout the day to help manage blood sugar levels.

6) You can go out to a restaurant/ have takeaway as often as anyone else -Fact

It is the same for everyone. Aim to make healthy choices most of the time when eating out or having a takeaway and do so in moderation.

7) Cutting down on salt can help control your blood pressure - Fact

Too much salt from processed foods, and salt added during cooking or while having a meal can increase your blood pressure.

8) The only way to lose weight is to cut out all carbohydrate - Myth

Cutting out carbohydrate will reduce your calorie intake and therefore will promote weight loss. However, reducing calories by cutting back on fat and sugar and being mindful of your portion sizes will also help manage weight.

9) I can't drink Alcohol - Myth

Recommended limits for drinking alcohol are the same as for the rest of the population. Try to take along with food to prevent dips and spikes in blood glucose levels. Find out more about the Low-risk drinking guidelines here: **https://www.nhsinform.scot/healthy-living/alcohol**/.

10) You can't eat chocolate, jam or ice cream - Myth

A small amount of these along with meals will not affect your blood glucose, however eating too much too often will affect your weight.

My Notes

Control IT Plus

NHS Greater Glasgow and Clyde
February 2026