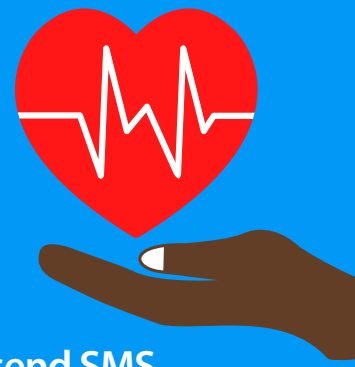
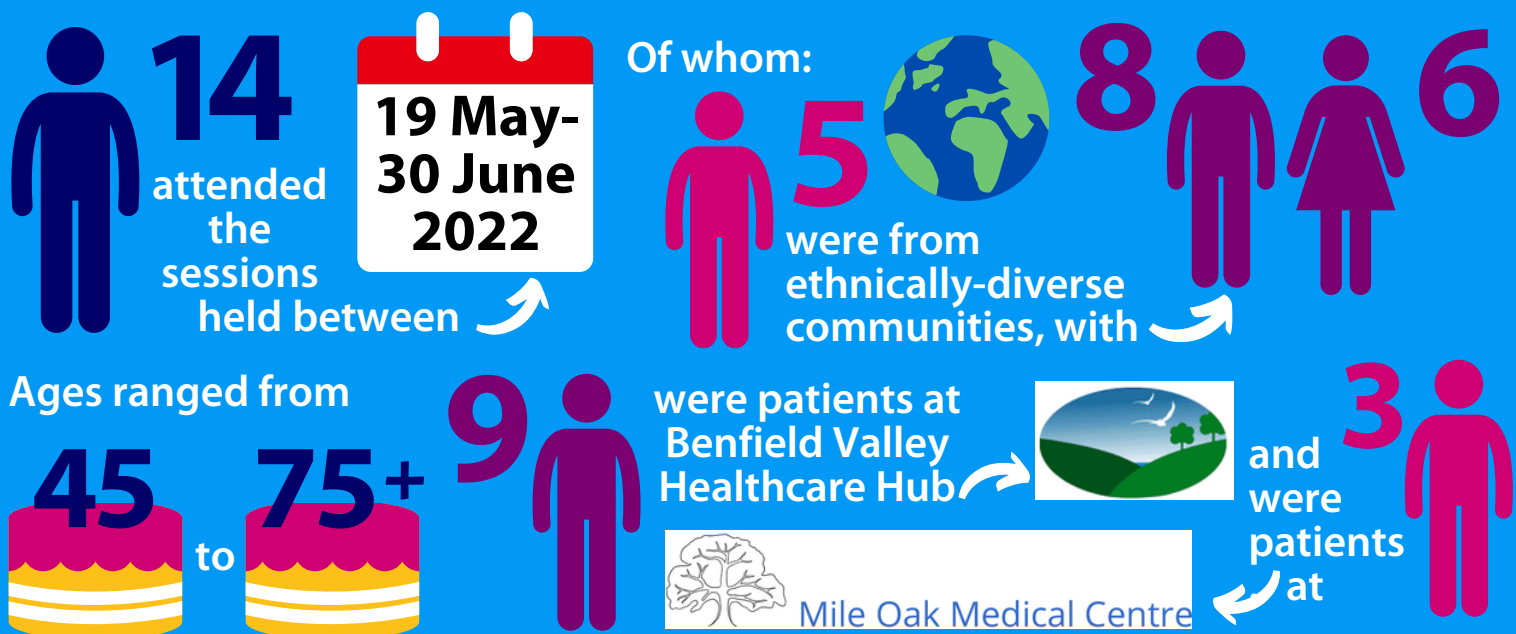


Diabetes self-management course evaluation report



In Spring 2022, the Hangleton and Knoll Project (HKP) and Benfield Valley Healthcare Hub (BVHH) worked in partnership to design and send SMS text messages to 365 people registered with the Surgery who had a pre-diabetes or diabetes diagnosis. The text invited the recipients to join a free, 6-week course to learn how to manage and improve their blood sugar levels. A HKP Community Development Worker also sent personal invitations to 4 Hangleton and Knoll residents with a known diabetes diagnosis to ensure an ethnicity mix in the workshops.

The course ran on Thursday evenings at St Richard's Community Centre. It was hosted by Anna (a qualified Medical Herbalist and dietary, life-style and wellness coach), with support from Gloria (a local trained nutritionist) and staff from HKP.



