



Diabetes Research &
Wellness Foundation

United Through Diabetes 2023

NHS Soups and Shakes Diet

Lisa Poole
Registered Dietitian



Celebrating
25 Years





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Welcome and Introduction



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Prevalence

- Type 2 diabetes (T2D) currently affects 6% of the total population in the UK, or 1 in every 16 people.
- Someone new is diagnosed every 2 minutes.
- The prevalence has doubled in the past 20 years with 4.8 million people affected and this is expected to rise to 5.3 million by 2025.
- T2D has been growing at the particularly high rate and is now one of the world's most common long term health conditions.
- Worldwide it is expected that people living with diabetes will rise to 642 million by 2040.

Statistics

- Obesity and its associated comorbidities, Type 2 Diabetes Mellitus (T2DM), have become a global epidemic.
- Being overweight or obese increases a person's risk of developing T2D by 80-85%.
- 63% of adults in England are overweight or obese.
- It has been estimated that over a third of the UK population has pre-diabetes, blood sugars are higher than normal but below the threshold for a diagnosis of diabetes.
- Recent evidence has demonstrated that low-calorie total diet replacement (TDR) approaches can be an effective dietary intervention for achieving sustained T2DM remission ($\text{HbA}_{1c} < 48 \text{ mmol/mol}$).



- Retinopathy.
- Neuropathy and nephropathy.
- Macrovascular complications.
- Thought to be responsible for 530 myocardial infarctions each week in the UK.
- In addition, people with T2D have double the risk of experiencing a cerebrovascular accident.

The long-term complications



Soups and Shakes

- Formerly known as:
- Soups and shakes diet programme.
- Low calorie diet programme for T2D.
- The low-calorie diet (LCD).
- Type 2 Diabetes Path to Remission Programme.
- Concept:
- To drive weight loss, improve glycaemia and potentially achieve remission of T2DM amongst participants.

