

## Data supporting themes

### Mind set – ‘head in the right place’

#### Lost

##### 1

1: I think , I think I, i didn't realise that when I was married, well up until I started think about it two years ago, I saw people in supermarkets looking at packaging in food well 'why are you doing that?' , you know, 'what are you worried about, you know, it is pasta that's ok' I couldn't comprehend and I didn't really think it through and it was only when I... the trigger point was it it was quite coincidental, this programme was on which as I was being, you know the mind set was changing towards 'I need to, I need to make a change, I need to think about my lifestyle and my health' and it was a sudden 'oh my god' and actually then, funnily enough um thank god for McDonalds, my children live up in [town] and there is on the A34 a place called [place name], a service station with a McDonalds. And my kids get a treat every ...

1: I think it was the wake-up call about seeing ahh having had the same repetitive conversation with ah [practice nurse] the diabetic nurse about 'I promise I will, honest I will' and feeling a bit like a school child going again, sorry I haven't done my home work again' um I mean you have to want to do it and what people need to start to understand and if I was able to do this, you know on the side of cigarettes they have some fairly graphic images these days of what your lungs look like yeah and it is all sort of shock and in fact in the UK it is a lot kinder than in other parts of the world I think you should start to get very aggressive in terms of how the government regulate food sales and what they can show ah in terms of what damage is being done to you so I would advocate that we would we should public health money a very strong advertising campaign

1: No, because I've had colitis for you know many many years and my mates know about that I'm never in a sort of, if I don't want it I don't have it, it is as simple as that.

1: It was a real sort of like a flip of coin you can go one of two ways I made a conscious decision that I was going to prove [practice nurse] wrong that actually ci could get out of this sort of cycle, so that sort of kick started the whole thing so there's the diabetes and kind of been ignoring it for too long and, and starting to recognise that some of the other symptoms were getting slightly worse. And it wasn't going anywhere other than the wrong way. Um so yeah,

1: I think probably um I think you know I still think it is sort of slightly work in progress in terms of where I want to be um, so I still...

life style change l you know 'I'm on a particular diet, yes, ok, use it to get to a point but then you've gotta work out how you are going to stay there and you can't expect to stay at that weight if your lifestyle doesn't change accordingly, so why don't we get that? To me, it's

really not rocket science um so but the problem is....we all forget and this is gonna sound really really condescending, but..not to you but to to the public yeah? But...have you ever done jury service?

1: I tend to cook, I quite enjoy cooking so it's a kind of fresh food um I try and avoid, where at all possible, the kind of snacking out

2

2: It depends on my mood. If I am feeling strong I will go and say no thank you very much but if I am feeling a bit on the weak side I will probably say 'that's Ok, I've got mine ready, I've got something here' that sort of thing. And I don't not go out for a tea, I mean I'm going not next week but the week after, we are going to a, to a, to a proper tea, I do like them, and um, yes, yes, I find I, when I go out for a meal, generally I try to go for the least fattening options, you know, the salad without any dressing and that sort of thing and I do like fish which is another thing that is a good thing to eat. Yeah, yeah, course, there is, well I was going to say that the weather is getting warmer, but you know salads and that sort of stuff is fine then. But when it's cold that's not so helpful, when you feel like something that is going to stick to your ribs laughs, you know, dumplings and things, but um that's not so good, but you know.

2: I think the success depends on your motivation. If you are not committed to it whole heartedly, you are not going to lose it.

2: It depends on my mood. If I am feeling strong I will go and say no thank you very much but if I am feeling a bit on the weak side I will probably say 'that's Ok, I've got mine ready, I've got something here' that sort of thing. And I don't not go out for a tea

2: I decided I wanted to lose weight and I just went to lose it, it wasn't a case of aiming for a target it was aiming to lose weight.

2: I know I can do it because I have done it before. I only put the weight back on because I was not so mobile because I was waiting for the hip operations and I wasn't able to get outside.

4

4: My head was in the right place

4: Um, time I suppose, really, you know work, I'm not really, ah I will have to make myself get up and do things because my work will allow me to sit at a PC all day if I need to or be in a meeting all day so you've gotta make yourself walk round and go the extra mile if you like and I was eat, you know the things in my mind again it was what I was doing I was sort of parking in the farthest carpark away from the door when you go to the supermarket or when you go to work rather than try and park right on the doorstep you know it is all little things like that make, they used to say to you, make yourself go upstairs and downstairs maybe 4 or 5 times a day rather than not you know, save everything up to carry for a in one go

4: And you still do that now?

Yeah, yeah, yeah, yeah, but it is all my, you've got to switch that mind on to say right I'm gonna do it yeah, yeah

4: If I want to do something I will do it

4: You know even they talked about different sorts of medicines that help with weight loss as well you know they have talked about that and you know I think you can, you can get a pill that once you eat greasy food and it gives a reaction to your stomach and things like that um, you know, we've talked all about that so I can't really knock them at all you know. You've got to be wanna do it, I don't think you can rely on other people if you wanna lose weight you've gotta have your mind fixed to do it. And you can't blame other people.

4: No, no, that is definitely the second cause I am very much a a tick box sort of person so if I have set myself something to do I will do it, it is the same for work you know, if I have set my days work nothing thrills me better if I can get it done by lunch time you know I'll get up at 5 o'clock in the morning to get it done by lunch time yeah

4: Yeah, with the book and you know, you know how it works, good food, bad food, sins and whatever there is and it fell off me, some weeks I was losing 10 – 12 pound, unbelievable

**9**

9: I mean I,.....you've got to want to do it for a start but just to encourage people, whether that means that you, you use somebody, you know if they think somebody needs to lose weight they could use somebody that has already lost weight as an encouragement to say look this is what I've done and this is how to do it, um yeah, I mean I don't, it is not, shock tactics, I think it depends how big you are really um ujj you know but when it was somebody like myself who you know who didn't really think you were particularly big but you know but it is not you know I mean in terms of you are not overweight, well you are overweight obviously but ah I mean what I don't like is this word obese you know I don't like being called obese you know but when they look at the chart that is what you are you know, and you think God no that is not right. Um but what they could do I don't know.

**10**

10: Um, I don't fail, I just think it is your mentality. When I gave up – nobody thought I'd give up smoking and I did it on my dad's birthday because I, and I told so many people I think that is a key thing. Before everyone is don't tell anyone you are dieting really don't, and I told everyone I knew I told so I didn't um, and that way I knew, if I went out of the office and had a chocolate bar I knew that everyone would be like Ooh she already given up,' so as many people as I told um that actually helped me and I just don't do failure and I really, I can't fail and I am a bit um, I suppose I've got a bit of an addictive personality somewhere in me that whether its um whether it's smoking or eating and when it comes to smoking and giving up I suppose I am just the same, I can't fail really, I don't know I just don't think I like... I like to be achieving and I just like... if I thought I didn't .. and it is like now, if I have put on.... over the bank holiday weekend we had lots of BBQs so I called in the surgery on

the Monday and I had put on half a pound so I was determined by that Thursday that I was going to be losing that half a pound so I have been working... and I told everybody 'I've put on half a pound oh no' and everyone is like 'really?' and went 'yeah' so then I knew I had to

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10 Um, I don't fail, I just think it is your mentality. When I gave up – nobody thought I'd give up smoking and I did it on my dad's birthday because I, and I told so many people I think that is a key thing. Before everyone is don't tell anyone you are dieting really don't, and I told everyone I knew I told so I didn't um, and that way I knew, if I went out of the office and had a chocolate bar I knew that everyone would be like Ooh she already given up,' so as many people as I told um that actually helped me and I just don't do failure and I really, I can't fail and I am a bit um, I suppose I've got a bit of an addictive personality somewhere in me that whether its um whether its smoking or eating and when it comes to smoking and giving up I suppose I am just the same, I can't fail really, I don't know I just don't think I like... I like to be achieving and I just like... if I thought I didn't .. and it is like now, if I have put on.... over the bank holiday weekend we had lots of BBQs so I called in the surgery on the Monday and I had put on half a pound so I was determined by that Thursday that I was going to be losing that half a pound so I have been working... and I told everybody 'I've put on half a pound oh no' and everyone is like 'really?' and went 'yeah' so then I knew I had to

10: Yeah, for me it was just like that whole lifestyle ch...something I could sustain, 10 l

10: I almost think that the WW and SW, although you can sustain it I just think, and I could be wrong because in a year it could all go back on but I just think with what I am doing it is just a lifestyle ... it is a whole lifestyle change so when I started it it wasn't going to be a – right I'm going to do WW for a year and then as soon as I come off WW what happens then because if you don't count points surely you are going to fall back in to bad habit or you are always going to eat W...I think sometimes WW, and it obviously works for people but it is almost a bit gimmicky – I have to go and pay extra money for WW food um really? Is it not just a lifestyle...it is a lifestyle, it is making those choices that when you go out for an afternoon at the pub with your friends you will have a sparkling water rather than a coke or you won't have 3 glasses of wine you will have a spritzer and then that's it, which didn't happen on Sunday but...laughs...

## 11

11: Being in control is nicer than the alternative, the negative alternatives to me was having to have to inject myself with insulin every so often which means testing myself more often which effects my driving, effects my insurance, effects my sailing it would affect everything once you start sticking needles in yourself because it says so in the paperwork. So yeah, you drive a car, well yeah you won't be able to drive the car and get the same insurance if you inject insulin, alright, bugger, I won't, I'll not. That is possibly the simplest way of looking at it.

11: So you are not even tempted

Not any more, I mean I was, 3 months ago but it quite easy to.. I mean it is self-control

11: Yes, um I guess there is something that's got to want to make you do it , I mean my wife gave up smoking because she wanted a horse and the smoking money paid for the horse so we stopped smoking, she never went back and we both gave it up 30 years ago, possibly more. I just decided it made my mouth taste crap. So I stopped, I stopped well before she did, um, I mean that is not a challenge now course, almost nobody smokes in polite company anymore. So its... I mean you take a....you take a decision to do it and you do it.

11: I am an all or nothing person

11: When I stopped smoking I stopped

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11: So I stopped, I stopped well before she did, um, I mean that is not a challenge now course, almost nobody smokes in polite company anymore. So its... I mean you take a....you take a decision to do it and you do it.

## 12

12: No I think cause I had been um its there are two things that you need to diet really one is knowledge and the second one is willpower and the medical profession can help you a lot with knowledge and they have done and they have been very helpful and that is useful um and I have had a lot of support from the surgery and um knowledge is essential to do it but it its not just knowledge it is the willpower to do it and how you effect somebodies willpower to do something is a really hard one and that's a that's a difficult one and its down to the individual

12: Will power

12: No. i. I think it goes back to knowledge and willpower and we have discussed sort of how one can be helped with the knowledge side of if and we have discussed what encouraged myself to lose some weight and I think of the two it is obviously the willpower that is harder because most people do know what they should do but don't do it um and that's that's...

## 15

15: You know I didn't think about much else it was purely right this is my diet, this is what I am doing, this is what I have got to stick to I was so focused and then I kind of struggled to adjust to a different focus which was right now I have to focus on getting the 2000 calories in a day and making sure it was across the right types of food and I was getting a proper mix and all this type of stuff.

15: and I think my head was in the right place at that time as well, I had got to the heaviest I had ever been by quite a long way, my back was hurting, I was getting problems with my knees, I'd been speaking to [practice nurse] because my blood sugar had starting showing signs of shooting up um

15: Um, trying to think really, um ... it was almost... I think the first few weeks it was almost like a reverse control, because .... I think the diet had been like... the last of the diet had been my life and it is ...I think... for me I think I am quite an all or nothing person and it had been all consuming for that 8 months that I was on it ....

