



TYPE 2 DIABETES NUTRITION WORKSHOPS

EVALUATION REPORT
APRIL 2025



Nutrition
Scotland

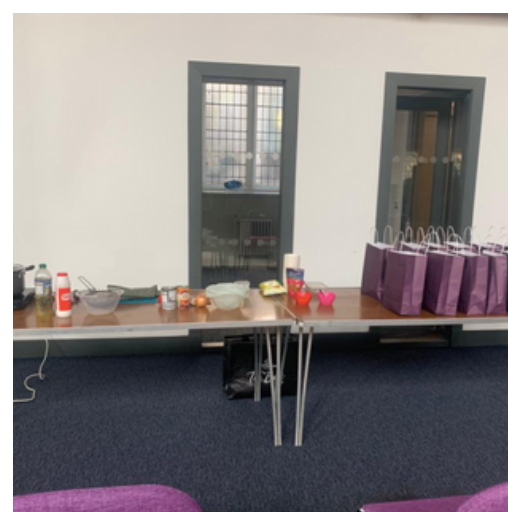
THE PROGRAMME

Nutrition Scotland developed and delivered face-to-face Type 2 Diabetes (T2D) workshops across Greater Glasgow and Clyde, that included a live cooking demonstration and offered practical nutrition support to complement the NHSGGC Control IT Plus lifestyle programme.



What the Programme Involved

The programme included 2 recipes, over 2 sessions. At each session participants watched a live cooking demo, where a public health nutritionist made a healthy meal and chatted through the recipe, as well as offering practical advice and support in the dietary management of T2D. Participants had the chance to ask questions, taste the recipe and received ingredients bags so they could recreate the dishes at home.



