

Diet + Lifestyle

PCDO Society

Masterclass

Sept 2025

Lesley Hamilton
Diabetes Specialist Dietitian / Diabetes Network Manager
Western Trust

Disclosures

- ▶ NovoNordisk
 - ▶ Sanofi
 - ▶ Lilly
 - ▶ Dexcom
 - ▶ Napp Pharmaceuticals
-
- ▶ Diabetes UK Clinical Champion
 - ▶ NI Advisory Council Diabetes UK
 - ▶ PCDO Society Committee Member
 - ▶ DESMOND educator

NOT TO BE COPIED

~~Diet + Lifestyle.....~~ *food choices/ patterns?*

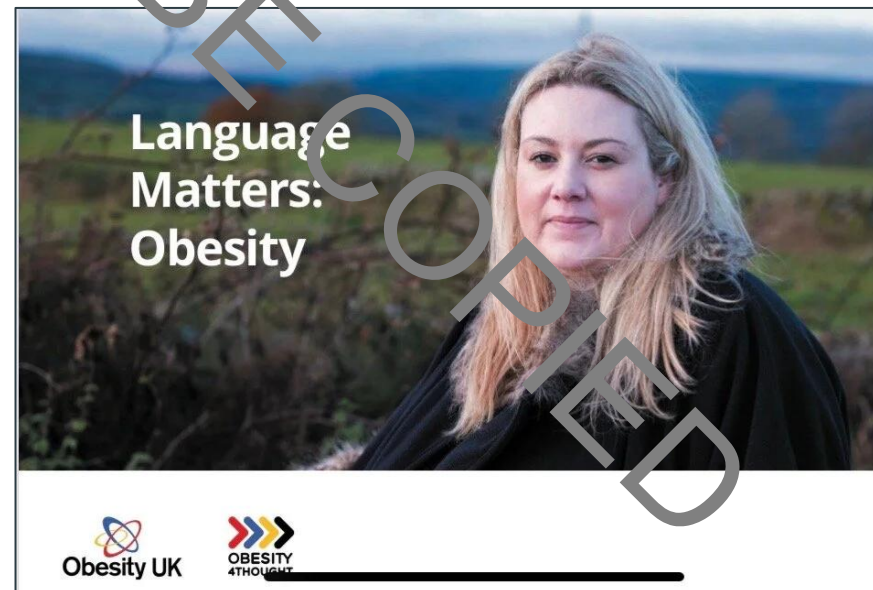
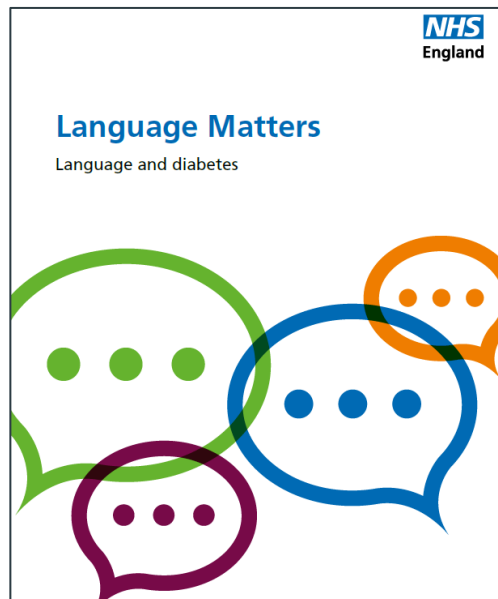
- ▶ Simple messages for short consultations
- ▶ Raising carb awareness
- ▶ SPAN - the power of small combined changes



Shared , common messages from HCPs

Conversations.....Language Matters

- ▶ Ask permission
- ▶ Encouraging and positive
- ▶ Respectful , non judgemental



Consultations*.....*making every contact count*

- ▶ Reason for conversation*
- ▶ Results / symptoms - *encouragement and enquiry*
- ▶ *Opportunities to offer diabetes education / updates / onward referrals*

