

# 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. 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 and want to lose significant weight you may be eligible for this programme. It is a yearlong programme supported by your diabetes practitioner.

### 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.



Scan here for  
more information