

DWELL: DIABETES & WELLBEING PROJECT OVERVIEW

DWELL was a €3.8m EU funded project with 8 partners across the UK, France, the Netherlands and Belgium including two universities, a hospital, a regional authority and other local health and wellbeing community organisations.

The common challenge:

Diabetes is a long term non communicable disease of huge societal & economic concern. Type 2 diabetes (90% of those with the disease) can be successfully controlled through healthy lifestyle choices.

The outputs:

DWELL produced a non-clinical, holistic 12 week patient support programme based on four modules covering: education, nutrition, physical activity and wellbeing. Motivational interviewing and peer support are at the centre of the programme, empowering patients with T2 diabetes to self-manage their condition, improve their wellbeing, lose weight, reduce medication and enjoy a better quality of life.

Alongside this there is a training programme for staff to ensure they are able to deliver the patient support programme effectively.

DWELL participant results

Reduced:

- weight
- Body Mass Index (BMI)
- waist circumference
- HbA1c

Decreased:

- negative feelings associated with diabetes
- eating in response to external food cues.

Increased:

- patient empowerment
- perceived personal control
- diabetes understanding



To learn more about DWELL go to: dwelldiabetes.eu