Programme Cohort

40 workshops 127 participants

PROGRAMME AIMS

The programme was created to support people who are newly diagnosed with T2D by offering practical nutrition advice and cooking skills, helping them take control of their condition through food as part of a long-term approach to self-management.

We did this by:

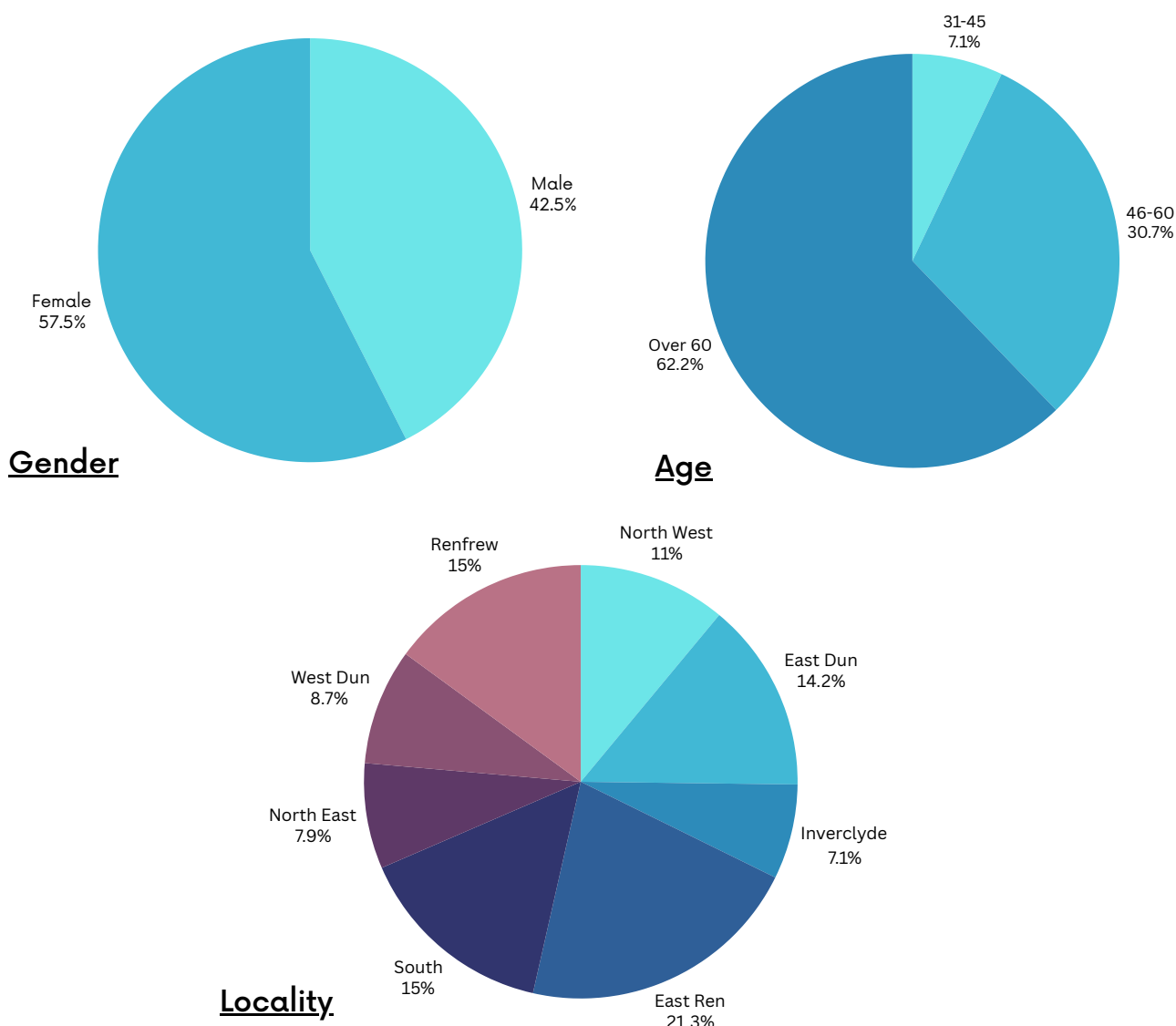
- Delivering live demonstrations on how to cook healthy recipes from scratch
- Providing tailored advice and resources on the dietary management of T2D
- Giving individuals the opportunity to talk face-to-face with trained professionals and ask questions about nutrition and cooking
- Giving individuals the opportunity to learn from one another and share their experiences with T2D



