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levels, and potentially to put your prediabetes or Type 2 diabetes into remission. - improve your blood pressure and the ratio of fats in...

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The X-PERT

Programme seeks to develop the knowledge, skills and confidence in

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diabetes treatment for health-care professionals and diabetes self-management. The programme trains health-care professionals to deliver the six-week structured patient education programme to people with diabetes.

Structured patient education: the X-

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an intensive lifestyle programme aimed at reducing risk of developing type 2 diabetes for people at higher risk ; X-PERT Diabetes – for people with type 1 and type 2 diabetes, with an emphasis on lifestyle choices.

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This handbook features care planning activities and additional information to promote diabetes self-management for anyone with type 2 diabetes. It will also provide you with guidance on Dietary Approaches, Recipes, Fat Awareness, Food Labels, Possible Complications and

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Stress & Sleep. The X-
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This set of 12 subtitled
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Videos are useful to support individuals who may be hearing impaired, for anyone who cannot or doesn't wish to attend group sessions, or for anyone who would like a recap of the programme.

Subtitled Videos X- PERT Diabetes Programme - X-PERT Health

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X-PERT Prevention of Diabetes – an intensive lifestyle programme aimed at reducing risk of developing type 2 diabetes for people at higher risk ; X-PERT Diabetes – for people with type 1 and type 2 diabetes, with an emphasis on lifestyle choices. X-PERT Insulin – for people with type 1 or type 2 diabetes

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and are treated with insulin. What do the diabetes X-PERT courses entail? The diabetes X-PERT courses are structured to provide as much diabetes and lifestyle information as possible.

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together with care
planning activities and
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to promote diabetes self-
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covers What is Diabetes

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At X-PERT Health our aim is to provide members of the public and health care professionals with effective education that helps prevent or manage diabetes and other long-

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term medical conditions.
We believe prevention
is better than cure and
that the right education
can achieve this.

Home - X-PERT Health

Hi there, I'm Dr Trudi
Deakin, chief executive
of the charity X-PERT
Health which develops,
implements and
evaluates structured

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education for the prevention and management of diabetes. We strive to keep abreast of the latest research so that healthcare professionals and patients obtain the most up-to-date lifestyle management information.

**X-Pert Advice for
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Professionals –

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The X-PERT Diabetes
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Program, together with care planning activities and additional information to promote diabetes self-management.

X-PERT Diabetes Handbook — X-PERT Health

This is the only national structured education programme that is

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suitable for people with Type 1 or Type 2 diabetes. Attending the X-PERT Insulin programme will increase your knowledge, skills and understanding of your condition and help you to make lifestyle choices to manage your blood glucose levels more effectively when using insulin.

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Group Programmes - X-PERT Health

The X-PERT Diabetes Digital Programme is a great way to learn more about your Type 2 diabetes at a time and place that suits you. Our digital platform includes all six sessions from our award-winning X-PERT Health structured group education programme.

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