

Mr Brown Visits the Dietitian

Scene 1: Mr Brown meets Elliot the dietitian

1.1: Intros and NHS website

Elliot: Hello Mr Brown, I'm Elliot, I'm a dietitian, and I've been asked to talk to you about your recent Type 2 diabetes diagnosis. I'm going to give you some guidance about your diet and suggest some lifestyle changes you might need to make.

Mr Brown: Hi Elliot.

Elliot: Have you had a look at the NHS Diabetes website?

Mr Brown: Yeah, I had a quick scan. It all seems pretty straightforward.

Elliot: Well you'll need to have a proper look, okay? It's important and there's information there that you need to understand.

Mr Brown: Right, okay, will do.

Elliot: I'll run through a few things with you now, and then I want you to spend some time when you get home reading the leaflets you've been sent. You need to research it thoroughly and make some real changes.

1.2: General health chat

Elliot: First things first, don't worry. There's nothing really that you can't eat or drink, you just have to keep an eye on what you're putting in your mouth.

Mr Brown: So I don't have to give up my Friday night curry? Result!

Elliot: As long as it's not every night and it's part of a balanced diet.

Mr Brown: Okay, that's great.

Elliot: And you need to make sure you stay active.

Mr Brown: Uh huh.

Elliot: You should aim for a blood glucose level between five and six.

Mr Brown: Okay.

Elliot: And that is achievable through diet and exercise.

Mr Brown: Right.

1.3: Food groups

Elliot: The general advice is to eat a variety of food from each of the different food groups. Do you know what the groups are?

Mr Brown: Yeah, we've got fruit and veg.

Elliot: Great.

Mr Brown: Carbs?

Elliot:
Yes, starchy foods like pasta, bread or rice. Try to find things with a low GI.

Mr Brown: What's that?

Elliot: It stands for Glycaemic Index, it's a rating system that shows you how carbohydrates affect your blood sugar.

Mr Brown: So what sort of thing has a low GI then?

Elliot: Fruit and veg, wholegrain foods, pulses.

[Pause]

Okay, so, other food groups?

Mr Brown: Protein.

Elliot: Brilliant. Don't forget, as well as meat and fish you can get protein from eggs, beans, pulses or nuts. Go on.

Mr Brown: Dairy, like milk and cheese.

Elliot: Perfect. Great for calcium and protein.
And the last one?

Mr Brown: Oils?

Elliot: Good, yes, fats and sugars is the last group. Oils are better than solid fats like butter because they've got unsaturated fats in them. So olive oil or vegetable oil is good. Even peanut butter.

Mr Brown: Brill.

Elliot:
And make sure you avoid fatty foods and stuff with lots of sugar and salt in it. Use the labels on food packaging as a guide.

Mr Brown: Sounds easy enough.

SLIDE

- DO eat a balanced diet
- DO check food labels
- DO make meals from scratch
- DON'T skip meals
- DON'T consume too much salt, sugar or fat

1.4: Active lifestyle

Elliot: What about exercise? What kind of things do you do?

Mr Brown: I went for a stroll down the park with our Alex.

Elliot: Ok, good, but you need to be doing more than that.

Mr Brown: I thought you might say that.

Elliot: As a minimum you should be aiming for two and a half hours a week.

Mr Brown: Okay, that's not too bad.

Elliot: And pick your pace up a bit too. Whatever it is you're doing, it should get you out of breath.

Mr Brown: So not feeding the ducks then?

Elliot: No, not feeding the ducks.

Mr Brown: Right you are.

Elliot: It doesn't have to be a full work out. A fast walk might do it or some vigorous housework.

Mr Brown: A bit of dusting?

Elliot: I don't think you're taking this very seriously, Mr Brown. It needs to be something more strenuous like gardening – maybe try a bit of digging. You can also find ways to build exercise into your regular routine, for example walking to the shops rather than driving. How about Couch to 5K? That's a great way to improve your fitness levels.

Mr Brown: Actually, yes, I think there's a parkrun near me

Elliot: Perfect. It might even help you to lose some weight.

Mr Brown: *[laughing]*
Are you calling me fat?

