

National Diabetes Prevention Project Mary's Story - Lifestyle changes were key

The National Diabetes Prevention Project (NDPP) is an NHS England, Public Health England and Diabetes UK joint commitment which identifies individuals who are at risk of developing Type 2 diabetes.

Age UK Cornwall & The Isles of Scilly are one of the providers for this project and support people to make positive lifestyle changes to reduce their risk of developing Type 2 Diabetes. To date, we have made a difference to the lives of over 2,000 people across Cornwall.

Mary's Story

My name is Mary and I went to see my GP for a health checkup and blood-test. Following the results of my blood-test, I was diagnosed with Type 2 Pre-Diabetes. **I was then referred to a Living Well-Taking Control group with Age UK Cornwall & The Isles of Scilly.**

Initially, I was a little apprehensive but I am always willing to give anything a try. **It was lovely to meet a group of like-minded people at Carnon Downs Village Hall and together we quickly formed a strong bond.** With support from our lovely Diabetes lead and the group, we identified several lifestyle changes that seemed easy to incorporate into my regular routine.

I began to take more notice of labelling on food packaging, I increased my physical activity and learnt more about complex carbs and nutrition.

My personal goal was to reduce my sugar intake and lose weight. However, my weight still fluctuated up & down, even with the new lifestyle changes.

“it takes twice as long to check all the labels on boxes, but once you get used to doing it, it gets easier and more interesting”

Partnership & Support

The big change came after I visited a nutritionist, who identified that I was sensitive to certain carbs. **With this new found knowledge and by working with the diabetes social group, I was able to identify the right foods that would work for me and set realistic goals.**

I am a strong-willed person and when I set my mind to something, I am all in. By using a Food Diary to monitor the type of foods and my daily intake, **I quickly saw a positive shift in my wellbeing and weight loss.** I had more energy, was less tired and became more motivated.

“I bought a dress the other day and I said YES, I had to take it back as it was too big”

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Successes

I have now completed the Pre-Diabetes course and I **am proud to say that I have lost 4 stone & over 4 inches off my waist.** I have lowered my blood sugar levels and feel more positive about everything.

I used to be quite a fussy eater but I now really enjoying trying new foods and learning about healthier recipes.

My dog, Marlie, has also been a wonderful walking companion. He is such an active puppy and drives me forward. **Together, we will keep active and enjoy some beautiful walks in Cornwall.**

I would certainly recommend this programme and only wish that it had gone on for longer. Being part of a social group and feeling empowered to find solutions helped me reach my goals.

"If you put those bags of sugar on your back, it will certainly slow you down"

