



**THE
LIFESTYLE
CLUB**

EVERYONE NEEDS SOME TLC!

Scaling up Type 2 Diabetes Remission

HELEN GOWERS RD

DIRECTOR OF THE LIFESTYLE CLUB

PUBLIC HEALTH COLLABORATION

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- ▶ UK Charity established 2016 by healthcare practitioners
- ▶ VISION: A society where everyone enjoys good metabolic health
- ▶ MISSION: To empower, inspire and educate people that most chronic diseases can be prevented and reversed through sustainable lifestyle changes.
- ▶ AMBITION: Reverse the type 2 diabetes and prediabetes epidemic.
- ▶ The Lifestyle Club: an opportunity to scale up type 2 diabetes remission in NHS

TYPE 2 DIABETES EPIDEMIC

5 Million
People

£10
Billion



LOW CALORIE MEAL REPLACEMENT

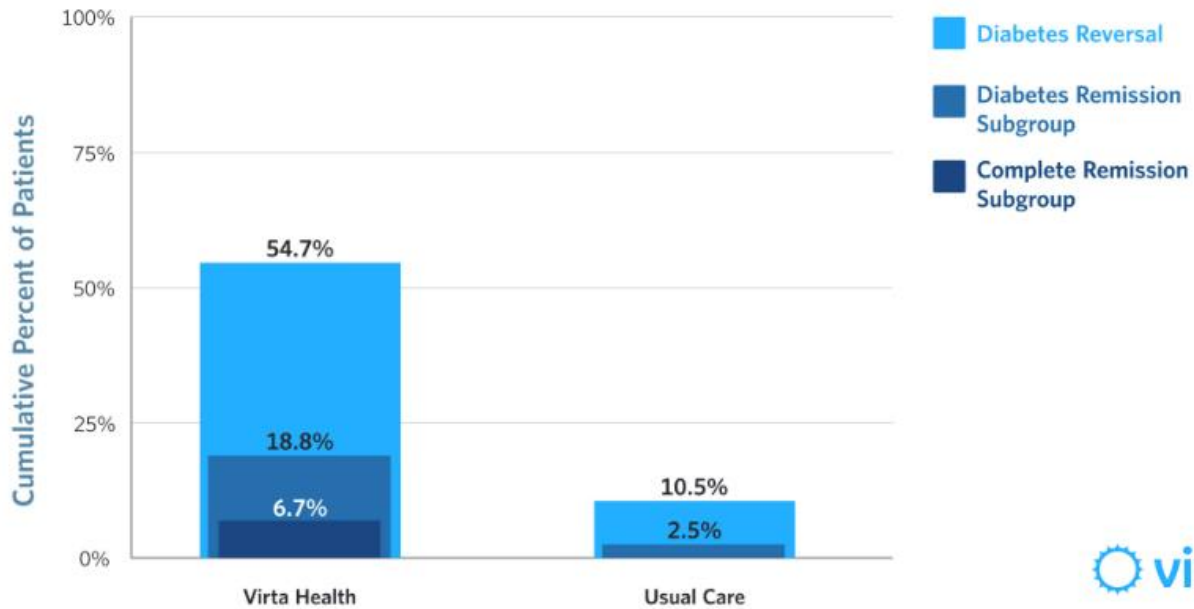
- ▶ DiRECT trial intervention over 12 weeks
- ▶ 46% remission rate compared to 4% standard care
- ▶ Basis of the NHS Pathway to Remission Programme
- ▶ A low carbohydrate intervention (126g/day)





Ketogenic Diet

Diabetes Reversal and Remission in Trial Completers at 2 Years



Results at 5-Years

- ▶ **Weight -8.8 kg**
- ▶ **HbA1c 58mmol/mol to 55mmol/mol**
- ▶ **Despite reduction in diabetes medication**



- Athinarayanan SJ, Adams RN, Hallberg SJ, McKenzie AL, Bhanpuri NH, Campbell WW, Volek JS, Phinney SD and McCarter JP (2019) Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-Year Non-randomized Clinical Trial. *Front. Endocrinol.* 10:348.
- SHAMINIE J. ATHINARAYANAN, MICHELLE VANTIEGHEM, et al. Five-Year Weight and Glycemic Outcomes following a Very-Low-Carbohydrate Intervention Including Nutritional Ketosis in Patients with Type 2 Diabetes. *Diabetes* 1 June 2022; 71 (Supplement_1): 832



