



David Fairlamb

THE FIT FACTOR

LIFESTYLE TIP

If you have diabetes, the Covid-19 statistics should be enough to make you want to change your life rather than risk the possibility of losing it.

FITNESS TIP

Exercise and diet go hand in hand to attack Type 2 diabetes and reverse it. If you fall into this category, make time to exercise.

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A THIRD of people who died in hospital with Covid-19 had diabetes, according to Public Health England data, and more than 12.3 million people in the UK are at risk of developing the disease.

However, a recent study shows most cases could be reversed or prevented if an individual's BMI is kept below a certain level.

With this in mind, Type 2 diabetics are to be encouraged to try a soup and shakes weight-loss plan as our health service steps up efforts to tackle this hugely serious condition.

An NHS England trial with 5,000 patients showed that almost half of people who undertook the weight-loss plan saw their Type 2 diabetes go into remission after a year.

Being overweight or obese greatly increases your chances of developing Type 2 diabetes and, unless addressed, can cause major health issues, leaving you with a weaker immune system and more susceptible to illness.

As part of the year-long plan,

patients who have been diagnosed with the condition in the last six years will be given diet replacement products such as shakes and soups for three months.

They will also be advised on increasing their exercise levels, and helped to reintroduce healthy nutritious food into their diets, with advice from professionals.

NHS England has said this will ease some of the pressure on the NHS as well as help people live happier and healthier lives.

The diet programme will be rolled out initially to patients in 10 areas of England.

The survey of almost half a million people also found that BMI is a more influential risk factor for the illness than genetics.

This shows yet again that consistently eating a healthy diet and exercising is your key to health and longevity.

The fact that one third of people who died in hospital from Covid-19 had diabetes has to be a trigger for those with Type 2 diabetes to do something about their condition.



► Exercise and a healthy diet are key to reversing Type 2 diabetes