

A survey of reported changes in diet and activity with the FreeStyle Libre flash glucose monitor: a pilot study

<https://wchh.onlinelibrary.wiley.com/doi/epdf/10.1002/pdi.2374>

Arnason, T., Cameron, A., Nour, M., Inman, M. and Mansell, K., 2022. A survey of reported changes in diet and activity with the FreeStyle Libre flash glucose monitor: a pilot study. *Practical Diabetes*, 39(1), pp.12-17a.x

What this research tells us

This small-scale survey indicates that there are perceived benefits to dietary choices and engagement with activity when using flash glucose monitoring.

Limitations or discussion points

The questionnaire was developed based on the clinicians' experience and observations, not using a validated measure of health and lifestyle choices. Changes in diet and activity choices were self-reported. The data set is too small to make strong conclusions.

Areas for future research

This pilot study highlights the potential benefit that flash and continuous glucose monitors can offer people with diabetes. There is a need for using validated research tools in this exciting area.

Impact on dietetic practice

There are potential implications for clinical practice using this data to support people to make healthy lifestyle choices. Dietitians may already discuss observing mealtime spikes or exercise changes to blood glucose levels but embedding this within our education and using as a measurable tool to base healthful choices is a potential area for further exploration within our practice.