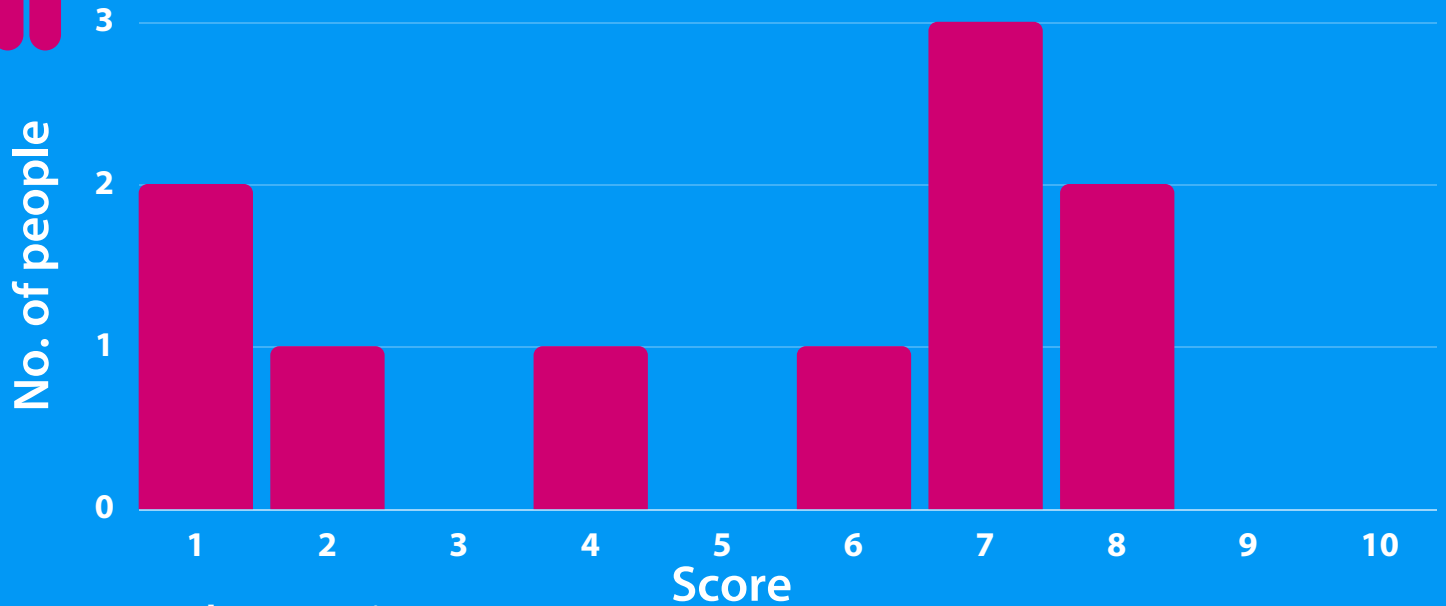
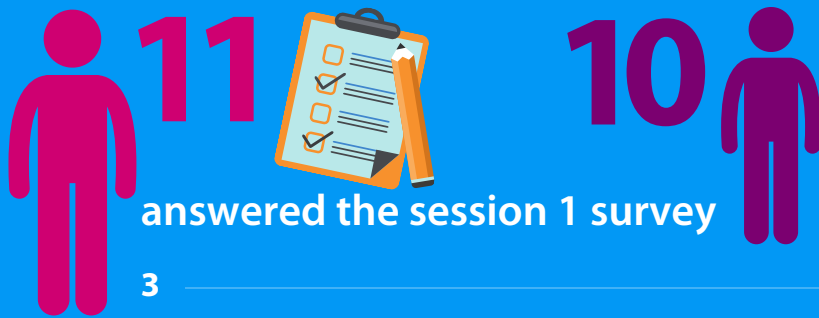
All participants were given a workbook (designed by Anna) to use throughout the course and take home for future reference, and a handout (written by Gloria) containing accessible nutritional advice for diabetes management and two easy recipes specifically designed to help manage blood sugar levels.

All sessions gave the group an opportunity to try a range of foods, drinks and spices that can support blood sugar management; including herbal teas, smoothies, healthy snacks, and the two recipes from the handout. The group were given bowls of Kimchi Fried Rice in session 1 (with a [video tutorial to make the recipe](#) shared afterwards), and made their own Bliss Bowls during session 2.



All participants were asked to complete a short survey in sessions 1 and 6, to measure the impact of the course and gather their feedback. Their responses to the surveys are summarised below.