Low Carbohydrate Diet

Dr David Unwin FRCGP

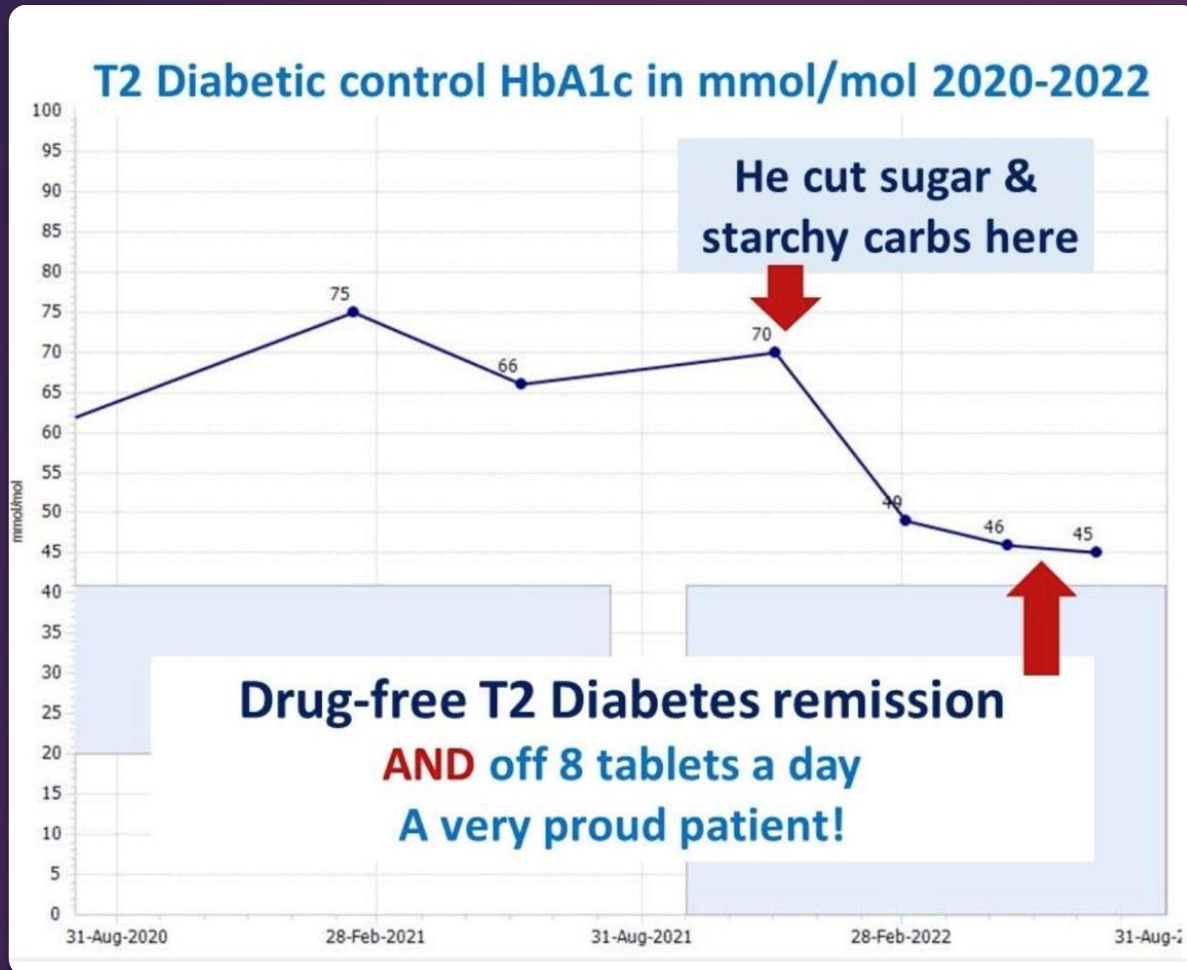
RCGP National Champion for Collaborative Care and Support

**51%
Remission**







































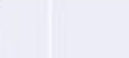

















**97% do
better**

**£68,000
saved / year**

Unwin D, Delon C, Unwin J, *et al* What predicts drug-free type 2 diabetes remission? Insights from an 8-year general practice service evaluation of a lower carbohydrate diet with weight loss *BMJ Nutrition, Prevention & Health* 2023



Reducing carbohydrate has a profound and immediate effect...

