South Gloucestershire Council diabetes patients see health boosts after education programme

People living with, or at risk of, diabetes in South Gloucestershire have seen huge health improvements after attending X-PERT Health group education sessions to help manage their condition.

South Gloucestershire Council have been presented with an award by charity X-PERT Health after seeing impressive results for its patients attending diabetes education sessions in 2015 and 2016. There are six categories for the awards: number of patients referred; attendance; satisfaction and empowerment; improvement in diabetes control; weight management; and cardiovascular risk factors.

South Gloucestershire Council were highly commended for 6 months data in the largest impact on body weight and waist circumference category.

The Awards Ceremony was held on Wednesday 21st September 2017 at The Marriott Renaissance City Centre Hotel, Manchester and the awards were presented by Dr Trudi Deakin, founder and Chief Executive of X-PERT Health and author of its award-winning programmes. The awards are designed to recognise the best performing of the 90 X-PERT Health centres across the UK.

Trudi commented, “Organisations like South Gloucestershire Council are doing a fantastic job helping patients make meaningful lifestyle changes which are having a huge positive influence on their health. I’m delighted they’re helping to provide the evidence we need to keep pushing diabetes education to the top of the agenda, and I congratulate them on their success.”

X-PERT Health trains educators to deliver its three core programmes – X-PERT Diabetes, X-PERT Insulin and X-PERT Prevention of Diabetes (X-POD). Each programme includes six sessions, lasting two-and-a-half hours each, delivered weekly. The sessions aim to educate patients so they can make informed decisions about their lifestyle, to help them prevent or manage diabetes.

Patients access the programmes via the NHS. The results are independently audited and verified, providing data that shows X-PERT programmes are making a real difference in the lives of people at risk of, or living with, diabetes. So far over ¼ million patients have been empowered to better understand and manage their own condition by participating in X-PERT programmes.

For more information about X-PERT Health, visit www.xperthealth.org.uk

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