

HEAL-D

Healthy Eating & Active
Lifestyles for Diabetes

Programme delivery

Delivery of a new culturally suited diabetes information and support programme as part of the HEAL-D research study.



148

research study
participants received
the HEAL-D programme

How participants attended



59%

attended
face-to-face
only



36%

attended
online only



4%

attended
at least one
session of both

Number of courses delivered



6

Courses
delivered
online



11

courses
delivered
face-to-face

Locations of face-to-face courses

- Manchester: 3 courses
- Leicester: 1 course
- Birmingham: 2 courses
- London: 5 courses