COHORT STATISTICS

We delivered 40 workshops (80 sessions) to a total of 127 participants between April 2024 and February 2025. 8 spaces were allocated to each session, with a total of 320 available spaces throughout the programme. Attendance fluctuated between localities and in total 40% of available spaces were filled. There was 81% retention.

Demographics

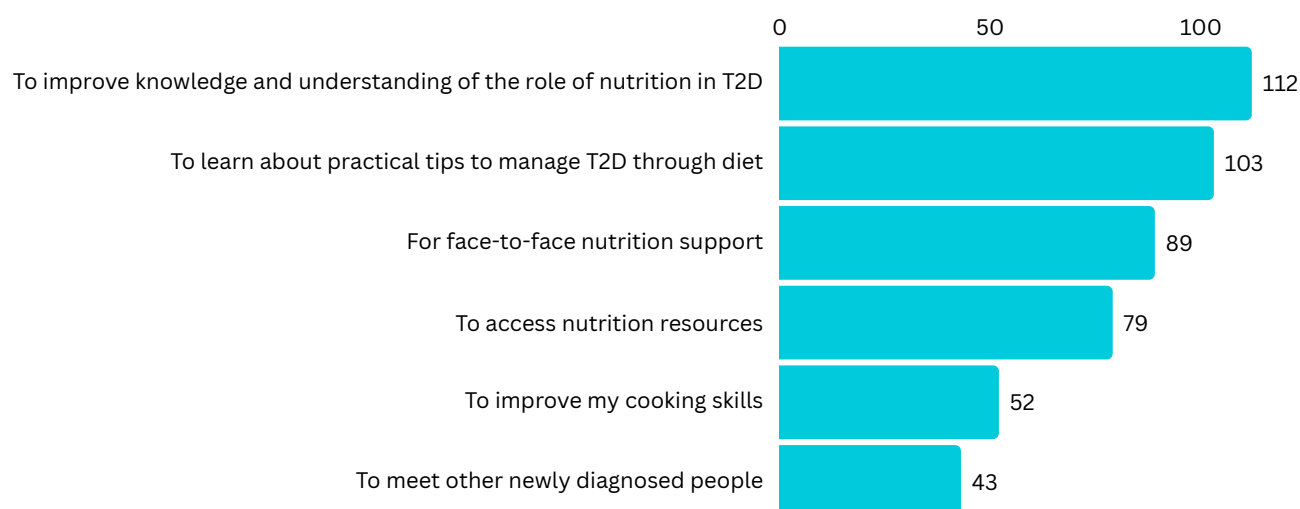


Data Collection

127 participants filled out a pre-course questionnaire

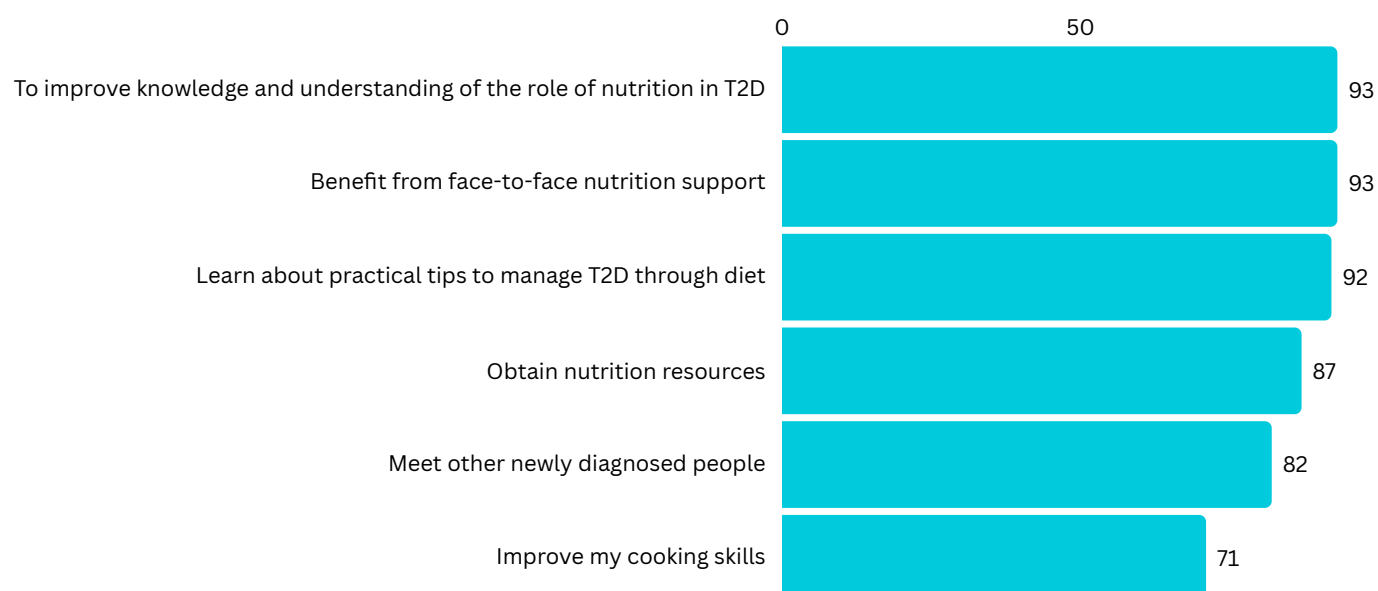
104 participants filled out a post-course questionnaire

Why did you join the course?



