

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 ~~one-to-one~~ assessment

How to refer

This unique programme is being exclusively offered to patients across North East London.

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.nellcd@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/m² or higher (adjusted to 25kg/m² 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~~

Exclusions:

- ⊗ Current insulin user
- ⊗ Pregnant or planning to become pregnant within the next 6 months
- ⊗ Currently breastfeeding
- ⊗ ~~Has at least one 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 less than 30mls/min/1.73m²) or active liver disease (not including NAFLD) or active substance use disorder, active eating disorder, Porphyria, known proliferative retinopathy that has not been treated~~
- ⊗ ~~Has weight loss of greater than 5% body weight in the past 6 months, or is currently on a weight management programme~~
- ⊗ ~~Has had or is awaiting bariatric surgery (unless willing to come off waiting list)~~
- ⊗ 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)