Before the course



In answer to the question

What is your main concern in relation to diabetes?

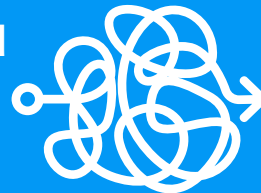
people said:



Being fitter more mobile



managing their overall health and other complex health issues



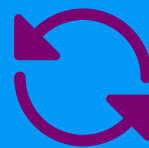
Keeping good control of blood sugar

Knowing the correct foods to eat

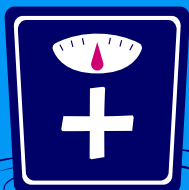
Just notify with pre-diabetes. Need to know how prevent, not become diabetic.

worry about future complications

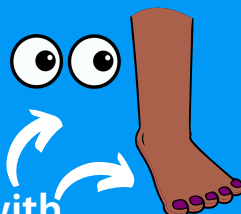
wanting to reverse it



loss/lack of willpower



weight gain

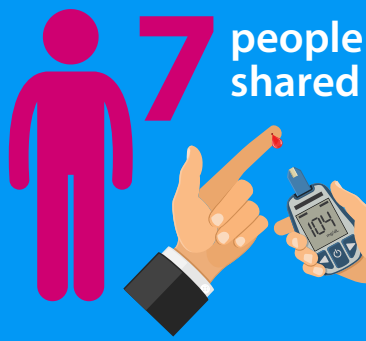


leading to problems with

They say I have diabetes but I'm not on any tablets

2





a goal or outcome they hoped to achieve from the sessions

Having more knowledge of diabetes, and how to help others



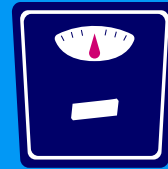
"Blood sugar control!!"

To learn about natural supplements/remedies.



Wanted to improve their diabetes management through their diet, meal planning, and food choices.

Weight loss



Trying not to start diabetes medicine, and manage current medication better.

After the course



people answered the session 6 survey.



Anna was truly amazing - very knowledgeable - learnt so much from her that I never knew before - so, so, so glad I attended this group :)

The group removes the idea of [managing diabetes and making changes] on one's own.

