

# The NHS Type 2 Diabetes Path to Remission Programme

for people living with  
Type 2 diabetes

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The NHS is delivering a new programme which provides a specially formulated diet for 3 months followed by healthy lifestyle support, for people who are living with Type 2 diabetes and obesity, or overweight.

The programme is based on research which showed that this approach helped people living with Type 2 diabetes and obesity, or overweight, to lose over 10kg in weight, improve their blood sugar levels, reduce diabetes-related medication and, in almost half of participants, put their Type 2 diabetes into remission.

The **Diabetes UK**-funded 'DiRECT' trial saw almost 50% of those who went on a low calorie, total diet replacement programme, achieve remission of their Type 2 diabetes after one year. A quarter of participants achieved 15kg or more weight loss. Of these, 86% achieved Type 2 diabetes remission

The NHS Type 2 Diabetes Path to Remission Programme is based on this study as well as other key trials and has shown similar levels of weight loss for participants.

## How it works

Eligible participants will be offered low calorie, total diet replacement products including soups and shakes consisting of 800 to 900 kilocalories a day for up to 12 weeks. During this time participants will be expected to replace all normal meals with these products.



Alongside this, participants receive support for 12 months including help to re-introduce food after the diet period.

This support will provide participants with the help and advice they need throughout every stage of the programme.

Your GP practice will be kept informed of your progress and if any medication changes might be needed.

## Who is eligible

Individuals must:

- Be aged 18–65 years,
- Have a diagnosis of Type 2 diabetes within the last 6 years,
- Have a BMI of over 27 kg/m<sup>2</sup> or higher in people from White ethnic groups, adjusted to 25kg/m<sup>2</sup> or higher in people from Black, Asian and other ethnic groups.

Individuals must also meet other eligibility criteria to be referred to the service.

Eligibility may be discussed at your next planned diabetes review with your GP practice.

## Type 2 diabetes remission

Remission in people with Type 2 diabetes means that your blood sugar levels are no longer in the range for diabetes, without needing to take any diabetes medication.

Research tells us that remission is most likely to be achievable closer to your diagnosis – and is strongly linked to weight loss.

Some people call this reversing Type 2 diabetes, but we prefer the term remission because your blood sugar levels can rise again.

Although the research suggests that not everyone will reach remission, there are many other benefits directly linked to losing excess weight.

**To access the service please speak to your GP and ask to be referred**

For more information about the NHS Diabetes Programme visit [www.england.nhs.uk/diabetes](http://www.england.nhs.uk/diabetes)

Please note, NHS England will not be able to provide any clinical advice, refer people onto the programme or answer individual questions about your eligibility for the programme.

For general enquiries about the programme, contact us:  
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