

16.06.17

# Weekly Update

## Active Lives – Diabetes Café shows significant results

Active Lives is a free, diet, nutrition and exercise project which is run by Lancaster City Council via the Salt Ayre Leisure Centre. The team who deliver this programme were keen to bring their programme out into a community setting.

Carnforth has a significantly higher than average number of residents living with a long term condition (60.3%) including coronary heart disease, hypertension, stroke and diabetes. People with diabetes have a greater risk of having a stroke and developing heart disease than those without the condition, are more likely to be admitted to hospital and tend to stay in hospital for longer.



A project to help tackle some of the health problems associated with Diabetes was set up.

Each participant in the project was contacted and given a ten minute appointment slot on the morning of the first session, prior to the start of the project, which was used to take measurements which could later be used to evaluate the progress.

The whole project lasted twelve weeks and consisted of improving the health and wellbeing of the participants, through changes to diet and exercise plans. The sessions were held at the Carnforth Clinic.

11 people started the programme, however due to other commitments and illness a number were unable to fully complete the programme.

4 people fully completed the programme and enjoyed the following benefits

 **100% reduced their cholesterol**

 **75% lost weight**

 **75% increased their wellbeing**

 **50% reduced their blood pressure**

Participant comment: "I've really enjoyed it and would like to come back in September, I intend to try the walking group"

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