15: Be focused

15: It's a difficult one isn't it, I just I know that a lot goes sort of into educating people but I think, I don't know maybe I've got too much faith in human nature, I actually think that most people do know what they need to do to lose weight it is just doing it laughs I know that's my problem it's finding that bit of space in your head that allows you to focus on it and actually get on and do it, I know what should be done

So you were obviously sticking to it very strictly?

Very rigid, very, my head was right in the right place

15: me I think I am quite an all or nothing person and it had been all consuming for that 8 months that I was on it .... You know I didn't think about much else it was purely right this is my diet, this is what I am doing, this is what I have got to stick to I was so focused and then I kind of struggled to adjust to a different focus which was right now I have to focus on getting the 2000 calories in a day and making sure it was across the right types of food and I was getting a proper mix and all this type of stuff. And I was on this slight level of 'I don't want to do this I want to carry on on lighter life I think because that was where my head had been for so long to suddenly then have to start thinking about food was quite a struggle um when I started struggling in terms of what I was eating.. again it came back to the 'well I've had one flap jack today another 4 won't hurt' laughs sort of thing and it was striking a balance I think, I struggled... once I got back into eating again which probably took two or three weeks it was that whole... the thing I have always struggled with all my life 'well I've had one biscuit I might as well have the packet'

15: Strong willed

15: Once I have made up my mind I am going to be 'yes' but I have to have made my mind up to stick to it

15: I just found it easy to stick to yeah and I think my head was in the right place at that time as well, I had got to the heaviest I had ever been by quite a long way, my back was hurting, I was getting problems with my knees, I'd been speaking to [practice nurse] because my blood sugar had starting showing signs of shooting up um

15: So going back – is there anything the drs/nurses could have done or said?

No, no, for me, I had to decide to do it, nothing anyone else said I think would have made any difference, it had to come from me

15: Yeah, I think you are right, I think you are right, when you've got jobs, kids, families whatever things do have an order of what you need to do immediately and weight is kind of

one of those things, well it is there it is not going to go, you can't deal with it immediately can you, if you want a glass of milk I can deal with that immediately and sort it out but but weight is quite a long term thing to manage so it gets kind of put on the back burner and yeah

## **No change**

**5**

5: If I wanted a biscuit with a cup of tea I would take two with me and I'd have half of one and give one and a half to the dog then I thought I was doing – cause we had a dog then, then I thought I was being good laughs but the poor dog was putting on weight. I took two biscuits out of the tin but I only had half of one, but if I really wanted one I'd have the other half and only give the dog one. He was quite happy about it laughs but it is really just being in the right frame of mind and you have got to be in the right frame of mind.

**6**

6: think I suddenly felt that that's enough I've had you know uh... It's about time I did something about it I never felt uncomfortable or you know which is a pity because that would have helped um I think just got it in a.... and I was so please when I was doing it.. I think it was about 3 months, no it wasn't that long I lost that [unclear] fairly quickly um, made you feel great, you feel oh and then you slip back and its stopping slipping back

**7**

7: Yes and the fact that I wanted to lose weight obviously um my other half said oh lose some weight and I said no I am not doing it for you I'm doing it for me so that was another point that I had done it for me nobody else, me and my sister was the same so

So before you went on ww you were quite motivated?

7: Yeah I was yeah. I said this is it I am gonna to go, do it for me, nobody else, everybody kept saying lose, barry said lose some weight I said no I'm not going because when your husband says lose some weight you know you are just like phrrr (blows out her lips) tip of the hand laughs do you know what I mean? And it was like no and then a couple of weeks about... well about a week later I thought hang on I am gonna do it for myself I am not doing it because...

Do you have any tricks that help?

7: No not really, I, how shall I put it, I buy things but then you've got to control yourself otherwise you'll sit and eat a packet of cakes #if you think you would you know whereas I, none of us do here sit and eat a whole packet of ... I mean I used to love biscuits, I don't touch biscuits now, my other half is always in the biscuit tin I keep telling him, you've got an ulcer get out of the fatty food laughs I said I am not buying them any more, I still buy them for Len and my son and Andrew my stepson but no I don't touch biscuits much and bread I don't eat a lot of bread

**8**

8: I just felt I was quite strong

8: mmm. um I would have just been strong and said no, I won't eat, I won't eat that um ....I think that you can have a few um..... healthy things um..... more healthy which would be um.....mmm...cranberries, dried cranberries and that sort of thing, just a few as a snack , as a treat, but um not I think too much

8: Be strong and say 'no'

8: I don't know really.....um.....don't know um.....we um.....i was, I just felt I was quite strong mmm. um I would have just been strong and said no, I won't eat, I won't eat that um ....I think that you can have a few um..... healthy things um..... more healthy which would be um.....mmm...cranberries, dried cranberries and that sort of thing, just a few as a snack , as a treat, but um not I think too much

8: Yes, I came home that evening said to [name] 'I'm going on a diet and I did and I lost the 2 stone

### 13

13: That was the first thing that came into my... I started to enjoy it.. I you know, I was losing the weight I had this personal trainer who just took me under her wing, I was doing something for a charity that you know I was going to help the charity, I had a lot of people who were egging me on and you know sort of making sure I didn't fall off the straight and narrow and that so there was a point where it was just all.. I was surrounded by you know and um and I think that I did enjoy it, I actually I got to the point where I looked forward to going to the gym um and yeah, and also my week was busy because I was doing 3 nights in the gym, I had one night at ww, we were doing badminton one night, so you know every night I was I was doing something, I couldn't, I couldn't sit and eat bread and you know watch the telly and be a couch potato yeah, yeah, no, isn't that funny, that was the first thing that came up into my mind – I enjoyed it

### 14

14: Actually I think it is easier than it has been and I don't know if that is because you know I'm doing it for for me for the knees or what or the support you know I am not sure if it is the planning this time but it it just seems to click this time and I'm just.. I'm not obsessed with it or anything like that but I just seem to be focused you know this is what I've got to do ...this is... I can see a goal at the end which maybe I didn't have a proper goal perhaps in the past

14: I am only cooking once and I am fine with that and I am actually cooking properly whereas before it was I don't know, fry your meat off, chuck some onions in and get a tin or a can or a jar and throw that in and some packet you know microwave rice and you know what I mean? All very quick quick quick whereas now I cook from scratch ah which was quite a revelation for me because I am not a cook I am not a good cook, I have never professed to be um my sister's cordon bleu trained when she was home I was the washerupper so I am really good at that I am not so good at the cooking Yeah? So you know I have never been one of those people who have felt comfortable, oh we will try this we'll chuck this in, we'll add this spice we'll... so I am actually doing that now which is quite nice for me but it surprising how enjoyable it is. I do follow recipes I am not good enough to 'oh well we will just try this' or



make this up I am not that good but you know I have books from sw um with recipes in and I plan that is very important for me I think, is to plan so that we know, I have a list up there which I do it each week before I go shopping, we know exactly what we are having for evening meal and I stick to it.

## **Catalyst for weight loss**

### **Lost**

#### **1**

1: Yes, probably, probably, that was probably, certainly that was the trigger, that was the trigger, the trigger was, well if you know, next time, that was... when he gave me the last set of pills he said right that is it there are no more pills I could give you after this you are on injections at which I muttered a bit and he said well, you could lose weight because there are people who have managed to fix their diabetes by losing weight ah I thought well I'd better lose some weight so I lost some weight um..... Actually now that I have done it I do not particularly miss the enormous quantity of sugary starchy foods I used to eat. So for instance I hardly ever eat ice cream any more, I certainly don't buy, each time I went to Tesco I would buy a packet of 6 hot cross buns and eat them on the way home, I don't do that anymore um, I still eat some bread, when we were in France last month I ate bread every day for breakfast um bread every day for lunch

1: I think the bloke on the TV with the programme about how Britain got fat or who, the men who made Britain fat, was a real eye-opener I think secondly, I love, I still love about um McDonalds and finding out that they have their calorie counters on the board and how many calories McDonalds try to sell to people because it was a true epiphany as far as I was concerned, it really was 'bloody hell!' time.

1: It was a real sort of like a flip of coin you can go one of two ways I made a conscious decision that I was going to prove [practice nurse] wrong that actually ci could get out of this sort of cycle, so that sort of kick started the whole thing so there's the diabetes and kind of been ignoring it for too long and, and starting to recognise that some of the other symptoms were getting slightly worse. And it wasn't going anywhere other than the wrong way. Um so yeah,

1: So if you were to look at your lifestyle then what are the main things that have changed?

I think , I think I, i didn't realise that when I was married, well up until I started think about it two years ago, I saw people in supermarkets looking at packaging in food well 'why are you doing that?' , you know, 'what are you worried about, you know, it is pasta that's ok' I couldn't comprehend and I didn't really think it through and it was only when I... the trigger point was it it was quite coincidental, this programme was on which as I was being, you know the mind set was changing towards 'I need to, I need to make a change, I need to think about my lifestyle and my health' and it was a sudden 'oh my god' and actually then, funnily enough um thank god for McDonalds, my children live up in [place] and there is on the [road] a place called [place], a service station with a McDonalds. And my kids get a treat

every other, so I get them every other weekend so once a month, effectively, we will stop at McDonalds on the way back from school and they can have a um a drive through. Being absolutely honest about it, when I first did it, it more along the lines of, if they sit in the car for [place] to my house here and they are eating McDonalds they are not shouting and screaming at me and therefore if my phone goes for work I can talk to somebody, secondly, I don't need to cook dinner when I get back. But one day we went in there and I thought, you know what, I've not had a McDonalds for ages I'm gonna have a McDonalds with them yeah? And low and behold, I never realised this, but McDonalds now display the calorific content of their food so I thought oh great, I can see what --- how can you get to 800 calories in a burger, hang on, I have fish and vegetables and I can get to maybe 250 calories and I've got a great big plate of food ...850 calories, a 1000 calories so I went through the whole thing and thought 'oh bugger I can't have anything' So I just nicked some chips off the kids. and that was a real eye opener. So Ok, if McDonalds is that bad and even their healthy things are quite bad or actually very bad, so it was a real sort of 'oh my god!' and that's for probably.... you know really really force the message of 'you've got to be really careful, you've got start thinking about what it is and thinking about ...or thinking how easy would it be to avoid all this stuff and ...thankly, fortunately, I'm very, I'm very fond of fish, so when I found out that you can get a piece of cod and grill it or bake it and you know and it is virtually next to nothing in terms of you know the sugars obviously and fats etc etc. low calories and eat as much as you like um it's heaven, absolute heaven, so yeah it was probably that which changed my whole attitude about food, just being more aware and actually taking the trouble when I walk round supermarkets to have a look and of course in some ways the supermarkets are better now you go into their health range, M&S and Sainsburys, which is where I do most of my shopping, um ...fairly clear, no very clearly, this thing has 345 calories and this has got 250 calories, this has got 400. And even then I think, 400 calories, for that I can have a huge piece of fish and a huge amount of vegetables and it's not where near 400 calories but if that is what you are saying is good, if you go further along the display and look at the stuff that's not in their health range you are gonna see processed food there that will contain 6,7,800 calories for a lasagne or whatever it may be and you start thinking, then I start thinking that it is just quite funny in a way that you can actually cook stuff and then thankfully my mother also um kind of bought into it in a way um as in she knew about my diabetes and she said 'why don't you get yourself a diabetic cookbook?' again, a really obvious thing, 'oh I didn't think about that, yeah that's not a bad idea, then for Christmas, no for my birthday which is in March so two months after I started she bought me these two cookbooks, and it's the guy um Antony Worrell Thompson who is diabetic and it is really clear in terms of 'this is what it is, that's what the calorific content is and it's like 'oh ok, so I can actually you know ok I thought I can't have a curry, because curries must be full of calories but actually you can have a curry it is just how you do it and what you put in it and the alternatives to what may use ingredient wise, so actually just having said so very simple step by step so I basically got into cooking from these two books for about 2 or 3 months and again, really easy

