

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Derby mum of three Sughra Khatoon is on a mission to spread the word about diabetes prevention in her local community.

67 year old Sughra has been taking part in Healthier You - the NHS type 2 diabetes prevention programme - for the past few months.

In that time she's seen her cholesterol levels fall, her waistline shrink and her blood sugar levels start to drop.

Sughra found out that she was at high risk of developing type 2 diabetes during an NHS Health Check a few years ago, but at the time there were no structured programmes in place to help.



She said: "Both my brothers have type 2 diabetes and that made me decide to get checked out.

"I was given some general advice about diets and exercise but at the time there wasn't much in-depth information about how to put it into practice."

When the Healthier You programme was offered to her last year, Sughra jumped at the chance to take part.

She says: "It is brilliant, the course leaders give us lots of information about what to eat and the importance of exercise.

"The course leaders are really helpful and will explain anything that you do not understand.

“One of the key issues for me, and other people in our community, is that our diet is full of carbohydrates such as rice and chapattis and it can be hard to know how to reduce that.

“I went on the internet to find out how to create low carb Asian food and one of the main things to do is cut down on portion sizes.

“So now I eat less rice and I have completely cut out all potatoes products or substituted them for sweet potato instead as that is better for you.

“But apart from that I can still eat what I like, I just eat less of it.”

People from South Asian communities are around twice as likely to develop diabetes as people from white European backgrounds.

South Asian people are also more likely to develop diabetes at a younger age.

Experts aren’t sure why this is the case, but it may be linked to diet, lifestyle and different ways of storing fat in the body.

Sughra is determined to spread the word about Type 2 diabetes prevention in her local community.

She says: “You meet lots of people doing Healthier You and I know of one family where every member has diabetes.

“Part of the problem is that people are not educated about the right things to eat or how to make a traditional diet healthier.

“When I am out and about I see quite a few young people who are very overweight and that is not good as it can lead to type 2 developing.”

Sughra used to lead exercise classes for Asian women and she says that is something that she is keen to start doing again.

“People say to me ‘oh you have lost weight – how are you doing that?’ and I tell people about how to diet and how to make changes.

“It can be hard though in our community as there are always celebrations and weddings happening where there is lots of traditional food that is high in carbohydrates – but you can still eat healthier – just eat a bit less.

“I haven’t sacrificed eating what I like - I just eat less of it. It is about everything in moderation.”

You can find out more about the Healthier You Derby and Derbyshire Diabetes Prevention Programme at preventing-diabetes.co.uk/derbyshire