Shared , common messages from HCPs

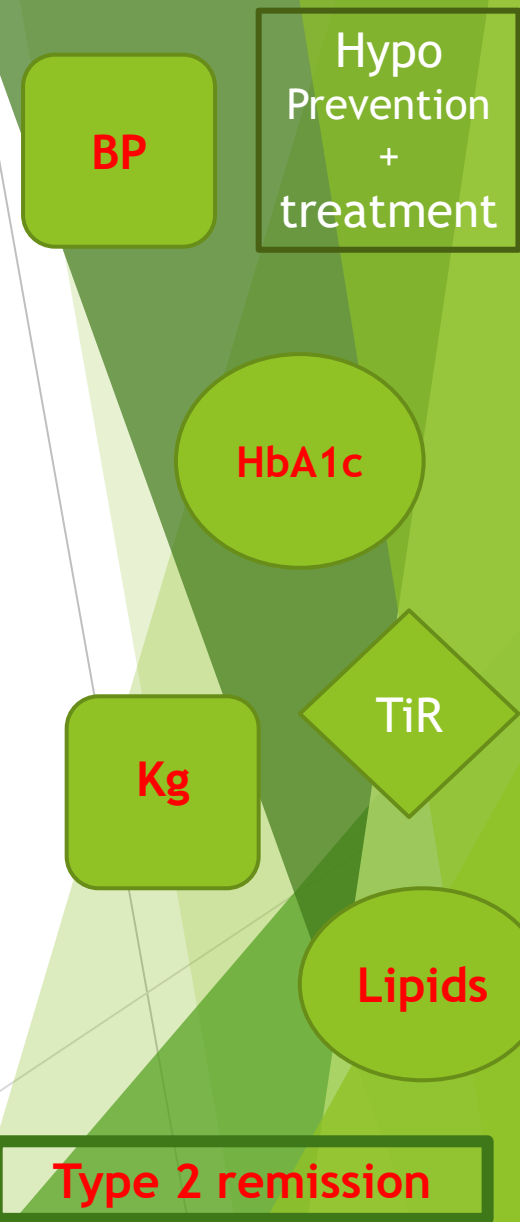


Conversations about food.....

- ▶ Existing Knowledge / beliefs about food
 - ▶ Mindful of food poverty/ cooking skills
 - ▶ Experience of being on diets
 - ▶ Linking to results ?
 - ▶ Aiming for a healthier weight
 - ▶ Medication options - doses, types, effects, benefits
 - ▶ Age and other health conditions?
-
- ▶ Timing of insulin
 - ▶ Managing sport
 - ▶ Managing illness/ sick day rules



