



LEICESTER HEALTHY GOALS

The ethnic diversity Leicester, England presents both challenges and opportunities in tackling diabetes.

Healthy Goals is a targeted prevention programme striving to improve health in one of the city's communities that is most vulnerable to developing type 2 diabetes.

Partners

- Centre for Ethnic Health Research
- Leicester Diabetes Centre
- Leicester City in the Community



Leicester helps its residents set Healthy Goals

A population with a high risk of diabetes

Over 30,000 people in Leicester live with type 2 diabetes¹. However, Cities Changing Diabetes research in the city suggests that an additional 6,750 might live with undiagnosed diabetes and more than 16,800 live with prediabetes.

The city has a sizeable population of people of South Asian descent, which is significant because this ethnic group has a higher risk of developing type 2 diabetes². Furthermore, local evidence suggests that ethnic minority groups in Leicester lack awareness of and knowledge about diabetes, which could limit their access to preventative healthcare.

“The Healthy Goals programme is the perfect way to empower communities and allow them to take better care of their health.” – Prof Melanie Davies, Director of the Leicester Diabetes Centre.

Combining education and physical activity

The 12-week Healthy Goals programme was designed to target older and physically inactive members of the South Asian community who are at risk of developing type 2 diabetes. The result of a collaboration between Leicester Diabetes Centre, the Centre for Ethnic Health Research and Leicester City in the Community, Healthy Goals focuses on healthy lifestyle and dietary changes. The development of the Healthy Goals curriculum was part of the Cities Changing Diabetes Leicester programme, a joint working project funded and developed through

collaboration between Leicester Diabetes Centre and Novo Nordisk.

The programme's educational component was developed by the IMPACT team at Leicester Diabetes Centre. It consists of workshops where a trained facilitator uses interactive games and activities to guide conversations and help participants explore the various dimensions of a healthy lifestyle.


The educational workshops are followed by an hour of accessible and socially engaging physical activity. These sessions are run by the community outreach arm of Leicester City Football Club and tailored to meet the needs of the older, often exclusively female, target group. This component helps to increase peer support, strengthen motivation and encourage programme uptake.

Partnerships to widen impact

Since the Healthy Goals programme was introduced in August 2018, it has been run several times. It has been well received and appears to be delivering on its core aims. The Cities Changing Diabetes team is also working with various local partners - such as local sports clubs - to embed the Healthy Goals programme, thus ensuring its sustainability and widening its impact.

"We've overseen several different groups so far, and feedback has been positive, with plans for local sports clubs to continue incorporating the programme into their health and well-being offerings for the local community." – Dr Sophie O'Connell, programme manager.



 www.citieschangingdiabetes.com

 youtube.com/citiesdiabetes

 twitter.com/CitiesDiabetes

1. National Health Services UK (NHS). Report 1: Care Processes and Treatment Targets 2019-20, Full Report. 2021. National Diabetes Audit. August 2021. <https://digital.nhs.uk/data-and-information/publications/statistical/national-diabetes-audit/report-1-care-processes-and-treatment-targets-2019-20> 2. Diabetes UK. Diabetes Statistics, <https://www.diabetes.org.uk/professionals/position-statements-reports/statistics> Accessed March, 2022.