

Nov.
2015



**Bradford Nutrition and Dietetic Services
 Diabetes Bulletin**

Moving more could save lives & improve diabetes control.

Walking is one of the cheapest and most accessible forms of activity for the majority of people. It doesn't require any specialist equipment or clothing (except for a pair of shoes and an umbrella!) and the individual is fully in charge of the intensity.

Current Activity Recommendations



Current advice recommends individuals to do at least **150 minutes of moderate intensity activity** such as cycling or fast walking every week **and strength exercises on two or more days of the week** that work all the major muscle groups.

If you work out more vigorously though, then you need only to perform 75 minutes of activity a week (in addition to strength based exercises) - or you may be able to do a mixture of both moderate and vigorous exercise; **one minute of vigorous activity provides the same health benefits as two minutes of moderate intensity.**

One way to do your recommended 150 minutes of physical activity is to do 30 minutes on 5 days a week.

All adults should also break up long periods of sitting with light activity.



Benefits of Walking (more)

- ⇒ **Reduces mortality risk**
- ⇒ **Burns calories (helps with weight control)**
- ⇒ **Increases glucose uptake from blood WITHOUT the presence of insulin via exercise-induced GLUT-4 translocation**
- ⇒ **Increases HDL-C, reduces blood pressure, reduces risk of disease**
- ⇒ **Boosts feel good hormones, mood & energy levels**
- ⇒ **Increases levels of vitamin D (if done outside!)**

10,000 Steps?



Did you know that the "10,000 Steps Phenomenon" actually started in Japan in the 1960's when a company created a 'man-po-kei' which means '10,000 step meter'. The 10,000 steps goal therefore maybe more of a clever marketing tool, rather than based on hard science.

PATIENT SERVICES



A little activity is MUCH better than nothing!

Supermarket Tours

Our popular monthly Supermarket Tours for patients with diabetes continue to run at several Bradford supermarkets.

Health professionals are welcome to come along and see what we do.

For dates and to book a place phone 01274 365925.

Diabetes Drop-In Sessions

Diabetes drop-in sessions for patients continue at various Bradford venues.

Dietitians run the sessions. No need to book, just drop in.

For dates and venues phone 01274 365884

Diabetes Weight Management Service

Patients with a BMI > 25 with IGT or Diabetes are eligible for our diabetes weight management programme.

For those who wish to attend our 12-week weight loss groups or for individual appointments, patients can self refer by calling 01274 365884.

Diabetes Helpline

Patients and healthcare professionals are able to ring our helpline 8.30-4.30 Monday to Friday for any queries related to diet and diabetes on **01274 365884**

PASS IT ON Do you know other health professionals (Bradford-based only, please) who would like to receive this bulletin? Ask them to contact jayne.plummer@bradfordhospitals.nhs.uk with their name, email address, designation (e.g. practice nurse), place of work and work address.

A recently study published by the University of Cambridge tracked more than 300,000 men and women over 12 years and concluded that **"a markedly reduced (health) hazard was observed between those categorized as inactive and those categorized as moderately inactive."**

In other words, if you don't exercise at all and want to start, you don't need to aim for 10,000 steps in a day to improve your health. You just need to get moving. The best number for many people might be significantly lower than 10,000, but higher than what they are doing currently.

How to Increase Daily Steps & Activity



We need to make ourselves and others aware of opportunities available during a typical day to MOVE MORE. For example:

- ⇒ **Routinely take the stairs instead of the lift or escalator**
- ⇒ **Carry the shopping in one bag at a time**
- ⇒ **Take a 15-minute walk at lunchtime**
- ⇒ **Step outside for 10 minutes with a friend (walk & talk!)**
- ⇒ **Park your car in a space the furthest away from the shops**
- ⇒ **Get off the bus a stop early**
- ⇒ **Use an activity monitor to track your steps e.g. Misfit/Fitbit/Nike Fuel Band/Phone App; in 30 mins you can walk around 3,000 steps.**



Walking Groups in Bradford

Walking with others is often safer and more enjoyable than when walking alone, so why not let others know about the walking groups in the Bradford area:

Champions Show the Way are Community health champions who can support individual's activity journeys & run walking groups. Call them on 01274 321911 or email them at champions@bdct.nhs.uk for a direct referral.



If you have any queries please phone the weight management dietitians on: 01274 365940. You can access the bariatric GP guidance here: <http://www.bomss.org.uk/nutritional-guidelines/>

Written by Bariatric & Diabesity Dietitian Nichola Whitehead on behalf of Bradford Nutrition & Dietetic Department which is located within Bradford Teaching Hospitals NHS Foundation Trust.