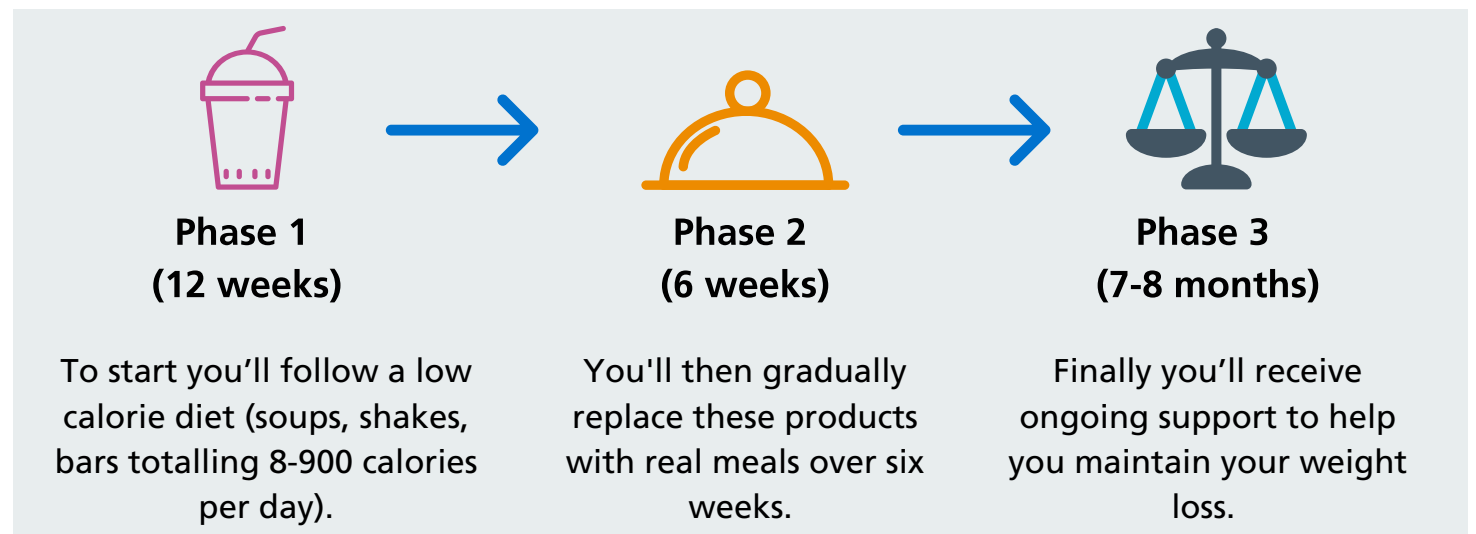


# The NHS Low Calorie Diet Programme

## What is it?

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.



## Who is it for?

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

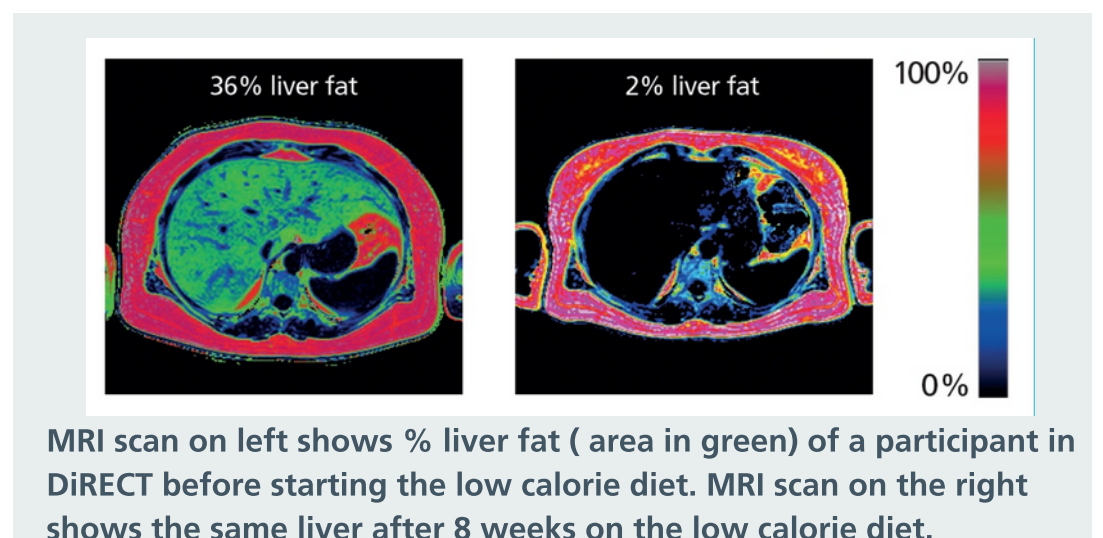
- Be aged 18–65 years
- Have had a diagnosis of Type 2 diabetes within the last 6 years
- Have a BMI over 27 kg/m<sup>2</sup> (or over 25 kg/m<sup>2</sup> if you are of Black, Asian or minority ethnic origin).

You also need to meet various other eligibility criteria and be willing to commit to the 12 month group programme to be referred to the service.

## How does it work?

The programme is based on the DiRECT study which showed 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). Significant weight loss (as quickly and safely as possible following diagnosis) appears to be important for achieving remission.

Low calorie diets have shown to remove excess fat from vital organs such as the liver and pancreas, which can result in them working normally again, putting your Type 2 diabetes into remission.



## Programme Features



- No cost to participants, includes all meal replacement products



- Group in-person sessions delivered at local community venues



- 12 months of regular support from trained diabetes health coaches



- Free resources including recipe books, work and lifestyle log books, pedometer and more...



- Learn skills and techniques to help keep the weight loss off for the long term



- Reduce blood glucose levels and potentially achieve remission of your diabetes

## Want to know more?

Visit the Momenta website: <https://momentanewcastle.com/patient-lcd-somerset> to find out more about the programme, whether the programme is right for you and when it will be available in your area. Alternatively, please scan the QR code on the right.