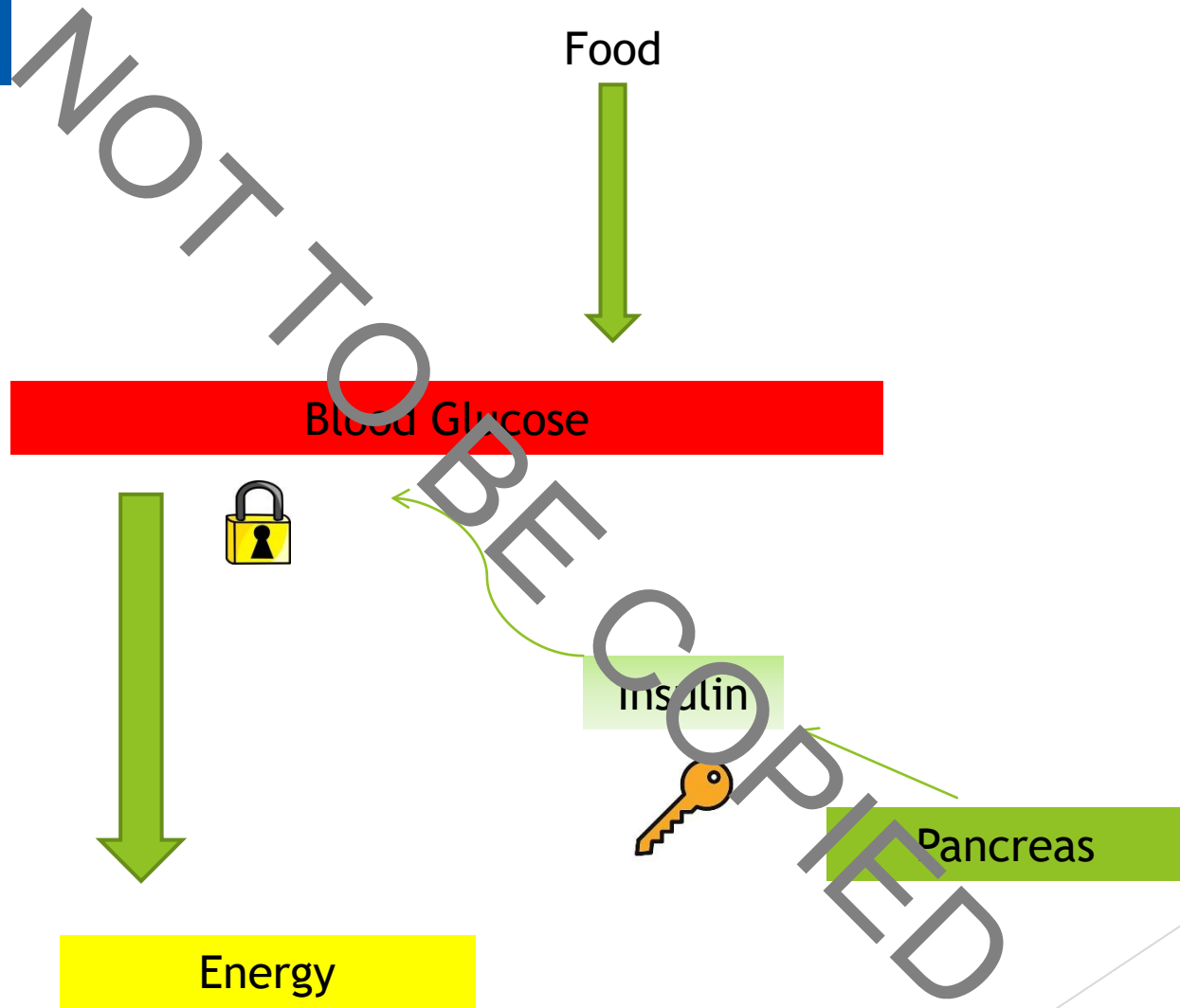
Shared , common messages from HCPs

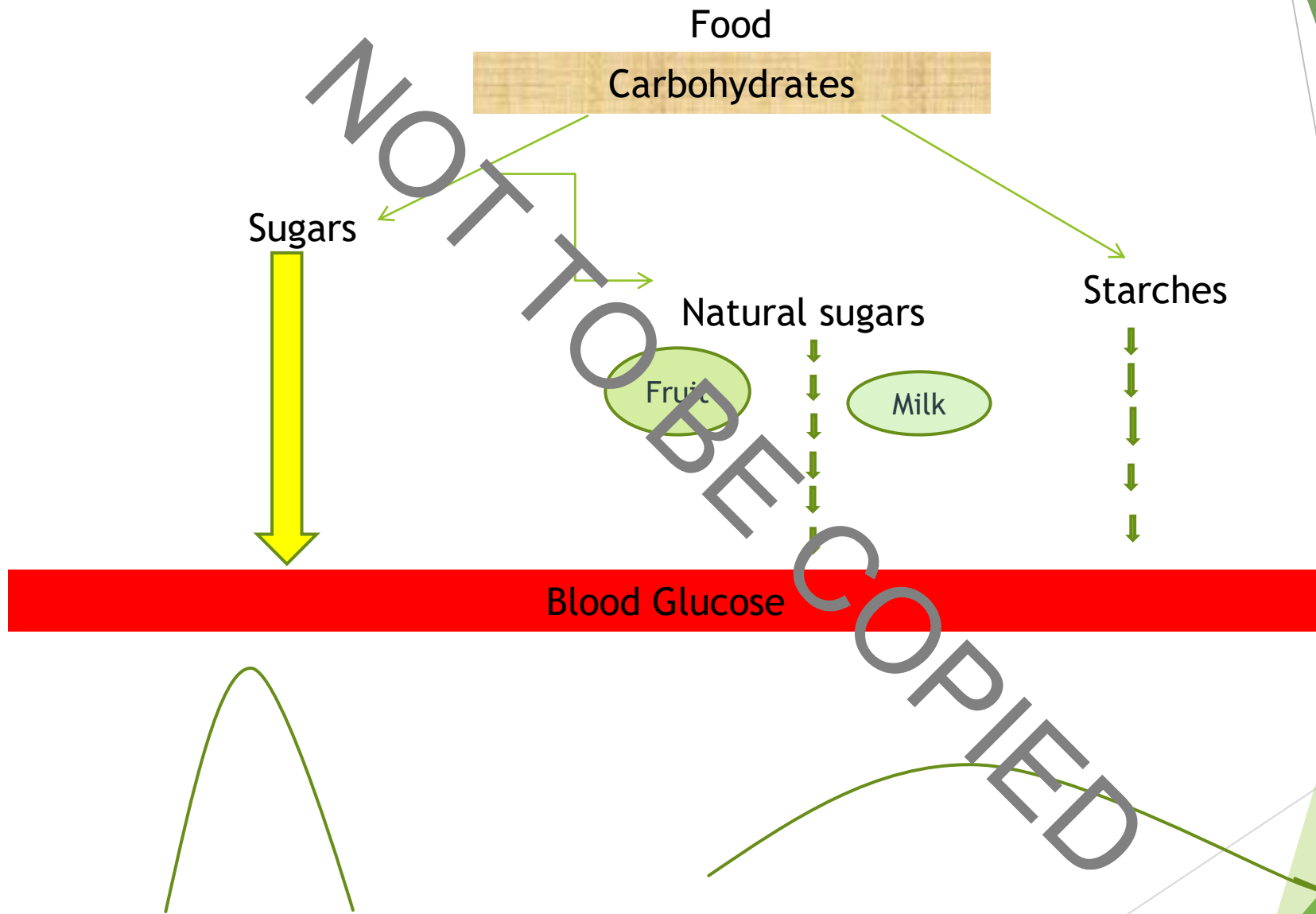


NOT TO BE COPIED

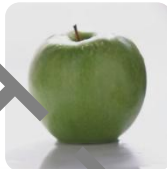
CARBOHYDRATE AWARENESS







Food.....Carbohydrates



Carbohydrate Awareness

- ▶ All carbohydrates raise Glucose levels

...*expect the curves*



- ▶ Look out for where they are...*plate / glass / total meal*

- ▶ Portions , portions, portions... *Divide and conquer*

[Portion sizes and diabetes | Diabetes UK](#)

- ▶ Distribution...*meal patterns ? snacks? supper?*

- ▶ *Different Types - slow release/ higher fibre*



Carbohydrate Counting

- ▶ Is not always easy
- ▶ Individual approaches
- ▶ Insulin users - *T2 : OD / BD / basal bolus*
T1 : BD/ basal bolus / insulin pump (+/- Hybrid Closed Loop)
- ▶ Confidence about insulin dosing and adjustments
- ▶ Insulin : Carbohydrate Ratios
- ▶ Correction doses



NOT TO BE COPIED

LifestyleSPAN

Sleep Physical Activity and Nutrition

Smoking

Alcohol

Drug/
substance
use



SPAN

Sleep Physical Activity and Nutrition

- ▶ Cumulative Effect on our health
- ▶ Small changes result in benefits
- ▶ Hours of sleep per night
- ▶ Moderate-Vigorous Physical activity
- ▶ Diet Quality Score