PROGRAMME OUTCOMES

The workshops have helped me:



Following the workshops:

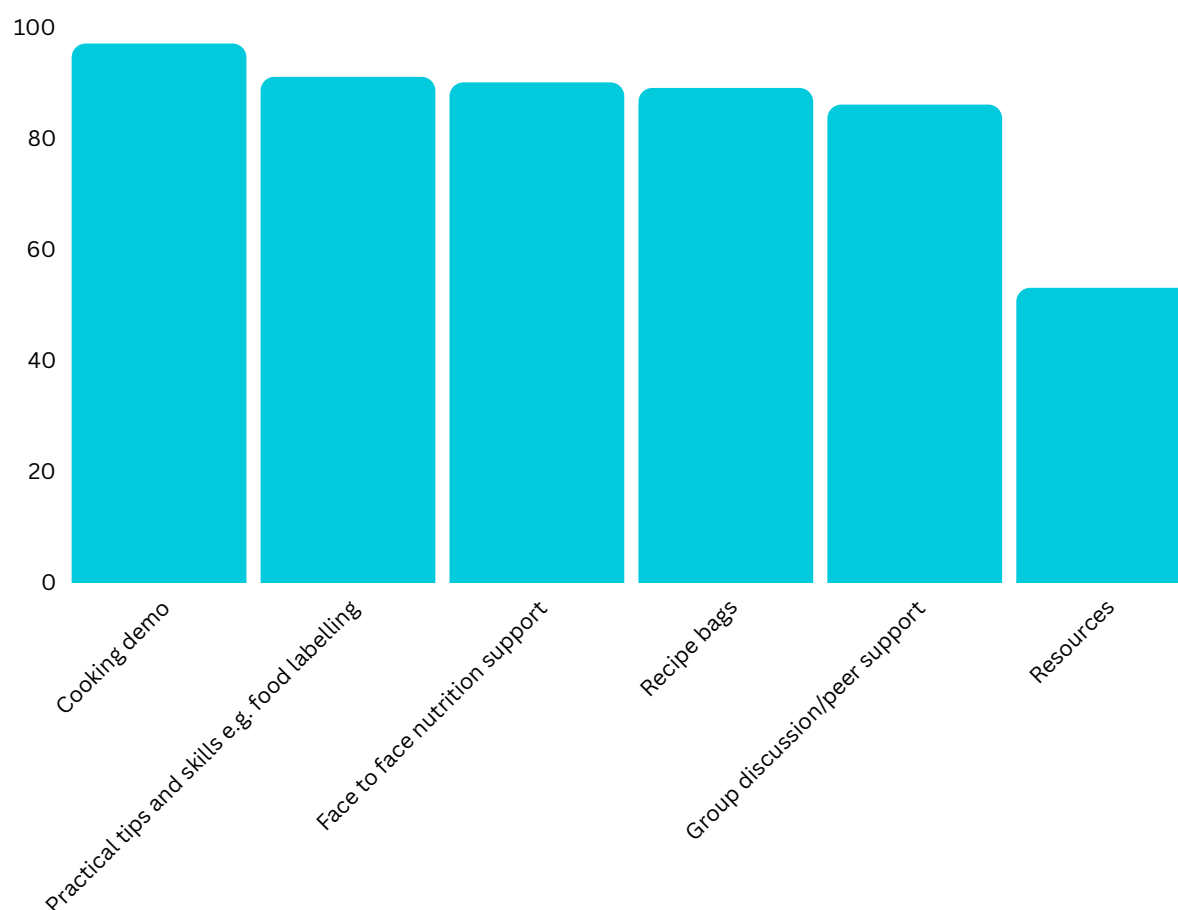
94% Felt more confident about managing T2D through diet

98% Felt more confident to cook healthy meals from scratch

96% Felt their knowledge in relation to the dietary management of T2D had improved



Which workshop elements helped to improve your knowledge and confidence most?



"I received very specific useful tips, instead of general advice that is not easy to apply"

"I have tasted food I would never have thought to eat."

"I know what types of oil to use, which pulses to bulk out meals. I thought I needed meat to enjoy a curry. Learned loads."

"100% helped me more with what products are good for you!"

"It has taught me how easy it is to cook healthy and nutritious meals."

What difference has the programme made?

"I am so much more aware of food labelling and looking for sugar content that may come under other names."

"Was never sure about amounts of sugars or salts in foods. Now am more confident to make choices."

"I have serious food allergies so learning about alternatives was excellent"

"Great discussions around ingredients and their T2D impacts. The chance to Q&A with an expert was great."

