Integrating data and theory to create an online self-management programme for adults with type 2 diabetes:

HeLP-Diabetes

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People living with diabetes in the UK

Type 1: 10%
Type 2: 90%

3.5 million

By 2025 there will be 5 million people in the UK living with diabetes
5.3% of newly diagnosed patients recorded as attending structured education
Theories

- Transtheoretical model
  - 33 papers
- Theory of Planned Behaviour
  - 13 papers
- Social Cognitive Theory
  - 11 papers
- Information-Motivation-Behavioural-Skills
  - 7 papers

Data:

- Cochrane systematic review of computer-based diabetes self-management interventions
- Qualitative work with people with type 2 diabetes
- Qualitative work with health professionals – GPs, Nurses, dieticians
- Professional guidance e.g. National Institute for Health and Care Excellence (NICE) NG28
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<td>Skills (cognitive and interpersonal)</td>
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<td>Memory, attention and decision process</td>
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<td>Behavioural regulation</td>
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What is type 2 diabetes?

Type 2 diabetes is a long-term condition that can lead to serious health problems. You can reduce the risk of problems by controlling your blood pressure, blood glucose levels and cholesterol. Eating healthily, being physically active and not smoking are also important.

What is type 2 diabetes?

Our 7-minute video provides an overview of what type 2 diabetes is and what happens inside the body.

To play this video you will need audio and you may need the Flash plugin. If you'd like to watch it full screen, move your cursor to the bottom right of the video and click the expand button.

You can develop type 2 diabetes for two reasons:

- your body can still make some insulin, but not enough to cope with glucose (sugar) in food
- your body can still make some insulin but the insulin does not work properly (known as insulin resistance)

Type 2 is the most common form of diabetes (90 out of 100 people with diabetes worldwide have type 2 diabetes), and treatment can involve a combination of lifestyle changes, weight loss, tablets and injections.

You may sometimes hear type 2 diabetes called non-insulin dependent diabetes. This is an old term which isn't used much any more. It refers to the fact that not all people with type 2 diabetes will be treated with insulin, although some may need to be.
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My diet goals

Now that you have chosen to improve your diet you can use this tool to help you achieve it.

*Please make sure you choose a goal that is important to you.*

**What goal do I want to achieve?**

- I will swap foods high in fat for lower fat or fat free alternatives ([more info])
- I will not eat any high carb/calorie snacks ([more info])
- I will increase the amount of fibre in my diet ([more info])
- + Add your own goal

**Ways to set your goals**

**What are your reasons to achieve this goal?**

- Feel better about myself
- Feel better physically
- Feel more comfortable in my own clothes
- + Add your own reason

- Be more confident
- Improve my mood
- Have better health
- Have more energy
- Have fewer aches and pains

**Deciding your reasons**

**How important is this goal to you?**

Not Important | Very Important
---|---
0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

7

Save | Next
Thank you!

https://www.help-diabetes.org.uk/

Email me:  k.pal@ucl.ac.uk

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