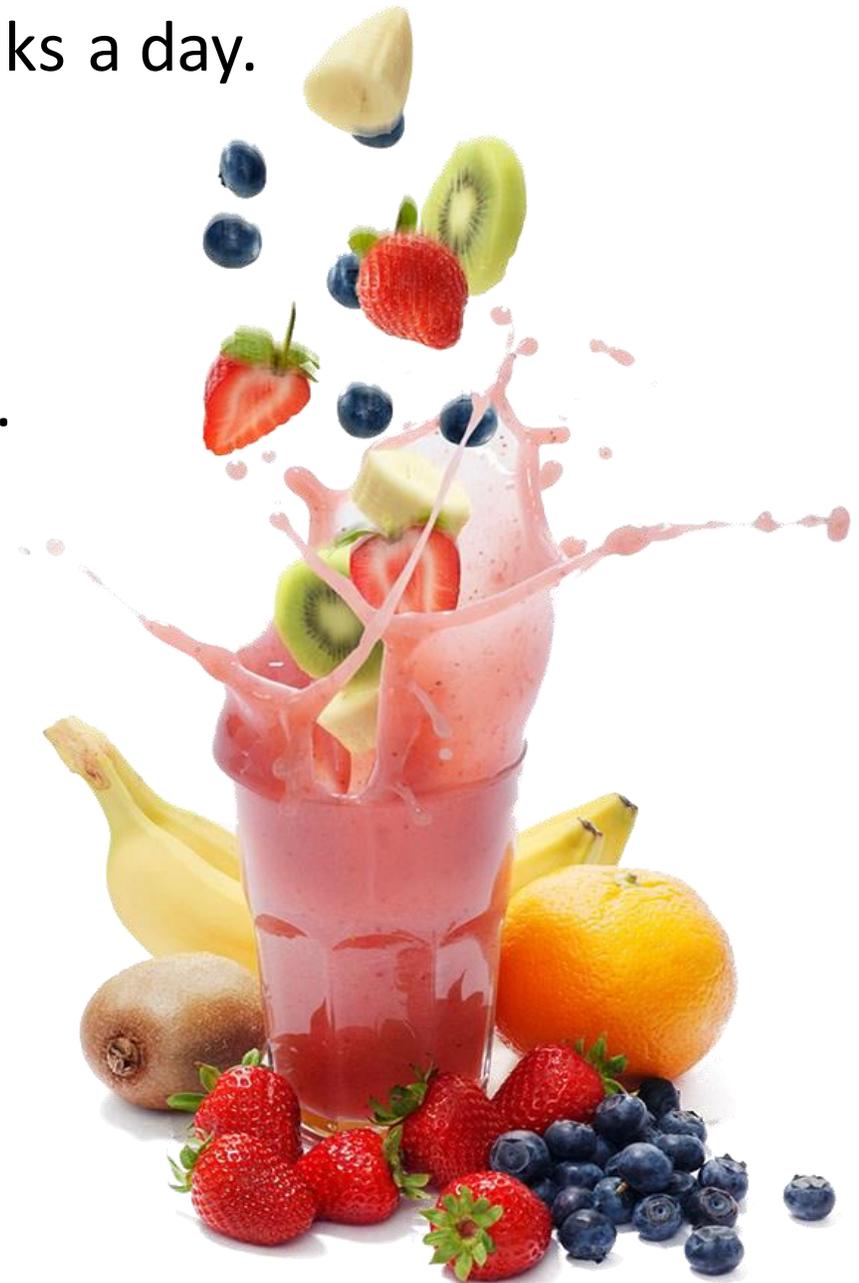




What is the Programme



- 4 x meal replacement drinks a day.
- Total of 800kcal/day.
- Nutritionally complete.
- 2L of water a day.
- 1 year programme, 3 tiers.
- Support.
- 12 weeks of supplements prescribed.





Where is the plan available



- Bedfordshire, Luton and Milton Keynes
- Birmingham and Solihull (including West Birmingham)
- Black Country
- Bristol, North Somerset and South Gloucestershire
- Bath and North East Somerset, Swindon and Wiltshire
- Bucks, Oxfordshire and Berkshire West
- Cambridgeshire and Peterborough
- Herefordshire and Worcestershire
- Leicester, Leicestershire and Rutland
- Northamptonshire
- South East London
- Staffordshire and Stoke-on-Trent,
- Surrey Heartlands
- Derby and Derbyshire
- Frimley
- Gloucestershire
- Greater Manchester
- Humber and North Yorkshire
- Kent and Medway
- Lancashire and South Cumbria
- Mid and South Essex
- North Central London
- North East and North Cumbria
- North East London
- Nottingham and Nottinghamshire (including Bassetlaw)
- Somerset
- South West London
- South Yorkshire
- Sussex
- West Yorkshire

- North East and Yorkshire
- North West
- East
- Central and South
- North Thames
- South East
- South West



Eligibility

- be aged 18 – 65 years.
- have a diagnosis of type 2 diabetes within the last 6 years.
- have a BMI over 27 kg/m² (where individuals are from White ethnic groups) or over 25 kg/m² (where individuals are from Black, Asian and other ethnic groups).
- Non-insulin dependent.
- Referral from GP.
- Those who are motivated to change their lifestyle and can commit to the 12-month programme.

The Programme

The 52-week NHS-LCD Programme consists of:

- Three phases.
- You will be offered total diet replacement products including soups and shakes consisting of up to 900 calories a day for up to 12 weeks.
- During this time, you will be expected to replace all normal meals with these products.
- 4-6-week structured food reintroduction phase, to advise in a healthy sustainable way.
- Maintenance support phase from your coach for the remainder of the 1-year programme.
- The goals of the last two phases are to encourage healthy eating, increase physical activity and reduce sedentary behaviours following the UK government guidance.
- People referred are given a choice of one-to-one delivery, either in person or digitally, with built-in facilitation of peer support. The entire programme, including all TDR, is free of charge to participants.



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Supplements



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Guidance Offered

- The programme considers and works with participants:
- Expectations, attitudes, intentions and goals regarding dieting and weight loss.
- Provides education about the importance of lifestyle change and the need to seek support for those changes.
- Outcomes are then reviewed; further goals are set for the remainder of the year.
- Additional physical activity goals are set.
- Set realistic goals.