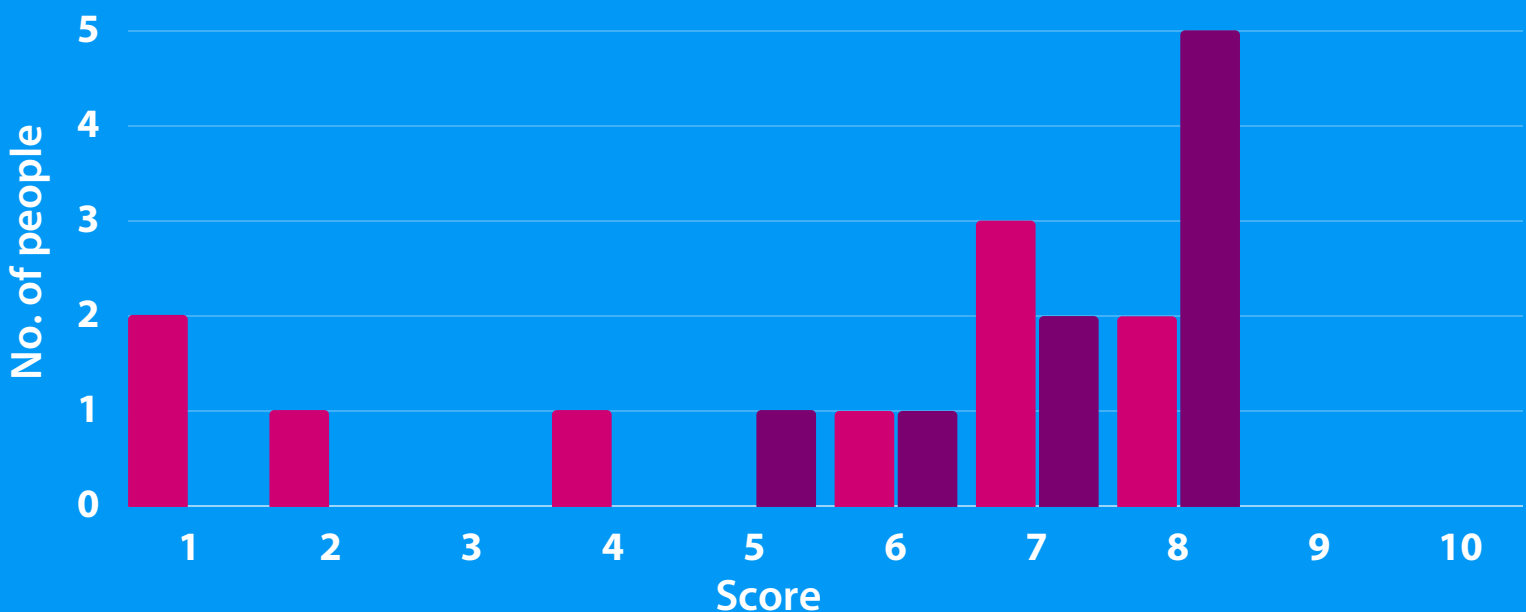


said they enjoyed the course



Scored how confident they felt managing their diabetes after taking the course. The before-and-after scores are shown below:

■ Before course ■ After course



What is now your main concern in relation to diabetes?

Keeping off caffeine



Keeping up new healthier lifestyle choices, including diet, exercise and sleep



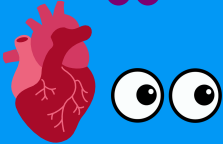
lose weight



(post-prandial) blood sugar



Vitamins



Heart and eyes

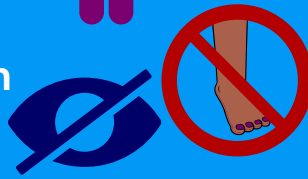


Complications from 20 years as a Type II.



Giving up smoking

Blindness and amputation



affordability is an issue when it comes to diet



a goal or outcome they achieved from the sessions

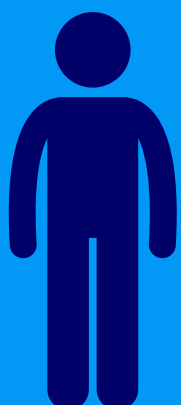


Including use of herbal teas and supplements

Did this course give you new ideas to try out? If so, what were/are they?



Use of "alternative" ways to improve my diabetic status in conjunction with more "usual" or "conventional" methods



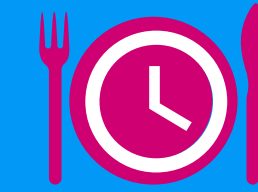
6 had improved their diet

4 were drinking herbal teas/had cut out caffeinated drinks

4 were trying new recipes and using new cooking methods

So many new ideas [it] was really refreshing given the food ideas and information I was given by my GP Surgery, which were outdated and uninspiring

What were the most useful things you learned on this course?



changing my meal time

Do not use "no sugar" soft drinks



What others are going through

Specific plants and spices that make a difference to blood sugar.



so many amazing things e.g. wild plants, drinks, food, [blood pressure] info, vitamins/mineral supplements (best ones), nutrition advice

Healthy food and drink choices for a healthy life

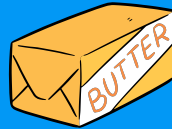


2

New recipes. I now have a smoothie every morning for breakfast



Reduction of GI in rice and potatoes by cooking and cooling before cooking/using later.



That butter and beef dripping weren't necessarily bad - just another example of moderation over exclusion

How could this course be improved in the future?

no need/way to improve it

It is within walking distance of my home, the time is convenient, the content was extensive - I can pick and choose, there was no pressure.

3



More pairs/group work with fun challenges. Fun quizzes at the end to check learning



No improvement - we just need continued support in communities for people living with diabetes

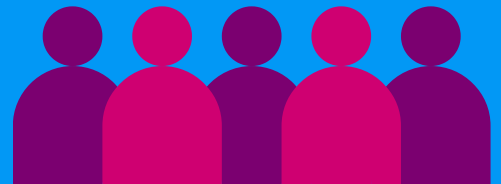
getting together more often



A monthly get-together on Thursday evenings (the same as the course) for activities including: guest speakers, foraging, and a mindful walk

Short break in the middle to absorb/retain knowledge

to do practical cooking and recipes



At the final session, an HKP worker asked the group would they wanted to do next. They said

Based on feedback from the participants, the Hangleton and Knoll Project is supporting the group to continue meeting on a monthly basis in the future.

I think the follow up sessions (monthly) is a great idea and hope this will go ahead.

Evaluation report created by the Hangleton and Knoll Project.



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The Hangleton & Knoll Project Working for a better community