

Notes on Diabetes Thanet zoom meeting 1st July 2021

We kicked off at 5pm and while waiting for more participants to arrive four of us suggested a few values for the organisation. We got “Shared Learning”, “Good Communication”, “Useful Information” and “Healthy Lifestyle” before we got our last arrival.

John read the Notes from the previous meeting and Jeremy started to make his presentation “It’s not your fault. 1 Understanding Diabetes & Obesity”. He noted this presentation is the first of a series of three, and that it is not medical advice. He quoted Dr Andrew Jenkinson, a bariatric surgeon in London, who said “there is a fundamental misunderstanding of the causes and treatment of obesity and it is because of this flawed thinking by many experts and advisors that the obesity crisis has become worse”. Jeremy displayed a graph showing how obesity has increased steadily from 1960 to the present despite many government studies and different dietary advices. He pointed out the consumption of vegetable and seed oils had increased by 100%, and fruit by 46%. Another slide showed the dramatic increase in the use of trans and omega-6 polyunsaturated fatty acids and the decrease in the use of butter and lard. In 2015 the UK ratio of Carbs, Protein and Fat consumed was 47%, 14% and 39%, whereas Jeremy’s ration was 10%, 25% and 65%! He moved on to dispel the myth that exercise plays a useful role for people trying to lose weight. Brian agreed, sharing the information that he ran many marathons, triathlons and other races without it having any effect on his weight. Jeremy showed a table of his weight from 2016 to 2021, with constant exercise routines. The significant drop in weight occurred when he switched to a low carb diet. The conclusion was that NHS advice over the years has not helped at all.

John asked why the Mediterranean diet was praised as healthy in spite of its use of olive oil. Jeremy said cooking with olive oil was not advisable since it burns at low temperatures, but it has its uses in salad. John also wondered if there was evidence that saturated fats were actually good for the body. Brian suggested the speed at which people ate might be a significant factor in their weight gain or loss. Jeremy thought this was unlikely, since what was eaten was more important, but he will check. Maxine thought the slower one ate might make the brain think it was fuller, thus reducing the amount eaten.

We moved on to discuss the mission statement. Jeremy thought pre-diabetic might be replaced with non-diabetic, since our aim ought to be clear of diabetes completely. We all agreed but Brian thought it was worth circulating both versions to our email list to see if there was a consensus. He also put out a request for our members to contribute their diabetes story so people who visit our website can learn from others’ experiences. He also suggested that we all share our BMI scores, a suggestion which did not meet with universal agreement.

Jeremy’s presentation is on the website under the Presentations link. The next meeting will be on Thursday August 5th at 5pm, link to follow.