[Minimum and optimal combined variations in sleep, physical activity, and nutrition in relation to all-cause mortality risk | BMC Medicine | Full Text](#)

Diabetes on the net.



SPAN

Sleep Physical Activity and Nutrition

- ▶ increase sleep by 15-24 minutes
- ▶ Total 7.5-8hours /day
- ▶ **Moderate- vigorous activity**
- ▶ Extra 2 minutes per day
- ▶ Diet Quality -making 1 change:
 - ▶ Additional 1-2 pieces of fruit per day
 - ▶ Increase vegetable intake (3 tblsp)
 - ▶ 1 serving of oily fish per week
 - ▶ Reduce refined grains by 1 serving per week
 - ▶ Reduce processed meat by 1 serving per week
 - ▶ Avoid sugary drinks



Shared messages - *individual approach*

- ▶ Spread out the carbs over the day
- ▶ Fruit..... Natural sugarportion still important (5 portions Fruit + Veg per day)
- ▶ Wholemeal cereal / breadbroken down more slowly but portion still important
- ▶ Reduce portion/ frequency of sweet foods
- ▶ Hydration - fluid intake, omitting sweetened drinks
- ▶ Consideration for amount of Physical activity (and sleep!)

Diet Quality = promoting healthier weight and nutrition



NOT TO BE COPIED

Lesley Hamilton

Lesley.Hamilton@westerntrust.hscni.net



soul quotes

“

**Food for the
body is not
enough. There
must be food
for the soul.**

DOROTHY DAY

Quotlr.com