1: About 5 years ago I was diagnosed with type 2 diabetes, maybe 6 years ago. And, sort of for 4 years I went to see this lady at [place name] and she kept on saying 'what you need to do is lose some weight and do some exercise and I'd say '[practice nurse], yeah, next time I

come in I'll be slimmer, I'll be exercising, it will be fine. don't you worry about it. And then back end of 2011 she basically said you are on two layers of medication now we have another layer of medication in there because your blood sugar is increasing. And I said [practice nurse] I've told you before because I don't need to I'm going to start exercising quite soon and she wouldn't have it and she was right. and so that was at Christmas and I kind of went through Christmas thinking ah yeah I've got to make some changes here, I was smoking significant amounts I probably drank as much as, you know, being honest, although I wasn't a huge drinker but I drank 4 nights a week, 5 nights a week, I'd have something with the occasional binge along the way. Um I was apparently um there is a history in the family of heart, I've got diabetes, I'm 14 ½ - 15 stone and if I went and played golf and walked up hill for 100yards I'd start sweating and I was kidding myself that I was actually Ok so it was literally that new year's eve or a few days later that it was, you know, what will I do, my kids at that point of time would have been 6 and 7, I thought well, I've got, I've had work colleagues who are younger than me who are now six foot under, heart's packed up overnight and whatever. And I'm thinking well, that's kind of where I am going. It's either, in your 40s you either make a change now or forget it because if you get into your 50s or 60s it is kinda you know too late. It was a real sort of like a flip of coin you can go one of two ways I made a conscious decision that I was going to prove [practice nurse] wrong that actually ci could get out of this sort of cycle, so that sort of kick started the whole thing so there's the diabetes and kind of been ignoring it for too long and, and starting to recognise that some of the other symptoms were getting slightly worse. And it wasn't going anywhere other than the wrong way. Um so yeah, Wake up call – can't have any more meds

1: I think it was the wake-up call about seeing ahh having had the same repetitive conversation with ah [name] the diabetic nurse about 'I promise I will, honest I will' and feeling a bit like a school child going again, sorry I haven't done my home work again' um I mean you have to want to do it and what people need to start to understand and if I was able to do this, you know on the side of cigarettes they have some fairly graphic images these days of what your lungs look like yeah and it is all sort of shock and in fact in the UK it is a lot kinder than in other parts of the world I think you should start to get very aggressive in terms of how the government regulate food sales and what they can show ah in terms of what damage is being done to you so I would advocate that we would we should public health money a very strong advertising campaign and I think you should tax the shit out of the likes of Coca Cola and everybody else that produces these high sugared, high sugared drinks um I think we just need a real education about it and then if I was to talk to somebody if they had, if they could comprehend it – when you get to understand about, you can't expect to be sat on your backside for 50 years doing nothing and consuming whatever you like um and not pay a price for it. It is the same analogy as saying 'so and so's uncle smokes 50 fags a day for all of his life and lived till 90 and never coughed once' – there is always somebody that could do that yeah, that is fine but that's Russian roulette so fine smoke you know if you take a hundred people and they smoke 60 a day 99 of them are gonna die and I'll be saying the same way about food actually if you know, we've all got friends that can sit there and pile in whatever it is, they don't do any exercise and they are stick thin. It's like 'you bugger' you know, that is quite irritating, but the norm is you know have a couple of days of good stuff

and all of a sudden you've got a couple of pounds that have gone on. And that's the reality of the situation so I would really hit hard in terms of 'you've got to think about looking at' ...and we all have, we all have a um...a responsibility for ourselves and why the F should I pay my taxes to run the NHS to pay for somebody who is saying 'I can't lose weight' or bowl of chips bowl of chips [motions hand to mouth] – well actually you can it is just a question of will power. I was walking around [place name] the other day with my kids you know 10 o'clock in the morning and we go to buy some clothes for my daughter in Next- well there is a kid walking around Next at 10 o'clock in the morning and he's got the biggest burger you can imagine and a great big milkshake and I'm think well if it is your breakfast – what the hell are you doing with a burger for breakfast and a huge milkshake? And if you've had breakfast it's not lunch and therefore it's in between and that's ..and what you are holding in two hands are you are probably 12 maybe 13 is actually really what I consume calorie-wise in a day! So if that is your in between snack – you are dead at 40. Yeah I mean you can literally say to the guy, ' just so you know, I'm 47, you ain't gonna make my age'.

1: I mean my blood sugar now is in a way happy place to the point when now in theory I should be testing my blood to see whether I can now actually come off completely the last layer of medication which I haven't quite got around to, in a way, just not being bothered to do it but I mean the fact is that I have lost 2 layers of medication anyway and the last bit is the last thing and if I do it this month or next month I am not too fussed but um so year I have always led a fairly healthy lifestyle in terms of food, I have always enjoyed cooking I've just been a bit more focused about what I prepare um

2

2: I always was a fairly active person as much as I walked a lot and I don't like not doing it and I think it was just a case of suddenly thinking look. I didn't , the last few year sat school were not happy the government interference and the ofstead reporting and it was not a happy school and they weren't happy years and you sort of existed day by day, you know you just carried on day by day, going and it was stressful and then when I retired, the very first thing that happen was that I got breast cancer so that was no help at all laughs and um it um I was you know I just, one day I just looked at myself and thought why have you let yourself go like this and a that was it and I am still motivated to do it I still want to do it, I want to lose it, that outfit hanging up there is just a pinch, or at least it was when I bought it, just a pinch too tight around the middle, it is there as an incentive, I am going to try it on, not just yet, and I am hoping that it will lose and flowing when I try it on.

2: I wasn't doing what I had been doing which was coming home absolutely, not having anything to eat all day, coming home absolutely knackered and then going for something to fill you up and in fact, which had started the eweight coming on now I'm cooking the things I like and eating them and so I got fatter and fatter and fatter and I didn't really care too much to be perfectly honest. And then, I suppose it must have been 3 or 4 years ago, 3 years, no, 3 years ago I suppose, I took a look at myself and thought, 'I've turned into a dumpling' and I didn't like being a dumpling apart from the fact I couldn't bend down and play with the

children and get up again off the floor, you know, I've got a lot of nieces and nephews that I like to roll around on the floor with and it was difficult.

2: And then, I suppose it must have been 3 or 4 years ago, 3 years, no, 3 years ago I suppose, I took a look at myself and thought, 'I've turned into a dumpling' and I didn't like being a dumpling apart from the fact I couldn't bend down and play with the children and get up again off the floor, you know, I've got a lot of nieces and nephews that I like to roll around on the floor with and it was difficult. That is why I thought I would go on a diet.

2: What turned that corner for you?

No, it was just looking at myself in the mirror and finding that I couldn't get down and play with the children yeah, because I mean, there's a... there's a picture of me and I'm sitting on the floor, and [niece's name] 5 so it must have been about the time fairly, at my heaviest, it is Christmas so I am on the floor and I can remember the effort of getting down on the floor and the effort to getting up again and that's what did it you know, not being able to get down and play with the little'un on the floor yeah, I didn't like that.

2: Well, I'll tell you what didn't help and that was being to l'd that you can't, .....hm.... when I first went had, to be assessed for my hips, the young man who did, perhaps I just picked hoi on a bad day but he was not at all sympathetic, he, and he, I said, he said, we won't do the operation until your body mass is 35 and he weighed me and measured me and .. I said I can lose this, I've done it before and I know I can lose it – can you put me on the list and by the time I'm seen I'll get it. He was really snotty about that, he'd he'd there was no way he was going to do that he didn't believe that I was going to lose weight. He was not ...he made me feel that I wasn't going to succeed anyway...until I got out of the hospital and then I thought bugger him laughs, I am going to do it

**4**

4: Um, the reason I thing was when I got diagnosed with sugar diabetes and they said really you need to lose some weight to bring the...what you'll find is properly, what he said 100% is was weight related so if you get the weight down your sugar level will come down and your blood pressure and all that will come down and you know you don't wont' to be rejecting yourself and what have you.

4: so what made you decide to lose weight?

Um, the reason I thing was when I got diagnosed with sugar diabetes and they said really you need to lose some weight to bring the...what you'll find is properly, what he said 100% is was weight related so if you get the weight down your sugar level will come down and your blood pressure and all that will come down and you know you don't wont' to be rejecting yourself and what have you.

4: Well you've obviously either got to have a shock, if you go to the doctors and say well you know somebody's telling you, you are gonna be dead within 6 months unless you start to lose weight or whatever and that wasn't said to me it was the, it was the thought about being injected and stuff like that if you don't get it under control and sugar, you know win my mind, I have got it under control and it is no worse now than it was sort of 4 or 5 years ago so it is under control but the bit that's sort of in my mind that I am thinking now and perhaps I should try and do something again is every year you are getting older and it is not going to help and the bits that, the bits that sort of would trigger me off again not so much next week or next year but in 5 or 6 years is the weight on your limbs and stuff like that you know you are gonna have, you know if I keep this heavy it is going to be knee joint problems it's gonna be that sort of thing um

4: Sleep better when I am lighter

4: Rest, um when you actually go to bed and sleep I certainly slept a lot lot better when I was lighter, a lot better, you don't snore, you don't you know you get a defining

9

9: No, ah, you know when the doctor tells you or the surgeon says to you you know I said I wouldn't have it done, we he said... my little lad, I was living on my own then the boys, and he said how old is your little boy and I said you know he is 9 and he said well if you don't have it you won't see him when he is 19. You know and thought oh, and then the doctor says to you you know you really ought to look after yourself you know um and um yeah

9: It was mainly [name of doctor] um because I had a had valve, aortic valve operation back in 1995 so I was always having to go to the dr for a check up and um and it must have been oh.. I know I was at work... so... it must have been 6 or 7 years ago um he said it wouldn't be a bad idea if I lost a bit of weight and ah and I was beginning to put ah, I've always been big I mean was beginning to put a bit of weight on so he arranged for me to see the nurse at the surgery and just basically look at what I was eating and where could I, not cut it out, but cut down and that sort of thing you know ah, and she just made certain suggestions like for instances that place I was working I would take a packed lunch and she would say rather than eat your you know your two bread rolls why not just try one, one bread roll and have your banana and instead of at lunch time have it in the middle of the afternoon and that sort of thing so that's what it was you know he just thought it would be good for me and I started going to the gym as well um you know to try and.....

9: I think the dr was just concerned that the bigger you are um then you, you put more strain on your heart – I think he was sort of looking at the long term.

So how did you feel when he said that to you?

Um, ..... I was .....how did I feel? I mean I think I knew within myself that I, I was getting bigger, putting on weight and I ought to lose it um and I think just the fact that he suggested it I thought hmmm perhaps I ought to do something about this. And so it was just the final push that I needed plus he encouraged me to go to the gym you know and um ...