"It helped to introduce healthier food to my family (children)."

"This was so informative and enjoyable. I have learned so much. Just wished it could have been on for a few more weeks."

"Thank you. Learnt so much over the 2 session course and inspiration to try more."

"I would love to attend further cooking classes. This was the most useful information I have received since my diagnosis of T2D."

"Just thank you. Really enjoyed it. Feel more in control of my diet. Much, much appreciated."

"I found it amazing that this is available through the NHS, so well executed by Victoria! I thoroughly enjoyed it."

Any other feedback?

"Was good talking face to face and meeting new people and sharing their experiences. It's very beneficial to my journey in managing T2D."

"The course was excellent. The programme was presented in a friendly way, it was a joy to attend such a positive event"

"The in-person training session was great! Any questions could be answered during the friendly informative discussion. The best resource I've experienced since being diagnosed with T2D."

"It was a lovely experience and people"

"The programme was brilliant. Very interactive and the nutritionist was brilliant and very informative."

The most consistent message we received...

"More practical lessons of this nature would be helpful for me. At all times."

"Would love to learn more if possible!"

"More classes and time with a nutritionist to discuss diet plan."

"The programme is excellent and i would love to take part in other cooking sessions."

"This was so informative and enjoyable. I have learned so much. Just wished it could have been on for a few more weeks."

"Should be longer."

"Really enjoyed this, more classes would be better."

"Great - more sessions please."

"Would like to attend more of these classes as they are so helpful."

"I would like to attend future workshops."

"Would have liked more sessions as a follow up. Maybe once a month or once a quarter."

"Would be great if it was a 4 week programme. Thoroughly enjoyed the programme - 10/10"

"It would be great to have more classes- amazing this is free but would be more than willing to pay for more!"

"Would like to see more of this type of programme. More recipes."

"Brilliant getting ingredients to take away. But more sessions without the free food would be great."

**MORE
MORE
MORE!**

DISCUSSION

Nutrition Scotland's type 2 diabetes programme is designed to complement NHS services by providing accessible practical support in line with national guidance. Our approach reflects the aims of the Scottish Government's Diabetes Improvement Plan (2021–2026) as well as recommendations from SIGN 154 NICE Quality Standard QS209 and the NHSGGC clinical guidelines on the management of type 2 diabetes. Our two-session group programme offers evidence-based nutritional education, cooking demonstrations and take-home ingredients all delivered in a supportive community-based setting. Sessions are designed to meet diverse needs supporting those with lower literacy language barriers or learning disabilities—directly reflecting NICE guidance around inclusion accessibility and person-centred care.

Between April 2024 and February 2025, 40 workshops (comprising 80 sessions) were delivered across NHS Greater Glasgow and Clyde as part of the Type 2 Diabetes (T2D) programme.

Out of 320 possible participant places, 127 individuals signed up, with 104 completing both sessions—an overall completion rate of 81%. While this represents around 40% of maximum capacity, the high retention rate among those who attended the first session indicates strong engagement and perceived value.

This programme built on learning from a previous pilot, and several enhancements were made in response to feedback. These included the provision of additional supporting resources, the introduction of evening sessions to improve accessibility for those working during the day, and a wider variety of recipes to appeal to different tastes and dietary preferences. These adaptations likely contributed to the high levels of satisfaction reported and the programme's practical relevance to participants' day-to-day lives. Participant feedback consistently reflected positive experiences, with over 90% reporting increased confidence in managing T2D through diet, greater knowledge, and improved confidence in cooking healthy meals from scratch.

Attendance varied across local authority areas, with the highest uptake in East Renfrewshire and East Dunbartonshire, and lowest in Inverclyde and the North East of Glasgow. This pattern aligns with longstanding trends around lower engagement in preventative health services among communities in areas of higher deprivation. While the programme was fully booked in many cases, a notable proportion of places went unused due to non-attendance and late cancellations, which impacted overall reach.

These findings suggest the need for improved systems around bookings, including better communication channels between facilitators and participants and possibly overbooking slightly to account for dropouts.