Elliot: Well you could stand to shift a couple of kilograms Mr Brown.

Mr Brown: Point taken. Maybe I'll do an exercise class.

Elliot: Good idea.
If you like I can send you a link to my online cardio programme.

Mr Brown: That'd be brill, thanks.

SLIDE

Slider on Elliot's monitor previewing his YouTube fitness channel (Elliot in various poses)

- Aim for half an hour of exercise every day
- Do something that makes you slightly out of breath

Exercise helps:

- maintain a healthy blood pressure
- maintain a healthy weight
- reduce blood cholesterol
- improve insulin efficiency

1.5: Food diary

Elliot: Because you've only been diagnosed recently, what I want you to do is keep a food diary between now and our next meeting. Okay?

Mr Brown: You mean write down what I'm eating?

Elliot: Yes, but as well as that, I want you to record your blood sugar levels next to each meal too. That way you'll get an idea of how different foods affect your blood sugar.

Mr Brown: Oh right. How do I do that then?

Elliot: We'll supply you with a special kit. It comes with full instructions, but basically you need to prick the end of your finger and put a spot of blood into the device and it will tell you your blood sugar level. Our Practice Nurse will go through everything with you, don't worry.

Mr Brown: That could be handy actually.

Elliot: Yeah, they're really useful.

SLIDE

- you can use a blood glucose meter to track your blood glucose level
- it will take a small sample of blood to give you a reading

Elliot: Make sure you put everything down, even any snacks you might have.

Mr Brown: What about if I have a Mars bar?

Elliot: You must include everything. But remember what we said about food with high levels of sugar? You should be steering away from them.

Mr Brown: I remember. Celery sticks from now on!

Elliot: Not necessarily just celery sticks, think about everything in moderation. Jot down everything you eat, what your levels are, and any notes about how you're feeling or what exercise you've done.

Mr Brown: Right you are, boss.

Elliot: I want you to come back and see the practice nurse in a couple of weeks. Bring your food diary and they'll go through it with you and see how you're getting on.

Mr Brown: Sure

Elliot: And get yourself booked in at reception to see me in three months for a full review, okay?

SLIDE

Food diaries are a useful way to see how blood sugar is affected by different types of food and drink.

They are particularly useful for people who have been newly diagnosed with diabetes, for children and for those who want to keep an eye on their food.

Scene 2: Follow up visit

TRANSITION

Cut scene with calendar update to visualise a 3 month time leap

Elliot: Mr Brown, how've you been getting on?

Mr Brown: Great thanks. My average blood glucose level is down since the last time we met.

Elliot: Excellent. Was the food diary useful?

Mr Brown: Very. It really helped me understand how what I was eating affected me.

Elliot: So you've made some changes to your diet then?

Mr Brown: Sure have. Lots of fruit and veg, lean meat for protein, a bit of dairy, some carbs and healthy oils.

Elliot: And what about the curries?

Mr Brown: Dropped down to one a month and I have about half what I used to. I've even tried making my own healthier versions.

Elliot: Brilliant, that's really good.

Mr Brown: And I've ditched the chocolate bars and fizzy drinks too.

SLIDE

Image of unhealthy vs. healthy food

Elliot: That's amazing, well done. You look like you've lost a bit of weight.

Mr Brown: Yep, I've gone down a notch on my belt.

Elliot: That must feel better eh?

Mr Brown: Absolutely.

Elliot: Have you been doing a bit of exercise too, like we talked about?

Mr Brown: Better than that. I started doing the Couch to 5K like you suggested.

Elliot: Marvellous, that's exactly what I wanted to hear.

Mr Brown: Yeah, I'm loving it, I run two or three times a week now. I even take Alex and mum to the parkrun on Saturday mornings.

Elliot: Do they run with you?

Mr Brown: Alex does sometimes, he's thinking he might try junior parkrun on Sundays. But either way, they're getting fresh air and staying active.

Elliot: Excellent, they're good habits for everyone to get into.

Mr Brown: Absolutely – it's a real family affair now.

SLIDE

Images of Mr Brown walking in park, arm in arm with his Mum, Mrs Brown Snr, and Alex