9: I mean I,.....you've got to want to do it for a start but just to encourage people, whether that means that you, you use somebody, you know if they think somebody needs to lose weight they could use somebody that has already lost weight as an encouragement to say look this is what I've done and this is how to do it, um yeah, I mean I don't, it is not, shock tactics, I think it depends how big you are really um uj you know but when it was somebody like myself who you know who didn't really think you were particularly big but you know but it is not you know I mean in terms of you are not overweight, well you are overweight obviously but ah I mean what I don't like is this word obese you know I don't like being called obese you know but when they look at the chart that is what you are you know, and you think God no that is not right. Um but what they could do I don't know

9: Um I um, I mean having done it I just it found you losing that weight, it has been good for me um and if I ... I don't get out of breath now um I mean I've played a brass instrument and ah you know I was beginning to struggle a bit you know, breath control and that sort of thing you know and it has made a lot of difference and you know and even walking now I mean not so much now, cause I used to do quite a bit of walking as well you know and that was good and I wasn't getting out of breathe and that sort of thing so no it has I mean it has been good in losing it plus the fact that my clothes fits laughs

## 10

10: Um I think I had put on a lot of weight um I can't remember, I think it was about 14 stone or something um and I just started to feel...and I think dress sizes were going up and I was shopping at what I call 'fat shops' laughs, and I just thought you know what, we had made a conscious decision we weren't going to have any more children um so even my neighbour had started going to weightwatchers she'd lost quite a lot of weight there – I knew I wouldn't sustain at I weightwatchers cause constantly [Husband's name] out early hours and I wouldn't get the children off and that is a failure waiting to happen. So I thought right, I'm going to go healthy eating. I've also got Rheumatoid Arthritis um and I was starting new medication in January and I just thought I'd been for my rheumatoid appointment um and I was speaking to [practice nurse] about changing my contraceptive because there were talking about hormones and getting that hungry time um so it all really started with [practice nurse] and [doctor's name] and I said I wanted a coil fitted from that I said to [practice nurse] could she help me and [practice nurse] said absolutely let's talk diets, she gave me some sheets of healthy eating um to keep a food diary for the first week um and have regular weigh-ins.

10: Yeah, it is a bit hard because I started my new... I so my injections and I started my new medication same time as I was losing weight um so it's a bit hard but yeah, it's got to of, definitely, everyone says I walk better now. Whereas before sometimes my ankle, though I don't get any pain with it, my ankle's would be quite...and my toes swell up quite a bit. But everyone says no, you know, you walk so much better

## 11

11: because of it and what I could see was the loss of some driving freedoms and some sailing freedoms, some other freedoms because my diabetes would mean I was down to

injecting and I didn't want to do that um you know, I don't want to lose a leg either but ah I think getting injections is sort of ah further up the tree than losing a leg um...

11: [doctor] told me my diabetes was getting worse

11: so I ought to do something about it so I did, I decided to lose weight

11: Dr said he couldn't have any more pills

11: Right, so going back to June sometime – can you describe to me the turning point where you said 'I am going to go on this diet'

Oh he said, I can't give you any more pills the next stop's injecting insulin – I said I don't want to do that and he said well you will have to lose weight then. So I decided to lose weight, not too difficult, you just stop eating and start exercising

11: [doctor] told me my diabetes was getting worse so I ought to do something about it so I did, I decided to lose weight

11: I feel better, I get less tired less quickly

11: I have come off half the pills, I am trying to get off more but I can't, I can't manage it yet, I've got another, I reckon I'd have to lose another 10 kilos to do that, I've got rid of a couple of them but I've still got about 8, well I'm about a hundred and ..... twelve the other day instead of 127 and I've probably got to get down to 98 so I've got another 10 – 12kilos which is what another, 2 by 2.5, it's another 2 stone, since I work in stones

## 12

12: It was it was two things really it was my knees and um the surgeon saying that it would help and it was also [doctor] actually saying you know come on um yes you talk about doing it but you don't do it and he had spent some time with me to try to encourage me so um um it was helpful yes ah you know ah it is not particularly here in St [place name], it is a fantastic, we have a fantastic practice um and the support you get from them is incredible and um they are lovely people

12: So going back to the advice you would give – what advice/support you would have liked to have received that would have helped you to start the diet and to also stay on it?

Um I think um um actually I had quite a talking to by the doctor um at the surgery and that was quite helpful actually I do think um ah you can you know you can be very, you can mince words but sometimes you've got to be told directly as it is and um um and actually I found that quite helpful actually, that was another reason why I did actually set out to lose it because um coughs

You were told

Well that is right and also um you know you can't hold the medical profession for something that you are responsible for really at the end of the day



So would it have been helpful to have had that talk earlier?

No I think cause I had been um its there are two things that you need to diet really one is knowledge and the second one is willpower and the medical profession can help you a lot with knowledge and they have done and they have been very helpful and that is useful um and I have had a lot of support from the surgery and um knowledge is essential to do it but it its not just knowledge it is the willpower to do it and how you effect somebodies willpower to do something is a really hard one and that's a that's a difficult one and its down to the individual

12: Well that's fairly easy because I have had a knee operation and I have had problems with my knee. Um an um I had an arthroscopy at the beginning of October um and it just it was just sort of something that said that you've really got to um take a bit of wait off

Your doctor or your clinician said that to you?

Well I've always been encouraged by my doctor and clinician but what made me go on it was that um I was going to have surgery and I wanted to give my knees a chance to respond to it

12: I think really I um it is an awareness you are right and I have always felt quite happy carrying the weight but more recently as the years go on you realise that actually it does effect your fitness and your health um and that it does have an effect I think you know in my earlier years I could carry it and it didn't prevent from doing anything and now my weight is preventing me from doing some things and that is another motivation. It is that is quite key to it.

**15**

15: And for you making your mind up you have those 3 factors – remind what they were

Feeling uncomfortable and unhealthy, um wanting to have a family, and the change in kind of my job, pride, I suppose it is pride isn't it more than anything

15: I was about 33 at the time so not, I won't say an old mother but a more mature mother, didn't fancy going through pregnancy and having potential added complications from the extra weight and so I knew for baby's sake that I would have to do something um and then the third issue was that I was going through a bit of a lifestyle change that I had been with one company for quite a long time and a boss that I was very very close to – he had then left – I had started my career with one company and not stayed very long, it was a very very tough environment, very aggressive, I had only lasted about 10 months, gone to another company which was lovely, met the boss I get on really really well with, been there for years, we have a really good working relationship, he then announced that he was resigning to go to the first company I'd worked for that I had not been very happy at but he, wasn't allowed to, but basically asked if I would go with him. So I was a bit 'oh goodness – I want to go because, let's face it, a nice boss is pretty rare these days laughs so I wanted to go with him, I knew he would... look after me, I am quite capable of looking after myself but we work well together it is a comfortable relationship but I did have massive reservations about going back to that company and because I had put so much weight on I thought the last thing I wanna do

is walk in and have everybody look at me and think ‘Oh my god hasn’t she put weight on?’ laughs do you know what I mean, I am already going to get comments about going back, the last thing I want is that added to it so it I think it was just those three things all happened at roughly the same time and that was it, the penny dropped.

15: I just found it easy to stick to yeah and I think my head was in the right place at that time as well, I had got to the heaviest I had ever been by quite a long way, my back was hurting, I was getting problems with my knees, I’d been speaking to [practice nurse] because my blood sugar had starting showing signs of shooting up um

15: and I think my head was in the right place at that time as well, I had got to the heaviest I had ever been by quite a long way, my back was hurting, I was getting problems with my knees, I’d been speaking to [practice nurse] because my blood sugar had starting showing signs of shooting up um

15: I don’t think it was one think I think it was a whole combination, I think it was ... probably three big things going on one was that I was the heaviest that I had ever been and I felt awful in myself, I felt tired all the time, I really.. bits of me ached all the time, I had back problems um and I just felt horrible and I hated looking in the mirror, I just looked like a blob and my self-confidence had dropped I think to the lowest it had ever been um in terms of ??? that kind of thing

15: I was getting problems with my knees, I’d been speaking to [practice nurse] because my blood sugar had starting showing signs of shooting up um

## **No change**

### **5**

5: Oh just me I felt no that’s enough I feel clumsy, not clumsy, I’m not uncomfortable but I just thought no, I don’t like the look of myself anymore I really need to ...you have to tell yourself things like that sometimes and it works.um but it takes so long and when you have lost a bit you know, of course [name] keeps saying to me, oh mum what are you worried for? But if you mention weight she’ll say it and because I know I shouldn’t be this heavy and she’ll say, mum, you are 76 she says I’d give anything to be like you are when I am 76 I says ah but that is not the point but perhaps I’ve been lucky. I says, cause you know all the odds should be against it. The weight really shouldn’t it if you think about it? And I touch wood it’s never you... I’m I have had ...I’ve ended up in hospital but nothing to do with weight, at all. And not caused by weight, it’s just been a ... so, um I don’t know.

5: To recap when you went to sw that was for health reasons?

Yes because the doctor had said about my blood pressure being so high and my aches and pains and they’d be all better, you know it would get your BP down – it didn’t, laughs the aches and pains were still there?

6

6: To look nicer. And to get, oh I don't have any problem getting clothes because you can get anything these days you know sort of goes up to a 32 or 34, so I'm laughing I can go too big. But um that did annoy me years ago I's say oh, you've got to pay a fortune for clothes but now it is much much easier so that pressure's gone, but yes, I'll try something on and I'll think I don't know – look a mess in this and you think you look a mess, that motivates you cause you think nah, I need a bit off here and I need a bit yeah, so that motivates you. But this [study] might just do it

6: I felt uncomfortable

6: So just to recap – what made you decide to lose weight?

Oh just me I felt no that's enough I feel clumsy, not clumsy, I'm not uncomfortable but I just thought no, I don't like the look of myself anymore I really need to ...you have to tell yourself things like that sometimes and it works

6: what made you suddenly decide you were going to lose weight?

I think I suddenly felt that that's enough I've had you know uh... It's about time I did something about it I never felt uncomfortable or you know which is a pity because that would have helped um I think just got it in a.... and I was so please when I was doing it.. I think it was about 3 months, no it wasn't that long I lost that [unclear] fairly quickly um, made you feel great, you feel oh and then you slip back and its stopping slipping back

6: I don't like the look of myself

7

7: Going back on time – you put on weight and then what made you decide to go to WW

Well I well I've got asthma so obviously the doctor said well lose a little weight, you will be able to breathe more better which does help

So, you've done ww – has the dr suggested other ways of losing weight?

No, not really

So you've had to come up with the idea?

Myself, meself, yeah, but my asthma nurse, I did say to her cause I had had a cold and it makes my asthma really bad I mean my lungs weren't doing a great job blowing into this thing and ah she said oh, she said if you lose a bit of weight, this was a couple of years ago, if you lose a bit of weight after, this was in between, after weight watchers and um sort of now, and she said oh perhaps you ought to lose a little bit of weight you know and I said well yeah so she said oh sl down the road they are free we can sort it out and it is free I said is it? I was quite interested in that yeah that would be good I wouldn't mind doing it

7: Yeah he could have because you know if everybody is going to go in there and they're obese why can't... why can't... I do agree that if you know if you can lose a couple of pounds that shows you are motivated to lose the weight and then you get the pills and that helps you a bit more and she lost quite a lot she lost quite a lot of weight cause I think she is still on them actually cause they, they are kind of like a fibrery pill and they and all the fat can you know yeah it is weird but I thought no and then he just said well you know for your back and for your asthma he said it would be good if you lose weight so and then and I said what about the gym and he said yeah well we can pay so much to that you know so and I said yeah and I will pay the rest you know and I went for quite a while you know I t was alright I used to love it there

**8**

8: Can you remember what helped you to lose weight back then?

