

31<sup>st</sup> International Conference on

# DIABETES AND ENDOCRINOLOGY

February 06, 2023 | Webinar

Received date: 14.10.2022 | Accepted date: 15.10.2022 | Published date: 01.03.2023

## The adult weight management program for the prevention of Type 2 Diabetes

**Gillian Bolton**

Everyone Health, UK

Diabetes is a non-communicable disease when the body doesn't make enough insulin or cells stop responding to insulin causing too much glucose to remain in your bloodstream over time that can cause serious health implications such as heart disease, vision loss and kidney diseases. More than 4.9 million people in the UK have diabetes and the numbers are rising. The people mostly at risk for type 2 diabetes are those who are 45 years or older, overweight, people who have a family history of diabetes, as well as those who are physically inactive and much more to consider such as race. Gillian is helping to tackle this major issue, by promoting social prescribing in the UK to reduce health inequalities. The Adult weight management is a 12-week behavioural change

programme aimed for adults located in the most deprived demographic areas, who are overweight before they are diagnosed with type 2 diabetes. The focus is providing information and practical tasks to implement, to support physical and mental health reducing the participants' risk of developing diabetes. This is an evolutionary process, increasing the participants awareness of healthy eating and physical activity which creating self-sustainable habits for life, reducing the dependency on medications. Topics to cover are understanding carbohydrates, meal planning, preparing, portion sizing, recipe adaptations as well as the psychological links to food and emotions.

e: [nutritionist@gillian-bolton.com](mailto:nutritionist@gillian-bolton.com)