



## North East Essex diabetes patients see health boost

People living with diabetes in North East Essex have seen huge health improvements after attending group education sessions to help manage their condition.

North East Essex Diabetes Service (NEEDS) have recently been presented with an award by charity X-PERT Health after the results for its patients attending diabetes education sessions in 2013 and 2014 showed impressive results. There are six categories for the awards: number of patients referred; attendance; satisfaction and empowerment; greatest improvement in diabetes control, weight management and cardiovascular risk factors.

NEEDS were placed in the following category:

- The greatest improvement in cardiovascular disease risk factors – Highly Commended

The 10 Year Anniversary Awards Ceremony was held on Wednesday 8th July 2015 at The Burlington Hotel, Birmingham and the awards were presented by Dr Trudi Deakin, founder and Chief Executive of X-PERT Health and author of its award-winning programmes. The awards are designed to recognise the best performing of its 84 centres across the UK.

“Organisations like NEEDS are making a real difference to the lives of so many people with diabetes – well done for carrying the banner and providing the evidence we need to keep pushing diabetes education to the top of the agenda.”

X-PERT Health trains educators to deliver its three core programmes – X-PERT Diabetes, X-PERT Insulin and X-PERT Prevention of Diabetes (X-POD). Each is delivered through six weekly two-and-a-half hour sessions, designed to be user friendly and accompanied by a range of easy-to-understand course materials.

Patients access the programmes via the NHS and because X-PERT's and results are independently audited and verified, it has hard data to show that it is making a real difference in the lives of people at risk of, or living with, diabetes. So far almost 69,000 patients have been empowered to better understand and manage their own condition by participating in X-PERT programmes.

For more information about X-PERT Health, visit [www.xperthealth.org.uk](http://www.xperthealth.org.uk)

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