I know what because they threatened to put me on insulin um for my diabetes. So I said I am sorry I'd rather lose weight and not have the insulin, that's what um got diabetes from, I inherited it from both grandmothers, next generation, my dad and my aunties, never um had it, but it came to me

8: Well because I'm going out and about with people uhh with my friends around here and um...going to go on holiday, don't want to be out of breath, I felt so much better when I had lost the weight umm and it's so near I think you get so depressed, after losing husband and family that made me put it back on again and so I'm gonna lose it laughs

**13**

13: Well at that time I was as heavy as I am now um and the I just felt I needed to lose some and I think probably [practice nurse] and [doctor] and that were telling me to lose some um and someone at work suggested a um sponsored diet and I thought oh I'll join up with the sponsored diet and um it was within a short well it was three months which I thought I'll never do that lose 2 stone in 3 months um and it was very um you know of people who knew me immediately were saying 'right we'll sponsor you' so I was beginning to clock up quite a bit of money and quite a lot of people that if I didn't do it then I was sort of ..laughs

13: No because at that time you see I hadn't been – I was seeing [doctor] because I also have heart problems but I wasn't seeing [practice nurse] because at that time it was before I got the diagnosis of the Type 2 diabetes um and um basically I have been seeing [practice nurse] regularly since that time but I was seeing [doctor] for the heart um and at – I am trying to remember was it around the time – I had to have a um oblation is what they call it – it is um where they, because I have an arrhythmia and they have this procedure now where they try to well they go in to the heart and they do something to try shock it into a normal rhythm or something and um and I've got a feeling that was part of the motivation that this was going to be done as well and it would be better and I am not sure, I may be, I may be separating or putting things together that are actually separated in time but ah I've got a feeling that that was happening around that time.

13 No, I need to lose I need to lose weight and the main reason I need to lose at least you know a stone or that is you know I am getting to the point with the diabetes I think where um I am at much greater risk of it being um of it becoming a more difficult thing um you know at the moment I am on metform which the main drug um but I have other friends who are on metform plus a drug and plus a drug and I've got a friend who told me the other day he has been told that he is going to have to go on to injecting insulin and I don't want to do that, not because I am afraid of needles but I just thought I just don't want to be doing that um and really I wouldn't want to have a combination of drugs um you know if the metform and myself can keep me stable then I need to keep the weight down in order to stay reasonable ok

**14**

14: Maybe that's it but yeah I mean before I didn't have a real I think the other times I've done it I didn't have a specific..you know they say silly things like buy a dress two sizes too small or something and aim for it..i couldn't even do do that I didn't have a proper focus a aim at the end of the ... and this time I have you know there's something quite important but ah needs to be done to get to I mean it is never going to be pain free I know that and the doctor has said I need new knees and that's the end of it but he also said you know the recovery will be quicker if I have lost weight as well you know things like that so it's quite a specific goal

14: Well yeah, I was getting to the point where I was you know in constant pain and nasty pain and I was just almost at just do something I don't take lots of tablets I try not to take I am a firm believer in mind over matter and I try very hard to do that rather than anything else but you know 'oh give me the drugs for goodness sake you know just give me something to to stop the pain because I was finding that I mean our patio here we've got this small raised bed all around the edge and I'd potter there for half an hour and I'd have to come in and sit because my legs were so painful and I thought well this is stupid you know I am not that old I shouldn't be you know working for half an hour and then I've gotta sit down for two hours to rest my legs because they hurt so much so yeah I went in a bit of a desperation of you know just give me some drugs to get rid of the pain laughs um and then I can carry on with my life you know so yeah that was it – desperation

14: I think it is but I think for me honestly it is the knees it's the pain,that is what keeps me going

14: Um they haven't actually but that's probably partly because of the weather I mean it been um I think you know they have played up but a no I have certainly felt better at having lost weight yeh yeh

14: think I mean medically I can't do any exercise now because I need two new knees that's why they sent me to sw to try and lose the weight to try and put off the operation because you know they say I am too young. To have it done because I would need to have it done maybe two maybe three in my life time replacements and obviously the more you have the less successful they are apparently each time so the doctor told me um so one of his parting words was – you could be in a wheelchair when you're 65 and I though no I don't really want that

because you know my youngest child will only be about 18 then s I still want to be reasonably active so this is my motivation at the moment and it is huge you know because I do have to use a walking stick sometimes um but I am noticing

## **Support**

### **Support from family and friends**

#### **Lost**

1

1: So I told his wife so she knew about it and um did exactly that, stopped smoking in May the first last year um and really exercised an awful lot last year in the spring summer and lost a lot more weight and then confessed that actually it was quite easy um and that was a really good motivation and then I think once I got pasted the stop-smoking thing within maybe 3 to 4 weeks of stopping my energy levels were huge compared to where they were so if I went out swimming maybe half a mile a session as a smoker but after I stopped smoking I would swim a mile each time and I'd swim 4 or 5 times a week um and found it very easy and of course, swimming a mile, a mile 4 or 5 times a week I mean you started to eat what you like then, I mean not, not exactly but you know you can be quite ah a lot less restricted in terms what you can eat so then I was then I was in the summer of 2012 and probably 2 stone lighter by then and just thought well this great, I mean just, I feel, I just feel so much better.

1: could lose 3 pounds a week in weight, 2 – 3 pounds as long as I saw that every time at the end of the week that I was getting lighter and then of course the is that I am going to have to go and buy pair of trousers because actually I seem to have lost a couple of inches around the waist, I was actually really happy about that. Um and then I kinda you know I've got some good friends who were positive about it and some good friends who were a little bit scathing in terms of you know 'you'll never do it' kind of thing so actually that was a really good motivation to ok I just gonna kind of prove them all wrong and particularly when, during this process by January through to – January, so I started in January and in March so 2 ½ months later I was going off with three of my mates for our one of our fishing holidays and I kind of, my mind set was, all three of them, good friends but in banter were kind of saying that 'you'll never do it' so I thought I going to get to go to the [place name] in March and I'm gonna be nearly a stone lighter and I'll show them and that's... so there was a kind of absolute focus so and that is exactly what I did and so of course when I turned up there and 2 of the guys hadn't seen me since I had started, like 'bloody hell mate' that is quite different

1: No because once I started... Once you saw results and once you saw you know literally, I could lose 3 pounds a week in weight, 2 – 3 pounds as long as I saw that every time at the end of the week that I was getting lighter and then of course the is that I am going to have to go and buy pair of trousers because actually I seem to have lost a couple of inches around the waist, I was actually really happy about that. Um and then I kinda you know I've got some good friends who were positive about it and some good friends who were a little bit scathing in terms of you know 'you'll never do it' kind of thing so actually that was a really good

motivation to ok I just gonna kind of prove them all wrong and particularly when, during this process by January through to – January,

1: and then thankfully my mother also um kind of bought into it in a way um as in she knew about my diabetes and she said ‘why don’t you get yourself a diabetic cookbook?’ again, a really obvious thing, ‘oh I didn’t think about that, yeah that’s not a bad idea, then for Christmas, no for my birthday which is in March so two months after I started she bought me these two cookbooks, and it’s the guy um Antony Worrell Thompson who is diabetic and it is really clear in terms of ‘this is what it is, that’s what the calorific content is and it’s like ‘oh ok, so I can actually you know ok I thought I can’t have a curry, because curries must be full of calories but actually you can have a curry it is just how you do it and what you put in it and the alternatives to what may use ingredient wise, so actually just having said so very simple step by step so I basically got into cooking from these two books for about 2 or 3 months and again, really easy

1: is just quite funny in a way that you can actually cook stuff and then thankfully my mother also um kind of bought into it in a way um as in she knew about my diabetes and she said ‘why don’t you get yourself a diabetic cookbook?’ again, a really obvious thing, ‘oh I didn’t think about that, yeah that’s not a bad idea, then for Christmas, no for my birthday which is in March so two months after I started she bought me these two cookbooks, and it’s the guy um Antony Worrell Thompson who is diabetic and it is really clear in terms of ‘this is what it is, that’s what the calorific content is and it’s like ‘oh ok, so I can actually you know ok I

2

2: I think to have people around you who are positive and encouraging is good I mean that is really that’s very supportive, I mean you know, my neighbour, my sisters, my friends, the surgery, they say, ‘ooh you do look thinner, you’ve lost weight. I – doesn’t that look nice, don’t you look nice in that – not doesn’t that dress look nice but don’t YOU look nice, there is a big difference 2 1

2: If the friend wasn’t there I probably wouldn’t stay. I’d stay for the meeting also because I am being paid to go and it only seems fair that I do the whole caboodle but it wouldn’t worry me not to

9

9: I mean I did used to do a lot of walking as well I mean I think I have walked every footpath around [place name] you know so um you know I would go out and do sort of up to 5 mile you know um and again it was um ...it really is if you can find somebody else to go with.... They had they did have a walking club in the village and it is like a lot of things, you say, I ought to go on that on a Wednesday afternoon and I think it was being run in liaison with the doctor’s surgery at the time um but that’s stopped because of people like me I guess not doing it so not many people doing it and...so it just folded now. Um but I mean if somebody said to me... the only trouble is with them they are not a... they are more of a stroll rather than a...I mean to lose weight you’ve got to sort of you know brisk to lose, to burn off any energy anyway 9 1

9: It did and you know my stomach what is good when you see people around and they say 'have you lost weight? You know and you think cor, it is noticeable

9: Um, oh,.....I mean I stopped going only possibly two years ago um and I started doing voluntary work in a charity shop and driving the ah the mini buses in [place name] and you know it's sort of, it's just tending to sort of fit it all in and but and it's not on a regular basis now, but we have bingo and we just, I just started going again um, really for encouragement for my son because he has put on a lot of weight and he wanted to go to the gym so and I must admit that I do find it easier um if there is somebody else going then you will go but if you are sat here and you've gotta drive 7 miles you'll think oh I won't bother to go today so um I mean we, we have lapsed since about February but we were only talking about it last week saying that we really ought to start going again you know so, ah, I mean id didn't give it up it's just fitting it in

10

10: Um, I don't fail, I just think it is your mentality. When I gave up – nobody thought I'd give up smoking and I did it on my dad's birthday because I, and I told so many people I think that is a key thing. Before everyone is don't tell anyone you are dieting really don't, and I told everyone I knew I told so I didn't um, and that way I knew, if I went out of the office and had a chocolate bar I knew that everyone would be like Ooh she already given up,' so as many people as I told um that actually helped me and I just don't do failure and I really, I can't fail and I am a bit um, I suppose I've got a bit of an addictive personality somewhere in me that whether its um whether it's smoking or eating and when it comes to smoking and giving up I suppose I am just the same, I can't fail really, I don't know I just don't think I like...

10: I think now, and even back then, I think it is just being aware knowing your circle of friends, sometimes it might be actually avoiding your circle of friends as some points um, I used to go to dinner every Wednesday night with our school friends um, I don't do that any more because so now I can, now I know I can go out and drink water um so but at the beginning I avoided going out really to meals I didn't need to go to

10: Um, I think tell as many people as you possibly can, don't keep it a secret, be prepared for people wanting you to fail because those people that want you to fail they will be offering you everything and you ...just be prepared for those people, keep a food diary, that is really important um have the support and I think whether that is your GP or WW or what works for you, so I am not against WW or SW just didn't work for me but I think you definitely need a support group whether that is your doctor or another support. I think sometimes, don't feel bad, if you , like now, I will have a jaffa cake if I want a jaffa cake, I won't have a pack of jaffa cakes and so that is the difference, so I will have a handful of kettle crisps you know but for me it was for 3 months it was avoid all those things, don't have crisps, don't have chocolate, have that, I knew that I was going to get hungry so I had granola and low fat yoghurt and everyone was like 'granola is very high in fat' and I was like, it is going to keep me full and its... I am going to have 25 g of it and low-fat yoghurt and it did keep me fuller for longer. Always have fruit all the time, I always have fruit in my bag and a bottle of water.



