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HEAL-D: a diabetes self-management programme for African and Caribbean adults

ARC South London in collaboration with ARC Greater Manchester

The challenge
In the UK, African and Caribbean communities are 2-4 times more likely to develop type 2 diabetes than White Europeans. They also develop the condition, on average, 10 years earlier.

The approach
ARC South London researchers worked with the Health Innovation Network South London and people from local African and Caribbean communities, to develop a new online programme specially designed to support adults of African and Caribbean heritage living with type 2 diabetes in south-east London.

The HEAL-D programme includes culturally sensitive diet and lifestyle information, goal setting and physical activity classes. Delivered in small groups by a dietitian, physiotherapist and a community facilitator, participants can share experiences, learn together and support each other.

The outcomes and impact
A service evaluation of the online version of HEAL-D carried out with the Health Innovation Network showed that 78% of people who completed the programme reported weight loss and 98% strongly agreed or agreed that it helped them to manage their diabetes. In addition, the proportion of patients experiencing ‘diabetes-related distress’ (a wellbeing measure for diabetes patients) reduced from 49% to 23% after attending.

HEAL-D Online is now available across south London and is being piloted in other parts of the co

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