

To: Swindon GPs, Practice Nurses,
Practice Managers

12th May 2017

Dr Vladimir Vaks MBBS PhD DSc
Consultant Endocrinologist
Lead Consultant in Community Diabetes
Swindon Community Diabetes Service
Eldene Health Centre
Swindon
SN3 3RZ
Community Diabetes Administrator:
Tel: 01793 463840
GWH Secretary: 01793604313
Direct: 01793604308
Working Mobile: 07823327633
E-mail: Vladimir.vaks@gwh.nhs.uk

Dear Colleagues,

Re: Swindon Physical Activity Guidance for People with Diabetes

NICE G28 highlights the importance of discussing at each diabetes review/consultation a healthy diet and participation in physical activity which can optimise weight and reduce HbA1c by 11-22 mmol/mol with no need for extra diabetes therapies.

Current guidelines advise that all adults should aim to be active on a daily basis. Over a week, the aim should be to complete up to 150 minutes (2.5 hours) of activity that raises the heart rate (moderate intensity) in bouts of 10 minutes or more or, alternatively comparable benefits can be achieved through 75 minutes of vigorous intense activity spread across the week or a combination of moderate and vigorous activity.

Around 60 to 80% of people with Type2 diabetes do not meet these guidelines and, in comparison to the general population, they report more relapses from physical activity. Also, it appears that people with Type 2 diabetes report receiving less support, education and encouragement for physical activity compared with any other aspect of diabetes management. It is therefore clear we need to promote physical activity to the population.

Alongside Fiona Dickens, Public Health Programme Manager, we have created local guidance on Physical Activity in Adults with Diabetes and listed all available local physical activity resources. This guidance is already available via <http://www.swindondiabetes.co.uk/guidance/swindon-diabetes-guidelines/>.

We have also developed patient information sheets on physical activity resources for people with diabetes in Swindon, which you can easily print out in your diabetes clinic to be passed onto anybody who needs to be engaged with the relevant physical activity service. You can access these sheets via <http://www.swindondiabetes.co.uk/guidance/publications-reports-resources/>.

I also would like to remind you of the **Swindon Live Well Hub**, which has been introduced by Swindon Borough Council and which provides one point of access to all of the services delivered by the community health and wellbeing team in Swindon. The Hub offers an information and triage system helping to signpost patients to the best service to meet their needs. Having this one point of contact means that you don't necessarily need to know the name of the project or service, you can simply refer to Live Well Hub and they can do the rest. Individuals can self-refer to Live Well Hub by contacting the Hub on 01793 465513.

I would like to point out that there are also several services in place for people with physical limitations, such as disability sport, group exercises including chair based exercises among many others.

I would encourage you to pass on the current physical activity resources and recommendations to everybody with diabetes and obesity, encouraging them to be involved.

I hope that this physical activity guidance, along with other recently developed guidelines, will help you in your everyday clinical practice.

With kind regards

Dr Vladimir Vaks, MBBS (with Hons) PhD DSc
Consultant Endocrinologist