I never ever had a bottle of water and now I always have a bottle of water I think that is a real key thing as well. Um, don't skip meals

10: No, but it is the truth. You are not gonna, you are not gonna say. And I really think I started to realise that I was shopping in fat shops and my husband was fantastic, knowing that January the 7<sup>th</sup> was the day I went back to work after Christmas and that was the start of, that is when it is all going to happen so for Christmas [husband] £[amount] of [shop name] um vouchers and a personal shopper in the [shop name]. Of course [shop name] don't do big sizes so I was like I'm either going to have these vouchers and waste them um so then I started to lose lots of weight and from March um [husband] topped it up to £[amount] at [shop name] so we are going, not this Saturday, Saturday after we are going up to spend it all, yeah, so [Husband's name] is fantastic, when I gave up smoking he bought me a laptop so I would have something to do and so he bought... I got into card making and making things and he'd go out and buy lots of stuff, so to be honest [husband] encouragement, to have somebody supportive at home, I mean [husband's name] great you know I will say to him you know I've had a really like heavy week, it was like when I went out and got really drunk and it didn't work with my medication so I had to come and check my medication so it's like a bit of a nightmare but even then [husband's name] is like you know you haven't done, you don't realise how much weight you have lost, you could probably drunk 3 bottles of wine it probably wouldn't even have affected you, he said you have lost so much weight, that is why it has affected you so much so

10: I think [husband's name] is really good, my husband is really really supportive um so as soon as we got in to the portion sizes he was very good um I don't, I suppose seeing other people doing it as well knowing that ...I suppose seeing [name], my neighbour, doing it was almost 'it is achievable' um so I think support, I think that is a lot of it is support, tell lots of people support. 10 1

10: My dad's really good, my dad's great on the earlier days I'd phone up every Thursday and tell him how much, how much I'd lose and he'd be oh that is really good. And it was sort of the same as, it's all...i suppose it is like your dad it's that approval, you are doing really well and your dad saying oh well done I suppose it takes you back to when you were a bit younger and they are really proud of you.

15

15: some people do it and don't tell anyone but I have no idea how they get through that um but everyone knew I was doing it and actually everyone was very very supportive um and whereas in the past I have done other diets and I have almost found people tend to try and tempt you off it and say 'oh you've had one little thing why don't you have another one and try and push you and see where your boundaries are because it was so black and white there was absolutely no way you could, well you could cheat obviously, you can cheat, but it is such a black and white diet there are no shades of grey, this is what you eat and nothing else, I just found it easy to stick to yeah and I think my head was in the right place at that time as well, I had got to the heaviest I had ever been by quite a long way, my back was hurting, I

was getting problems with my knees, I'd been speaking to [practice nurse] because my blood sugar had starting showing signs of shooting up um

15: And you found people supportive in telling them

Amazingly supportive, amazingly supportive, interestingly the few people who weren't, who were a bit funny about it were other the larger ladies who were also struggling to lose weight which I can kind of understand

15: Um, with difficulty I have to say um, I tended to avoid going out for meal s um I could go for drinks and obviously on the diet if you feel limited in what you [speaks to son to ask him to be quiet) um you can only really drink water um fizzy water or tonic water so that was quite difficult pretty much all my family and friends knew I was doing it – some people do it and don't tell anyone but I have no idea how they get through that um but everyone knew I was doing it and actually everyone was very very supportive um and whereas in the past I have done other diets and I have almost found people tend to try and tempt you off it and say 'oh you've had one little thing why don't you have another one and try and push you and see where your boundaries are because it was so black and white there was absolutely no way you could, well you could cheat obviously, you can cheat, but it is such a black and white diet there are no shades of grey, this is what you eat and nothing else, I just found it easy to stick to yeah and I think my head was in the right place at that time as well, I had got to the heaviest I had ever been by quite a long way, my back was hurting, I was getting problems with my knees, I'd been speaking to [practice nurse] because my blood sugar had starting showing signs of shooting up um

15: all my family and friends knew I was doing it – some people do it and don't tell anyone but I have no idea how they get through that um but everyone knew I was doing it and actually everyone was very very supportive

### **No change**

7

7: I Well I well I've got asthma so obviously the doctor said well lose a little weight, you will be able to breathe more better which does help um but I am quite active really I mean I've been cleaning, I've just cleaned a house today, 5 hours non-stop you know but I've got a bit of a dodgy back so that plays up when I've done that because the hoovering I've got a competitive this side of me is all stiff and every so often I've got to go to the chiropractor to have it sorted um but it was, it was... my sister said oh shall we join and I say yeah let's go for it and I joined before her and then about a couple of weeks later she joined and she lost quite a lot of weight as well and you can eat what you like with WW it seems to be like you know a portion of chips you can have you know

7: Well it was just it.. it was just the fact that my sister was going as well you know and we used to have a laugh of course and then I used to meet people down, friends that I knew from the village so that was quite good and then my other half would go and.. and then we'd come

out and we'd say ooh I can have chips tonight, not fish but I could either have fish or chips but never the two on the same go um you could even have a burger if you wanted to and I would say oh yeah that would be great you know we will go down and have a burger now and take it home you know it is hard work but it was just their thing it is all there in the paperwork its mad

14

14: but I have noticed this time and this is no disrespect to my husband at all but he is you know a farmer, different way of life isn't it, meat and two veg, cooked breakfast der de der de der, he um is very supportive this time whereas before it was oh you only need will power! You know, that is all you need, nothing else you are just lacking in will power, if you had any will power you'd be able to lose weight just like that. Um but it is not just like that you know if you have a tendency to be overweight, I don't know if there is a medical you know you read things about bran fat and all sorts of wonderful things don't you that are supposed to be you know pertaining to being you are either going to be overweight or you are not but I mean you can't blame you know you've got to be able to do something about it

## **Support from Health Professionals**

### **Lost**

2

2: Well I had gone in determined to lose it because I had already spoken to my own doctor about it and he had said you are going to have to lose some weight and so I can do this you know; but I need to get on to the, in to the system um and my own doctor was very supportive, you know, he said, um , come and see [practice nurse]

2: It is not that it wasn't helpful, I mean my GP all along had been saying that you need to lose weight. BPs too high, it would help if you lost weight, I knew that, I just wasn't motivated to lose it and you know, it, he showed me the graph that tells you whether you are more likely or not to have a heart attack, I know all that, I mean I know it. I was aware of it, I know it I , you know I just didn't care that much, I can't think of anything that was said to me by the doctor or the nurse that would motivated me any more than ..no, I can't you see...I think it was all up to me

4

4: Yeah, so but I might take the option of the doctor to back there and get weighed every couple of weeks it is just having that, I think you need some sort of commitment to do, to get weighed and the doctors said you can come every week, you can come every fortnight, whatever so I might take him up on that option I am due another diabetic check the middle of June so I. o think when I go there I will say to her right, ok I think I will take you up on the option, on that.

4: Um, this surgery is pretty good to be fair and the nurse down there will, she offers all sorts of things, and you can go and get weighed free of charge and all this business and she gives out quite a bit, a good bit of advice um you know and they've offered, they've offered you know if you wanted to go and talk to somebody about a gastric band and all that sort of stuff, it is all on the cards. So I can't really knock the surgery at all, there is the support there if you want it. Yeah, you know, this latest doctor, this do[doctor], to be fair, I haven't had a lot to do with, it was the dr previous to him, [doctor] yeah, but whenever I have been there for diabetic checks I'm always...

9

9: the hospital used encourage you to go to the gym because I used to have to go to [town name] to go to the gym you know they put you on the treadmill and all that sort of thing and the hospital would encourage you to go to the gym as well um so I always knew that was something that I ought to do because it really is trying to get your old pulse rate up and you know put your heart under a bit of pressure you know. So it was just you when the doctor suggested losing weight and said that exercise would be good for you it was just a reminder that perhaps I ought to get back to the gym again you know um

9: Um I think one of the things was actually going to the gym um and ah I don't know whether it is a national sort of thing but they run certainly, certainly with our doctor you get this – you can go to the gym for 10 weeks, um, you get a reduced rate uh the gym, certainly the Leisure Centre in [place name], they look after you, they weigh you, they take your blood pressure and that you know on a regular basis and they report back to your doctor on their findings as well um and um you know that was good because you were getting encouragement from their side as well um and you could go as often as you like, once a week, twice a week, three times – as many times as you want to um and as I say it was at a reduced rate because it was being done in liaison with the doctor I mean really, one of the things I thought of, I mean it wasn't really long enough because it was 10 weeks and then at 10 weeks you had to make up your own mind what you wanna do – do you wanna join the gym when in fact you know when you are doing it for medical reasons it is a shame that they can't keep it going, keep it going, you know it is all, it seems it is just 10 weeks and then you know you decide do I want to keep going to the gym or don't I you know and then you have to join the gym and pay a lot of money

10

10: so doing it through [practice nurse]... maybe it is because of, cause it is at the doctors as well its documented so... cause I have a lot of hospital appointments and that, everywhere I go they can see my progress. So um I don't know, [practice nurse] always does these charts for me so she can show me where I am and where I am going and maybe, I don't know, it is a one-on-one so although I tell everyone about it, it is still quite a personal thing and I just think the whole WW, I just couldn't do it. I just couldn't, I couldn't commit to it I think that is it.

10: [doctor] and [nurse] sort of had this process going but I mean as soon as I've lost the weight as soon as I go to [doctor] with either of these he goes ah that is amazing, you have

lost a lot of weight, you look fantastic, I am thinking well, yeah, but you didn't tell me earlier, you know, it really should be because no one close to you is going to say, you know what, you are fat and it is like someone said to me the other day 'why did you lose weight?' and I said because I got so fat' and they were like oh, and I thought well, you asked I said it is only the truth. Why have I lost weight? It was because I was fat and I needed to get like healthier and people are like Oh, OK then

10: Yeah, yeah, I probably did, if somebody had said to me [name] you know we seriously need to look at your weight your BMI is this, I wouldn't have had a clue what my BMI was until I had gone to see [nurse] and we sort of looked at it and we checked it out and then we thought ooh goodness you know that is really high but being, especially with me, being so close under the doctors and how much I have with doctors and specialists somebody really should have said to me you know, look you have had your children now do you want us to help, you know, or even if they had given you some healthy eating you know, nothing, nobody said anything.

