

# 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, behaviour change strategies and physical activity
- Supports rapid weight loss and long-term behaviour change
- Programme delivered by 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 and soups) followed by 4 weeks of gradual food reintroduction and 8 months of weight maintenance, achieved through healthy eating, movement and behavioural change support.

## Features



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



Reduce blood glucose levels and potentially achieve diabetes remission  
*(blood glucose levels in the healthy range 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
- 39 online support modules
- Final one-to-one assessment

### How to join

This unique programme is being exclusively offered to patients in your area. Attend a patient information session using the QR code below.

## Frequently asked questions

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

- A.** If you have type 2 diabetes, want to lose significant weight you may be eligible for this programme.

This kind of programme might not be acceptable to or helpful for everyone with Type 2 diabetes. It is important that you think carefully about whether this is the right type of support and the right time for you to take part.

It is a yearlong programme and you would be supported by your diabetes practitioner.

### Q. Am I eligible to join?

- A.** To be eligible for the programme, you must be:
- Aged 18–65 years
  - Have had a diagnosis of Type 2 diabetes within the last 6 years
  - Have a BMI over 27 kg/m<sup>2</sup> (or over 25 kg/m<sup>2</sup> if you are of Black, Asian or minority ethnic origin).
  - 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

To be eligible for the programme you must not be:

- A current insulin user
- Pregnant or actively planning a pregnancy in the next 12 months
- Have had or are awaiting bariatric surgery (unless willing to come off waiting list)

You also need to meet various other eligibility criteria and be willing to commit to the 12 month programme to be referred to the service. Finally, you need a referral from your GP.

### Q. Are there any additional procedures involved that I should be aware of?

- A.** As part of the programme you will be required to regularly monitor your blood glucose levels, weight and possibly blood pressure levels, so we will ask that you work with us to ensure we can monitor this closely with you

### 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.



Scan here  
for more  
information