While we recognise the value of NHS GGC's Control IT Plus structured education programme we have found that requiring its completion before joining our sessions can create barriers for some. Our programme can act as a practical and engaging first step helping individuals build the confidence to engage further or as a complementary follow-on to reinforce key messages. We propose a more flexible referral approach allowing participants to access support in the order that best meets their needs. This would strengthen alignment with national guidelines and increase access and engagement—particularly among disadvantaged groups.

Despite some of these limitations, participant feedback was overwhelmingly positive. Many valued the opportunity to speak face-to-face with a nutrition professional, receive practical and tailored advice, and share experiences with others living with or newly diagnosed with T2D. The inclusion of cookery demonstrations was a particular strength, helping participants gain hands-on skills and ideas to take into their own kitchens. Several participants expressed a desire for more sessions, suggesting strong demand for this style of community-based support.

In summary, while the programme did not reach expected participant numbers, the depth of impact for those who did attend was clear. The evaluation suggests that well-structured, locally delivered, face-to-face support programmes remain an important complement to online resources—especially for individuals who benefit from peer connection and practical engagement. Going forward, strategies to improve accessibility, streamline communication, and reduce barriers to attendance will be key to broadening the programme's reach and equity.

NEXT STEPS

Both NICE Quality Standard QS209 and SIGN 154 highlight the importance of providing structured education at diagnosis and offering opportunities for individuals to revisit and reinforce their learning over time. Structured education works best when it is part of an ongoing approach to supporting self-management rather than delivered as a one-off intervention.

To support this, Nutrition Scotland is exploring the introduction of a rolling programme of drop-in sessions, subject to funding and future commissioning. These informal sessions would provide ongoing access to practical advice peer support and nutritional guidance allowing participants to return for refreshers as needed or engage gradually if they are not ready for a full programme. This approach reflects national guidance by offering flexible person-centred support that adapts to people's changing needs encourages sustained behaviour change, and ensures that those most at risk are not left behind. This also reflects the desire for a longer rolling programme that we heard from the participants themselves.

We welcome opportunities for further partnership and commissioning to expand the reach of our model helping to reduce health inequalities and improve outcomes for people living with or at risk of type 2 diabetes.



APPENDIX – RESOURCE EXAMPLES

WHAT IS A HEALTHY DIET?

What is a healthy diet?

Eating a healthy and varied diet is important for maintaining your health and helping you feel well. In general, this means eating a balanced variety of foods in order to obtain all the nutrients you need for your body to function well. There is no one size fits all when it comes to diet as everyone is unique. The Eatwell Guide shows how much of what we eat should come from each food group to achieve a healthy, balanced diet.



Dietary messages to help you eat well

The main dietary messages from the Eatwell Guide are:

- Eat at least 5 portions of a variety of fruit and vegetables each day.
- Base meals on starchy carbohydrates such as potatoes, bread, rice and pasta, choosing wholegrain versions where possible.
- Include some dairy or dairy alternatives (such as soya drink), choosing lower fat and sugar options.
- Include some protein foods such as meat, eggs, beans, pulses and fish. Include 2 portions of fish every week, one of which should be an oily fish such as salmon, trout, mackerel or sardines.
- Choose unsaturated oils and spreads and eat sparingly.
- Drink 6-8 glasses of fluid a day.
- Foods that are high in fat, salt or sugars should be eaten less often and in small amounts.

Tips for Eating Well with Diabetes

Having a healthy diet and lifestyle can help to manage blood glucose levels, cholesterol levels and blood pressure, as well as help to manage weight and even put type 2 diabetes into remission. While there is no set "diabetes diet" these top tips can help you to make healthier choices.

- 1 Choose healthier carbohydrates**

All carbs affect blood glucose, but refined carbs have the biggest impact. The fibre in wholegrain carbohydrates helps to slow the release of sugar into the blood, which is helpful for managing blood glucose and cholesterol levels.