10: I am surprise actually from me going to visit the doctors that no one had actually ever mentioned to me that I was overweight and nobody had ever and even, and the fact that I see a rheumatologist which now it's all brilliant, it is all good, how are you, you must be feeling great. No one ever said to me at any point do you know you are actually really overweight and would you like us to help you lose weight – no one ever and it was all, the same with the smoking, if someone had said to me how disgusting I smelt when I smoked I think I would probably have given up 3 years before because if I had known that I really wouldn't have smoked. Um if somebody had said to me do you know that actually you are really overweight which nobody would really do, apart from your doctor should say to you no, and the fact that I had been weighed at every appointment, especially at the hospital every little appointment, every three months I get weighed

11

11: Drs helped me look at what I was eating

12

12: It was it was two things really it was my knees and um the surgeon saying that it would help and it was also [doctor] actually saying you know come on um yes you talk about doing it but you don't do it and he had spent some time with me to try to encourage me so um um it was helpful yes ah you know ah it is not particularly here in [place name], it is a fantastic, we have a fantastic practice um and the support you get from them is incredible and um they are lovely people

12: Yes, yes, and it is very ah very helpful um and I think you know um um the um the dietician at [surgery] has helped me look at what I eat and has sort of helped me with that so um I do look at that um and um I suppose it is sort of my my battle is being a bon vive and a um and being sensible about what one eats.

12: Well um um ah [practice nurse] very kindly gave me some sessions, I probably had 5 sessions with her um and um and that was really helpful to ah to increase my awareness and it

was [practice nurse] who recommended that I go and look at Nurticheck um and um you know [doctor] has talked about um I am trying to think if the name the really big diet organisation ...

12: Um.....the only thing is.....the loss of things because of this, Well I've always been encouraged by my doctor and clinician but what made me go on it was that um I was going to have surgery and I wanted to give my knees a chance to respond to it

15

15: [doctor] was not very happy that I was on that diet (LL) laughs and had become pregnant – I had my wrist slapped slightly – he was like ‘you are coming off that diet and you are eating 2000 calories a day’

### **No change**

7

7: Yeah he could have because you know if everybody is going to go in there and they're obese why can't... why can't... I do agree that if you know if you can lose a couple of pounds that shows you are motivated to lose the weight and then you get the pills and that helps you a bit more and she lost quite a lot she lost quite a lot of weight cause I think she is still on them actually cause they, they are kind of like a fibrery pill and they and all the fat can you know yeah it is weird but I thought no and then he just said well you know for your back and for your asthma he said it would be good if you lose weight so and then and I said what about the gym and he said yeah well we can pay so much to that you know so and I said yeah and I will pay the rest you know and I went for quite a while you know I t was alright I used to love it there

7: Yes, yes, so I went there [leisure centre] for about 16 weeks to do you know 10 minutes on this and 10 minutes on that and then 10 minutes on that, because I've got a bad back they laid me on the floor and did an exercise for the back then I'd start on one of those round balls and stand beside the wall and you know it strengthens the back a bit and I used to go on the bike for 10 minutes and then on the old cross trainer thingymabob yeah I was doing that for quite a while yeah um the doctor in fact I went to see the doctor and he and they paid yeah they paid so much

8

8: Um.....i just think encourage um if ... [nurse] very good down at our surgery and um when you go in and have a check, I do with my diabetes, um she's very good ‘keep it up’ you know, the computer, seeing the on screen the charts and when she shows that they are coming down it is good mmmm mmmm

13

13: I don't know if it would but um I think once I got started it wouldn't take me long to get into the feeling of enjoying it ... I mean again, [doctor] is wonderful really because I mean he has given me a prescription for the gym and you know that started me off really, that was, this is going back long long time um because I had never really been in a gym for

some... apart from being at school and um and he gave me this prescription and all that to take down to [place] leisure centre and they were running this scheme um and I've you now that is what got me into it, I've quite enjoyed going there, I didn't quite, there is something quite um I don't know calming about standing on a treadmill and just walking there and I can walk more on the treadmill than I can if I go out and walk yeah it is strange laughs

13: No she talks about it in terms of um she talks about it in terms of kilograms I talk about it terms of stones and pounds laughs so but so it usually is around we have a discussion it usually is around 'you've lost a little bit or you've put on a little bit and um and then she will talk to me about healthy eating um and I'll say to her 'oh, yeah I know what you are saying' um and that and I'll go away and I usually have good intentions and then and then it doesn't quite doesn't quite happen. She doesn't talk about BMI she does talk about the dangers with the sort of shape that I am you know because you know I carry most of the weight around my middle um and you know there are she does talk about that.. I can't remember the word she uses something fat there is ... I can't remember now... but it's not in a good place um and you know she continues to sort of say to me you know it would be good if could move some of that you know

13: So when you see [nurse] what kind of advice do you get – eating?

Um I mean yeah, I mean she has said that we have, we've had discussions around you know healthy eating, I've had healthy eating brochures um and leaflet and she's talked to me about meals and like what's ... what are the sort of easy meals because you know I have talked to her about the same problem about coming in in the evening and just wanting to put something in the microwave and one of the things she has said and I haven't really got into or tried really is saying well you know maybe she said maybe at the weekend think about the week ahead um and maybe you can prepare somethings at the weekend which are then just there for you as you go through the week and it is the same as you know throwing a microwave meal in it. But you've prepared it before hand and you can freeze somethings and so on so I mean she has talked to me a lot about about doing that and suggested meals and things but I just, I I think it is laziness laughs

13: Are you currently trying to lose weight?

No I am not and I am going to [place name] on Monday so I am not saying that I am going to start either

We go right down to the south ...

But it is interesting because I there quite a lot, there is a group of us who have a house down there and I go down 3 4 times a year and I always lose some weight when I am down there and the reason is I love to go walking by the sea, I eat lots of fish, um I eat lots of salads and things like that, I don't eat a lot of pasta um or pizza, I do occasionally, it is much more healthy much healthier, and I find down there the choice they have for instance in in the supermarket in terms of fish and meat and chicken and oh all sorts of things and then the vegetables are you know they have, I mean [place name] feeds [place name] with vegetables

so, also I do a lot more, I am more active when I am there and I don't think I drink as much as I do when I am at home

14

14: Yeah [doctor], well I saw [doctor] first um and he said he would refer me to go and see [nurse] about diets and so I went and saw her um and we got talking and she said about the you know the referral where the Drs can refer you for 12 weeks so that is what I am doing but I will definitely keep going afterwards definitely

### **What else could HPs have done?**

#### **Lost**

1

1: Yeah, looking back, they were very nice and they were very very diplomatic and they were absolutely wrong in my view of being so damn nice about the situation. I know going back to the fag packets and the graphic images of what your lungs look like in 20 years' time I think GP or people within the health service that I would sit there and say you know what this is what is gonna happen yeah? This is your life, I mean have a ?? have a discussion, a questionnaire whatever it may be and then the conclusion is 'if you carry on doing this – that is the outcome, yeah? And you might be fine this year and you might be fine next year but actually that's not sustainable. And I think they could have been a bit more punchy, I mean for me it all started off with effectively medication a a mobile medical for a life policy where a nurse came to my house and did a few tests and what have you and I think it included a wee test and then she said Oh that's fine, oh there is a little bit of blood in it or something, I can't remember, so you must go to your GP and within a series of tests, a fasting test, this that and the other the end of it he said you know having gone in half a dozen times, he said to me 'well the conclusion is, what we think is, you are probably slightly overweight' I was like 'well, no shit!' I've got a mirror so I've had 4 days off work and you are telling me that you think I might be fat, well, I wear a pair of trousers that are a 38 waist and my gut hangs over the top of them, so yeah, I. I with you on that and at that point I think you know it was nearly a comedy moment but it should have been this is what is going to happen. You can't ignore type 2 diabetes and hope that you're the one in a million that it somehow magically reverses yeah? Um by a a it won't.. it's gonna go in one direction and I wish they'd have said that at the time. Cause I just thought, I never thought the medication was going to step up and I just assumed my reading was at a bad level I never thought that it would continue to get worse. And I think be more punchy, be more honest about things and don't you know, I know that being politically correct and being sensitive to situations with people – no, I think it should out and out, you know, shock them all, so, but I am guessing GPs don't have time to think about such things I would imagine that you know there isn't enough diabetic nurses out there uh they are reacting presumably to those diagnoses that have taken place as opposed to being perhaps involve at an earlier stage um so maybe there's just not the resource out there so... in an ideal world that is what I would like to see happen for you know for somebody else but I think that I may be in the minority had the sense to see for what they had said in the most polite possible way over whatever period of time what was actually going on and then it was



suddenly the penny dropped and it all fell into place one day for me um but I wish, but I mean , I wish somebody had said two years earlier that you ... but then I am hear now so it is all fine.

1: I do think we have to scare people more and there is a duty of care or a duty of responsibility, um, to a certain extent in terms of people taking responsibility for friends and family, as in, I would have no qualms of speaking to friends of mine who I felt, well my best friend Chris is substantially over weight ad he has a few health problems and you know he has started to do a bit of exercise but you know, but he needs to do more and I will quite happily you know say my piece you know, he drinks way too much and doesn't do enough exercise and needs to be doing more of what he is doing um but I imagine he'd be in the BMI 30 plus bracket and he's constantly there, there would be very few in there that actually are a victim of something, the majority of people are they just simply they haven't got the right motivation or they haven't got the will power to basically see it through because surely it is quite simple, if you don't put it in t your body and you do something about moving your body at some point you have to lose weight

**10**

10: [Doctor] and [practice nurse] sort of had this process going but I mean as soon as I've lost the weight as soon as I go to [doctor] with either of these he goes ah that is amazing, you have lost a lot of weight, you look fantastic, I am thinking well, yeah, but you didn't tell me earlier, you know, it really should be because no one close to you is going to say, you know what, you are fat and it is like someone said to me the other day 'why did you lose weight?' and I said because I got so fat' and they were like oh, and I thought well, you asked I said it is only the truth. Why have I lost weight? It was because I was fat and I needed to get like healthier and people are like Oh, OK then

10: Yeah, yeah, I probably did, if somebody had said to me [name] you know we seriously need to look at your weight your BMI is this, I wouldn't have had a clue what my BMI was until I had gone to see [practice nurse] and we sort of looked at it and we checked it out and then we thought ooh goodness you know that is really high but being, especially with me, being so close under the doctors and how much I have with doctors and specialists somebody really should have said to me you know, look you have had your children now do you want us to help, you know, or even if they had given you some healthy eating you know, nothing , nobody said anything.

10: I am surprised actually from me going to visit the doctors that no one had actually ever mentioned to me that I was overweight and nobody had ever and even, and the fact that I see a rheumatologist which now it's all brilliant, it is all good, how are you, you must be feeling great. No one ever said to me at any point do you know you are actually really overweight and would you like us to help you lose weight – no one ever and it was all, the same with the smoking, if someone had said to me how disgusting I smelt when I smoked I think I would probably have given up 3 years before because if I had known that I really wouldn't have smoked. Um if somebody had said to me do you know that actually you are really overweight which nobody would really do, apart from your doctor should say to you no, and the fact that

I had been weighed at every appointment, especially at the hospital every little appointment, every three months I get weighed

10: Um, yeah, I don't know, I didn't know that [practice nurse] really was a dietitian, I didn't know that is was something that the surgery promoted so I suppose promoting, if it is something the surgeries can support I think that's probably is, cause I know when there was a big thing about giving up smoking all those years ago it was always really well documented and I know you've got change for life now and that's something that is happening more but I just think so many people would do it because especially now time is so crucial and that is one of the main things is not going to WW or because I haven't got, I really haven't got the time and it just wouldn't, it's not gonna happen and um so I think definitely something there because it is just popping in to your surgery on your way home and being weighed and having that um convenience I suppose, it is just so much better um than, well I think than coming home at half four and by the time you ....

**11**

11: Um.....the only thing is.....the loss of things because of this, because of it and what I could see was the loss of some driving freedoms and some sailing freedoms, some other freedoms because my diabetes would mean I was down to injecting and I didn't want to do that um you know, I don't want to lose a leg either but ah I think getting injections is sort of ah further up the tree than losing a leg um...

