

# The NHS Low Calorie Diet Programme

A new, innovative and free service for people with type 2 diabetes: Low Calorie Diet. A one-year programme to support healthier lifestyle, weight loss, and remission of Type 2 diabetes.

## What is it?

- A unique one-year programme combining specialist nutrition, psychology and physical activity
- Supports rapid weight loss and long-term behaviour change
- Support throughout from your diabetes practitioner via regular contact, with online learning and supporting resources
- Supported by GPs, practice nurses, diabetes practitioners, dietitians, clinical psychologists and exercise specialists

## How does it work?

12 weeks of low-calorie diet (shakes, soups and vegetables) followed by reintroducing food, focusing on movement and maintaining a new healthy eating lifestyle.



## Features



Three-staged programme focused on helping individuals achieve their health goals



Achieve diabetes remission (target glucose levels with no medication)



Diabetes practitioner support throughout the programme



Online programme resources which are accessible 24/7



Free sessions, diabetes practitioner support and resources throughout the year

## Empowering people to live healthier lives for longer

### Our commitment

You and your diabetes practitioner will work together over 12 months, and the support you will receive during this time will include:

- An initial one-to-one assessment
- 20 sessions with your diabetes practitioner
- 26 online support modules
- Final one-to-one assessment

### How to join

This unique programme is being exclusively offered to patients in your area. Arrange to talk to your healthcare professional to sign up for the programme.

## Frequently asked questions

### Q. Is this programme right for me?

**A.** If you have Type 2 diabetes, are motivated to reduce your medication or achieve remission and can commit to a yearlong programme with...then yes!

### Q. Am I eligible to join?

**A.** To be eligible for the programme, you must be:

- Aged 18 or over
- Aged 65 or under
- Diagnosed with Type 2 diabetes within the last 6 years
- A BMI of 27kg/m or higher (adjusted to 25kg/m or higher in people of Black, Asian or Minority Ethnic origin)
- A HbA1c measurement taken within the last 12 months, with values as follows:
  - If on diabetes medication, HbA1c 43 mmol/mol or higher
  - If not on diabetes medication, HbA1c 48 mmol/mol or higher

- In all cases, HbA1c must be 87 mmol/mol or lower

- Have attended a monitoring and diabetes review in the last 12 months, including retinal screening, and commit to continue attending annual reviews, even if remission is achieved

### Q. What is the cost involved?

**A.** There is no fee to join.

### Q. I have pre-diabetes, can I join the programme?

**A.** This programme is for people who currently have Type 2 diabetes, however you can join our NHS Diabetes Prevention Programme if you have pre-diabetes. Please talk to your healthcare professional or go to [www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk) for more information.