Support

- Live chats
- This is complemented by ongoing behavioural support, 121-GP, app
- This support will provide participants with the help and advice they need throughout every stage of the programme.
- Participants will also be closely supported by their local GP practice – for example, if medicines need to be changed.
- be matched with a coach who will provide expert one-to-one healthcare, with tailored support through every stage of the programme. You will have the option to choose how the programme is delivered to best suit your needs.
- diabetes clinician, or a clinician-led support group at a time that suits you.

Craig Duncan

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The Benefits

- Improve blood glucose levels
- Reduce medications
- Potentially put T2DM into remission
- Weight loss
- Loss on average of approx. 14.6kg
- Available on the NHS, The meal replacement products are fully funded, and free of charge to you as part of this NHS service.
- Achieving remission involves weight loss and lifestyle changes that will improve your health. Benefits include...



More Benefits

- Stopping or reducing the number the medications you need to take.
- Reducing your risk of heart disease and other diabetes related complications.
- Improving your mental wellbeing.
- Helping you to sleep better and generally feel more-healthy.
- Reducing your risk of arthritis, especially in your knees, hips and back.



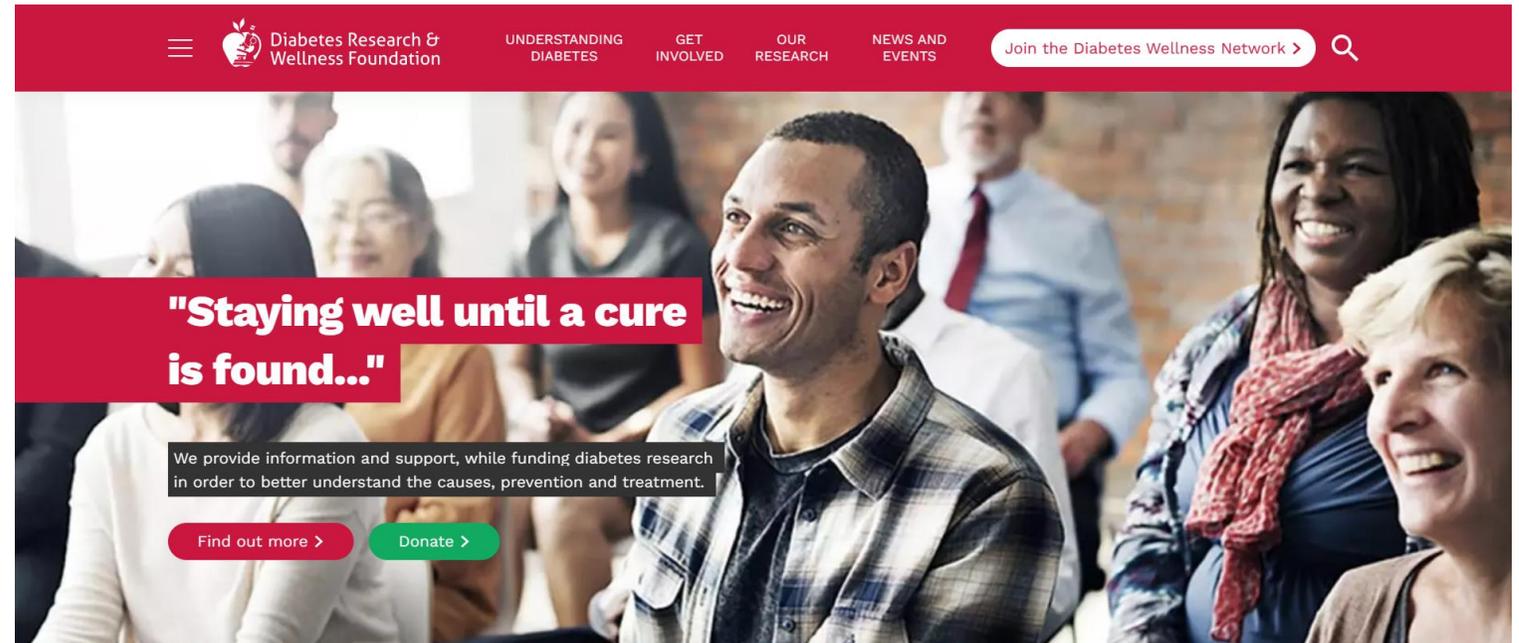
**And
Finally...**

Do you have
any
Questions? 

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website

www.drwf.org.uk



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