Opt for high-fibre wholegrains like brown rice and pasta, bulgur wheat and whole oats instead of foods low in fibre such as white bread, white rice and highly processed cereals. Look out for the term "wholegrain" on food packaging. Wholemeal is ground down wholegrain and has a slightly higher effect on blood glucose as it is more easily digested. Opt for wholegrain bread where possible.
- 2 Eat less salt**

Eating too much salt increases the risk of high blood pressure, heart disease and stroke. Those living with diabetes have an increased risk of these conditions. Most of the salt in our diet comes from processed foods.

Try to cut down on processed foods and cook more meals from scratch – you can control how much salt is added. Opt for herbs and spices to season your meals to cut down on salt. Reducing salt intake over time can change our taste preferences so we naturally get used to lower salt levels.
- 3 Eat less red and processed meat**

High intake of red and processed meat is linked to an increased risk of heart disease and some cancers.

Opt for lean sources of protein such as fish (including oily fish like salmon and mackerel), chicken or turkey and eggs, pulses and nuts and seeds. Plant sources of protein such as legumes (beans, peas) and pulses (lentils) also have the benefit of being high in fibre – try to substitute red and processed meat with some of these.

What is a Healthy Diet?

Top Tips for Eating Well with Diabetes

Factsheet

Food Labels

Food labels can help you make healthier choices and support you to eat a balanced diet.

Front of Pack Nutrition Labels

These labels can be helpful for making quick decisions – or comparing two (or more) products. They typically show the content of:

- Energy (kJ or kcal)
- Fat (g)
- Saturated fat (g)
- Sugar (g)
- Salt (g)

This information may be per 100g/ml or per portion. If the information is given per portion, be aware that the manufacturer's portion may be different from your own! For example, a 500ml bottle of fizzy juice might give nutrition on the label for a portion size of 250ml, but many people would drink the full bottle.

Each serving (100g) contains	Low	Medium	High
Energy (kJ/kcal)	≤ 400	400-600	> 600
Fat (g)	≤ 3	3-6	> 6
Saturated fat (g)	≤ 1	1-2	> 2
Sugar (g)	≤ 5	5-10	> 10
Salt (g)	≤ 0.3	0.3-0.6	> 0.6

Ingredients list

The ingredients in a product will be listed in order of weight, so the main ingredients will be at the start of the list. This can also help you choose healthier products.

For example, products with cream, butter or oil near the start of the ingredients list will be high in fat. Products with sugar or syrup at the start of the ingredients list will be high in sugar. Sugar can sometimes be disguised with other names such as honey, fruit juice concentrate and any ingredient ending in -ose such as fructose, glucose or maltose, so look out for these on the ingredients list.

In the UK, there are 14 key allergens that must be declared on pre-packaged food labels. It is required that these allergens are emphasised on the ingredients list so that they are easier to spot (e.g. using **bold**, **italic** or **coloured** fonts).

Prepared by Emma Brown, Allure
Last reviewed: May 2020

Food Labelling

Healthier Choices when Eating Out

Making healthier choices when eating out in restaurants, cafes and takeaways can be tricky. Without knowing how the food has been prepared or seeing a list of ingredients, it can be difficult to know exactly what we're eating. We've put together some simple tips that can help you to make healthier choices when out to eat.

- 1 Check the menu beforehand**

If you have time, have a look at the menu beforehand – usually restaurants have this available online. This will give you the chance to see what healthier options might be available and stop you from making an impulsive decision if you arrive hungry.
- 2 Be aware of portion sizes**

Portion sizes tend to be larger in restaurants and takeaways than those we would typically have at home, which can significantly increase the amount of energy, salt, sugar and fat we consume. Ask about the portion sizes if you are unsure – some places may offer half-portions or you could opt to share with someone else to reduce portion size.
- 3 Check the nutritional information**

Some restaurants may have nutritional information displayed on their menus – it can be worth having a look at this to compare different meal options, ideally choosing those with less salt, sugar and fat. Some restaurants may only display calorie information, and this is something to be cautious of as it will not give the full picture e.g. some healthy foods are high in calories like avocados, nuts and seeds. It can be worth checking online for more detailed nutrition information or asking your server.

Healthier Choices When Eating out