

# The NHS Low Calorie Diet Programme

## Healthcare Professional information sheet

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 our Health & Wellbeing diabetes practitioners 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

### The 12-month service will include:

- An initial one-to-one assessment
- 20 sessions with a diabetes practitioner
- 39 online support modules
- Final assessment

### How to refer

This unique programme is being exclusively offered to patients across Derbyshire.

### Healthcare professional requirements

**Refer:** After discussing the service with your patient and confirming eligibility for the pathway please complete the referral form which is embedded into your clinical system and send it to: [scwcsu.derbyshirelcd@nhs.net](mailto:scwcsu.derbyshirelcd@nhs.net)

For further information, please visit our [website](#)

### Who's eligible?

To be eligible for the programme, you must be:

- ✓ Aged 18-65
- ✓ Diagnosed with Type 2 diabetes within the last 6 years
- ✓ A BMI of 27kg/m<sup>2</sup> or higher (adjusted to 25kg/m<sup>2</sup> 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 when this was last offered, including retinal screening, and commit to continue attending annual reviews, even if remission is achieved. (For avoidance of doubt, if a Service User is newly diagnosed then there is no requirement to wait for retinal screening to take place before offering referral)

### Exclusions:

- ⊗ Current insulin user
- ⊗ Pregnant or planning to become pregnant within the next 6 months
- ⊗ Currently breastfeeding
- ⊗ Does not have any of the following significant co-morbidities:
  - active cancer
  - heart attack or stroke in last 6 months
  - severe heart failure (defined as New York Heart Association grade 3 or 4)
  - severe renal impairment (most recent eGFR <30mls/min/1.73m<sup>2</sup>)
  - active liver disease other than non-alcoholic fatty liver disease (NAFLD) (i.e. NAFLD is not an exclusion criterion);
  - active substance use disorder
  - active eating disorder (including binge eating disorder);
  - porphyria; or
  - known proliferative retinopathy that has not been treated (this does not exclude individuals who are newly diagnosed and have not yet had the opportunity for retinal screening);
- ⊗ Has had bariatric surgery
- ⊗ Health professional assessment that the person is unable to understand or meet the demands of the NHS LCD Programme and/or monitoring requirements (due to physical or psychological conditions or co-morbidities)