**15**

15: So is there nothing they could have said might have made that decision come earlier for you?

Um, .... I'm not sure, I mean whether we had picked up on my blood sugar a bit earlier um and [practice nurse] was very good about sort of explaining the consequences of that and what diabetes might do and what it might look like and what we would need to do and how actually through diet, because of the stage I was at, I wasn't, I didn't have diabetes but I had , I had just tipped over into the high blood sugar levels and how we could really stamp on it now before it ever got out of hand and I wouldn't have any problems in the future um so that was quite useful but I think everything is a matter of time, it was just one of those things that it happened to be then that we found out that my blood sugar was quite high, I can't even remember how we found out to be honest or why, ... I can't remember, I really can't remember why we found out, ... um oh no I can, no I had a medical at work so yeah it just happened to be that that was the timing um

**No change**

**3**

3: Is there anything that a doctor's surgery, nurse, hospital, HPC, is there anything you feel they could do that would be helpful in some way

Well, you see this is all back-handed really because I am actually going to see a surgeon on um, she's, um which is ridiculous is on Monday and that's because [doctor] kept saying to me

you know you are fine now um maybe you should go and see someone but I don't want anything drastic done I just know that probably I, it would be better if I did and I don't know how well that is gonna go because I think I might come across completely wrong I think what would be good for me would be a temporary solution to reduce the size of my stomach um and then remove that solution so that I could just lose some weight and then that would probably be the best solution for me so I don't fancy a gastric band or anything like that but they do these sleeves things and they've got these balloons they can put in and remove them that's the easy option for me and I know that involves some sort of surgery but that to me is probably the easy option

5

5: Yes, I think you do have to feel good I do think a lot of the time people go to the surgery and the doctor says 'lose weight' and that's where it ends and normally it's a critical 'YOU NEED TO LOSE WEIGHT' instead of being encouraging and maybe, I don't know how you'd put it, but maybe you really ought to try to lose some weight is there anything we can do to help or, making you feel good about yourself, you know it is not always your fault but if you could try- and exercise is another thing, I mean we, we loved exercise – cycled, walked, and hobbies, gardening, I still love gardening but I can't do it this much now because of the arthritis

5: I feel that I am a criminal and that I've been ... you feel that you've been...oh so lax and so you know. I always think what do they think we do all day – do they think we just, just because we are old we sit in a chair and watch the tv and twiddle our thumbs and wait for the next meal to come along which we have never done.

5: I think first of all, not be critical, because you always get this feeling it is your fault and you don't know why it is your fault if it is your fault. Yes I can see why someone who sits in a chair all day and eats nothing but junk food and drinks cans of drink, yes, that's not good for you, but when you lead a perfectly, what I think is a normal life and you still put on weight and the doctors appears very critical and 'ok, it is your fault, lose some weight' you want encouragement without being criticised too much and much a sense of humour to help you over the really tough spots um you need encouragement. I can't think how else they could help you, only really you do need that encouragement to keep going with it. And maybe be able to talk to someone and say at the moment I am finding it very difficult because I am feeling low and when you feel low you don't concentrate on what you are eating so much and it is easier to go and get something, not that we have much ready-made food but um, we don't even have much, we don't have ready-meals in the freezer, but something that is easy, especially when you are tired and you are feeling low, it is better.. and sometimes the easy foods are the most fattening foods so encouragement to get over those spots where you are feeling low um and encouragement when you have lost weight laughs and you feel good and you know you do feel good when you have lost some weight and you don't want...I don't think anyone wants to be overweight really and truly

5: it is not until you see yourself, I mean when I say to someone I am a great grandmother now and then I think God, where did all those years go? Laughs daughters, grandsons, and

now a great grandchild and then we think how lucky we are that we have actually managed to reach this age and that we can still move about let alone you know... do we have to be, I don't think that we should be made to feel guilty at our age because we are overweight, I think we should be encouraged to keep our weight down but not made to feel guilty because you have reached that age and you are overweight and if you don't you'll...it makes you feel a lot of it is, you are going to cost the national health a lot of money if you don't keep yourself healthy, well ok, we have managed to reach this stage keeping reasonably healthy – at some point we've got to start going downhill laughs, hopefully not yet, but at some point we are going to start costing the national health money and you feel that ok we are trying to do our best, encourage us to go on doing our best. Seeing a lot of young girls going about now being grossly overweight, I do feel sorry for them because I feel that they are storing up trouble for when they are older but if you have managed to keep healthy and fit all your life and kept reasonably slim you are not putting quite so much strain on your body hopefully, I think I have worn mine out with all our exercise but um you know, surely you've not done too much damage to it over the years so please don't criticise now that we have reached this age. You know, it is encouragement.

6

6: Is there anything else that a doctor's surgery or health professionals could do to help?

6: Well the only thing is frighten me really, that would work, but um when you go to the doctor and he says well for 76 that bp is unbelievable and I haven't gone diabetic and my cholesterol is very low ur and everything is you know, you think oh so that is good, so that sort of takes a bit of the worry away which is perhaps not a good thing perhaps if they, if he'd said to me ooh, your sugar is getting a bit high, but it is not. but then I don't a lot of you know [sugar] but then if diabetic you don't have to eat a lot of sugar all the time you get it anyway if you are going to get it. I mean my husband's got it but that has come through his family because [daughter's name] got it. Um cause they found out that [daughter's name] had it, the other doctor found out, she called us straight in, both of us, I said I don't think I am and course I wasn't and [husband] had, he was nowhere near as high as hers but it is there so it must come through... and yet my son hasn't got it he is like me. He's not diabetic and he hasn't got any cholesterol and as I say he should be, he is huge

7

7: Yes, yes, so I went there[leisure centre] for about 7 weeks to do you know 10 minutes on this and 10 minutes on that and then 10 minutes on that, because I've got a bad back they laid me on the floor and did an exercise for the back then I'd start on one of those round balls and stand beside the wall and you know it strengthens the back a bit and I used to go on the bike for 10 minutes and then on the old cross trainer thingymabob yeah I was doing that for quite a while yeah um the doctor in fact I went to see the doctor and he and they paid yeah they paid so much

7 Yeah he could have because you know if everybody is going to go in there and they're obese why can't... why can't... I do agree that if you know if you can lose a couple of pounds that shows you are motivated to lose the weight and then you get the pills and that helps you a bit more and she lost quite a lot she lost quite a lot of weight cause I think she is still on them actually cause they, they are kind of like a fibrery pill and they and all the fat can you know yeah it is weird but I thought no and then he just said well you know for your back and for your asthma he said it would be good if you lose weight so and then and I said what about the gym and he said yeah well we can pay so much to that you know so and I said yeah and I will pay the rest you know and I went for quite a while you know I t was alright I used to love it there

7: I said how did you lose that weight then [name] oh she said the dr gave me some pills and he gave her some pills and they make you go to the toilet and they sort of soak the fat up I don't know what they are called I don't know so I went to my dr and I said can I have some of these pills you know I don't know what they are called he knew what they were yeah well he said yes you can he said but you gotta lose ah a few pounds of weight first he said if you go for a week and lose 2 pounds then we will give you the pills to to carry on because you gotta lose the weight first to prove that you can lose the weight so I didn't get them because I thought no I am not doing it, this is before ww then I thought.. then in the end I went to ww so yeah So could they have been more helpful do you think in giving you those pills?

8

8: Um.....i just think encourage um if ... [practice nurse]'s very good down at our surgery and um when you go in and have a check, I do with my diabetes, um she's very good 'keep it up' you know, the computer, seeing the on screen the charts and when she shows that they are coming down it is good mmmm mmmm

13

13: So going back to the gym would be easy for you ?

13: I don't know if it would but um I think once I got started it wouldn't take me long to to get into the feeling of enjoying it ... I mean again, [doctor] is wonderful really because I mean he has given me a prescription for the gym and you know that started me off really, that was, this is going back long long time um because I had never really been in a gym for some... apart from being at school and um and he gave me this prescription and all that to take down to [place name] leisure centre and they were running this scheme um and I've you now that is what got me into it, I've quite enjoyed going there, I didn't quite, there is something quite um I don't know calming about standing on a treadmill and just walking there and I can walk more on the treadmill than I can if I go out and walk yeah it is strange laughs

Um I mean yeah, I mean she [practice nurse] has said that we have, we've had discussions around you know healthy eating, I've had healthy eating brochures um and leaflet and she's talked to me about meals and like what's ... what are the sort of easy meals because you

know I have talked to her about the same problem about coming in in the evening and just wanting to put something in the microwave and one of the things she has said and I haven't really got into or tried really is saying well you know maybe she said maybe at the weekend think about the week ahead um and maybe you can prepare somethings at the weekend which are then just there for you as you go through the week and it is the same as you know throwing a microwave meal in it. But you've prepared it before hand and you can freeze somethings and so on so I mean she has talked to me a lot about about doing that and suggested meals and things but I just, I I think it is laziness laughs

13: Um, you see I am not sure they they can do more than they do um in that they provide you with the information, they explain to you the um the benefits um they encourage you they show interest in you, there are very good at reinforcing positives and I mean I I don't know. I've often wondered well maybe I could you know is there a a weight loss drug or something that I could have I mean you know [doctor], he would never go down that route so I haven't even asked him really but I mean I think he he um, he's as positive as she is in terms of 'got to do it' he can be a bit more, I think a bit more harder on me because he.. you know I've got to have as time goes on I've got to have a um possibly have a valve replaced and you know its its more like a matter of time so the consultant said and um you know rather than anything else, so I mean he will say me you know 'unless you do something about your weight you know you are going to make that much harder on yourself cause it is sort of inevitable that it is going to happen at some time and it would be much easier if you could lose lose the weight because then you will make a better recovery than you would as I am so I think he, he, he sees it more from the the sort of heart side and the sort of impact it is going to have on me in terms of recovering particularly as I get a bit older and um that's his motivation very much for me to try to lose the weight is you know you will make it easier on your self

13: You see I am not sure if I would be frightened into it and um I have got a friend at the minute who is... he had cancer he had cancer of the throat and he um was um treated and the treatment was very successful um and in the middle of the treatment they also discovered he had heart a problem and so he had to have a heart operation, he had to have bypass surgery and so forth and he he doesn't look after himself either, never has, and they took a little bit of that approach at at you know, you gotta do that you gotta do this and what happened with him he just rebelled against that and was almost like um um taking um in to self-destruct more and then got very depressed and then got – he was on depressants and it became quite a cycle, what is the saying, a cycle downwards, and seeing him made me stop a little bit because I thought 'that could be me if if um, I am not sure it would be, but um, it could be um I mean I've got a slightly more positive outlook than he has and he is not in a good place but I can see how the cycle..you can get into it and and you know um be affected by it.

## 14

14: Yeah [doctor], well I saw [doctor] first um and he said he would refer me to go and see [practice nurse] about diets and so I went and saw her um and we got talking and she said

about the you know the referral where the Drs can refer you for 12 weeks so that is what I am doing but I will definitely keep going afterwards definitely

14: How can HP be more helpful?

Um I don't know really I mean I, I've always kind of half thought that um you know I mean this is really out of left field and um blasé you know if all overweight people were sent to hospital and given a gastric band we wouldn't have half the problems you know and that would be easy, easier than going on a diet being motivated if you were given that but I mean you know I think the NHS would save lots of money if they did that because then they wouldn't have to deal with all the extra but you know it's not going to happen