

# Nassreen journey to preventing diabetes in Milton Keynes

When I was diagnosed as pre-diabetic, It was a shock. I didn't realise that my diet and lifestyle was impacting my health so negatively. I started to fear what would happen if I didn't make any changes. I needed to know where I was increasing my diabetes risk so that I could start turning it around and creating a healthier diet and lifestyle.

**What was the best part of the programme for you?**

The best part was the education on a healthy diet, I'm now more knowledgeable about what I'm eating. The programme has improved my everyday life.

**What was the hardest part of the programme for you?**

As I work in a restaurant, being surrounded by food daily was quite a challenge. Calculating the portions of each food category for my meals was hard, but in session 4 there was a bit more clarity on portion sizes which helped.

**What did you think of the support groups?**

The support group was very beneficial to me in terms of looking at my meals. Setting small changes each session and putting achievable goals in place really helped me.



**Did you find the plan easy to follow?**

Yes, I did, once I had the knowledge needed. I didn't realise how much carbohydrates I was eating and the impact this was having on my health.

**Did you feel supported throughout the process?**

Yes, I did, my tutor was very approachable and supportive in all aspects of the course. I have learnt so much, including getting my head around GI, energy balance and adapting recipes.

**How has the programme changed your life?**

The programme has helped me to look at my lifestyle closely. I've changed my diet for the better, I'm eating the right food and looking at portion sizes now. I've also brought exercise activity into my routine.

**Will you continue to follow the programme now you have finished?**

Yes, I will definitely follow the programme because it's for better future health. My health has now become my priority.

*My children keep me on the straight and narrow and have become my diet police because they want a happy and healthy mum*

**Would you recommend the programme to others, and why?**

I would recommend this programme because it can help someone to understand the food they eat, as it did for me, plus understand the importance of physical activity. I thought I knew more than I actually did, and it became apparent there was a lot I didn't know.

**Do you mind sharing your results? If so, what have the improvements been?**

I feel better every day now. My blood glucose has lowered significantly, I'm now back in the healthy range, I have lost some weight and I have more energy. My family supported and encouraged me, and we do more exercise together at weekends.

I've set smart goals and have maintained these changes. I do more exercise and eat more healthy snacks.