

The NHS Low Calorie Diet Programme

A new 12-month low calorie diet treatment for people who are overweight and living with Type 2 diabetes in Somerset.

The programme has three phases.



**Phase 1
(12 weeks)**

To start you'll follow a low calorie diet (soups, shakes, bars totalling 8-900 calories per day)



**Phase 2
(6 weeks)**

You'll then gradually replace these products with real meals over six weeks.



**Phase 3
(7-8 months)**

Finally you'll receive ongoing support to help you maintain your weight loss.

What is the programme?

Who is it for?

You must be registered with a GP practice in Somerset and:

- Be aged 18–65 years
- Have had a diagnosis of Type 2 diabetes within the last 6 years, and
- Have a BMI over 27 kg/m² (or over 25 kg/m² if you are of Black, Asian or minority ethnic origin).

You also need to meet various other eligibility criteria and be willing to commit to the 12 month group programme (20 sessions). Finally, you need a referral from your GP.

How does it work?

The programme is based on the DiRECT study which showed that this approach could help people lose weight, improve their diabetes control, reduce diabetes-related medication and even achieve remission (whereby blood glucose levels return to normal without the need for medication).

It is significant weight loss (as quickly and safely as possible following diagnosis) which appears to be important for achieving remission. This type of diet is thought to bring about a greater chance of removing excess fat from vital organs such as the liver and pancreas. This can result in the liver and pancreas working normally again, therefore putting your Type 2 diabetes into remission.

Will it cure my diabetes?

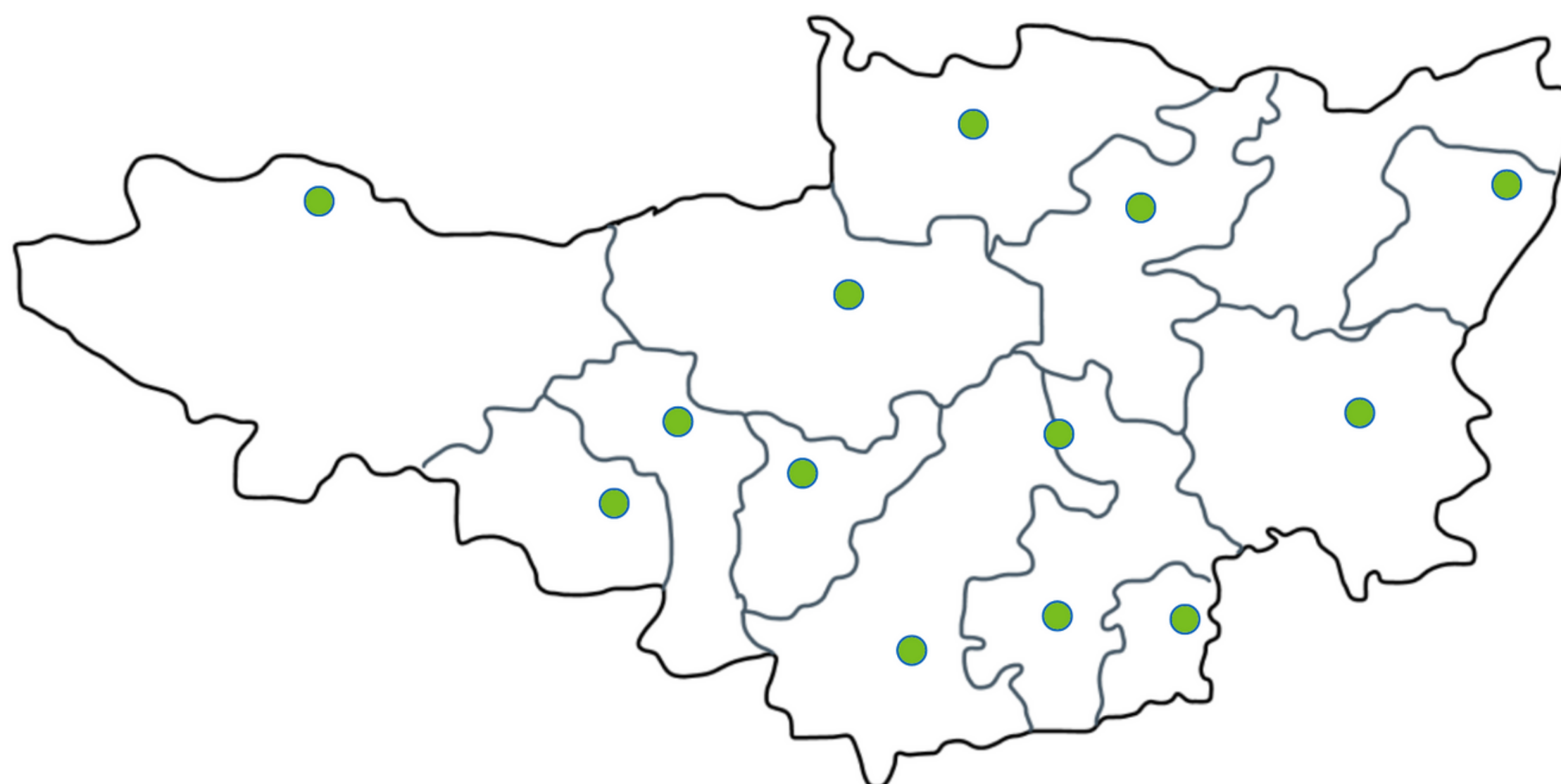
The term 'remission' is preferred as people who regain weight are likely to return to having 'Active' Type 2 diabetes and the associated complications of the disease. It is therefore important that people who achieve remission continue to be offered regular monitoring for their diabetes in line with usual care.

It is important to note that not everyone will achieve remission. However, many can still benefit from weight loss and/or a reduced need for medication to help control their diabetes. DiABETES UK (www.diabetes.org.uk) have produced a short video about remission which you can view on the following link: <https://youtu.be/9CXd1f1Ss3M>. Alternatively, scan the QR code with your phone on the right to access.



When is the programme available?

The programme is being rolled out gradually across Somerset in phases. Please see the draft timeline on the right for an idea of the roll out and proposed locations for the programme. We recommend you visit the Momenta website (see website address below) for information on where the programme is currently available and proposed locations.



- = proposed locations
- Chard
- Burnham on Sea
- Bridgwater
- Frome
- Glastonbury
- Minehead
- Shepton Mallet
- South Petherton
- Taunton
- Wellington
- Wincanton
- Yeovil

*additional locations may be considered

Where can I find out more?

Visit the Momenta website <https://momentanewcastle.com/patient-lcd-somerset3> to find out more about the programme, including case studies of local people who have taken part in the programme.

If you are interested in taking part in the programme then contact your practice to find out more.



Scan the QR code with your phone to visit the Momenta website for more information on the Somerset NHS Low Calorie Diet Programme