

Digital Resources for Diabetes

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the [Proactive Care Frameworks](#). This list has been developed for local systems to access guidance and information on validated resources available.

Understanding type 2 diabetes

- [What is Type 2 diabetes?](#)
- [Living with Type 2 diabetes](#)

Managing type 2 diabetes

- [Diabetes risk and waist measurement](#)
- [Checking your blood sugar levels](#)
- [How to look after your feet](#)
- [Health checks required for diabetes](#)

Peer support

Support and conversations with others living with diabetes. ([CLICK HERE](#) – then type diabetes into search function)

Confidential diabetes helpline

Diabetes UK support line - 0345 123 2399*, Monday to Friday (9am to 6pm).

NHS diabetes prevention programme

Supports people to understand pre-diabetes and reduce their risk of developing type 2 diabetes by making sustainable improvements to their diet, activity and weight. Based on international research and psychological theories of behaviour change, it empowers participants with the knowledge, skills and support that they need to improve their health ([North Central London](#), [North East London](#), [Mid and South Essex](#)).

Health and wellbeing resources

Diet:

- [Healthy eating with diabetes](#)
- [NHS Advice on eating well](#)
- [Advice and guidance on losing weight](#)
- [NHS advice on lowering cholesterol levels](#)

Exercise:

- [Type 2 diabetes and exercise](#)
- [Importance of physical activity with diabetes](#)
- [Getting active around the home](#)
- [Dance to health](#)
- [Tips to get active](#)

Smoking cessation:

- [NHS support for smoking cessation](#)

Alcohol:

- [Heart UK alcohol guidance](#) & [NHS Drink Less guidance](#)

Wellbeing and Mental Health:

- [Every Mind Matters](#)