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar? 											
Basmati rice	69	150	10.1											
Potato, white, boiled	96	150	9.1											
French Fries baked	64	150	7.5											
Spaghetti White boiled	39	180	6.6											
Sweet corn boiled	60	80	4.0											
Frozen peas, boiled	51	80	1.3											
Banana	62	120	5.7											
Apple	39	120	2.3											
Wholemeal Small slice	74	30	3.0											
Broccoli	15	80	0.2											
Eggs	0	60	0											

www.phcuk.org/sugar

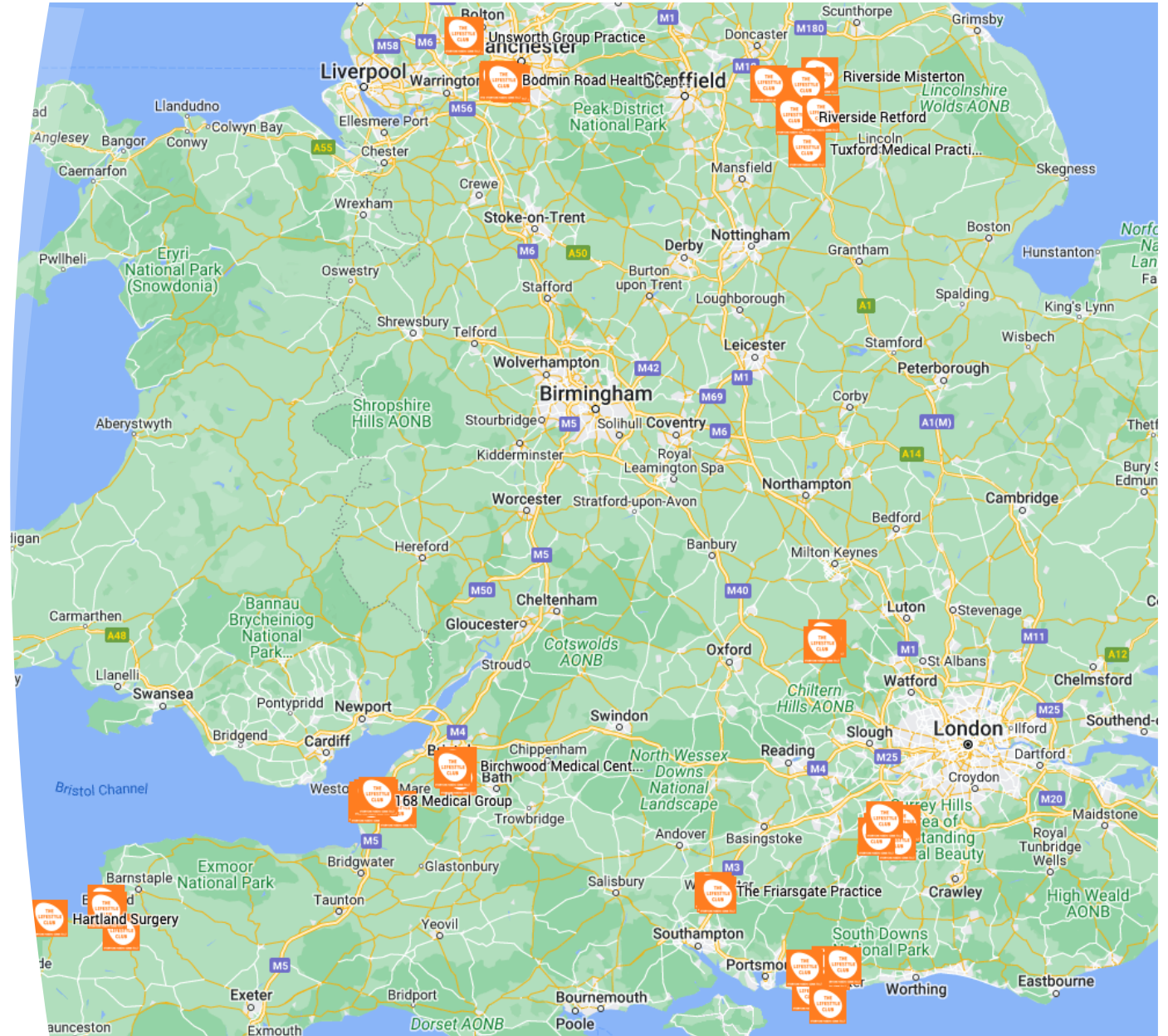
Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese, meat

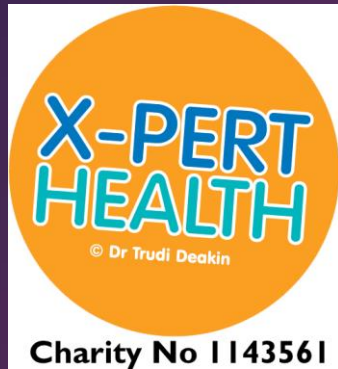




THE LIFESTYLE CLUB

- ▶ 10 PCN, 56 GP Surgeries
- ▶ Can use ARRS Funding
- ▶ >1300 participants enrolled
- ▶ Delivered via Zoom / Teams
- ▶ 88% complete the 8-week course





WHAT DOES TLC OFFER?

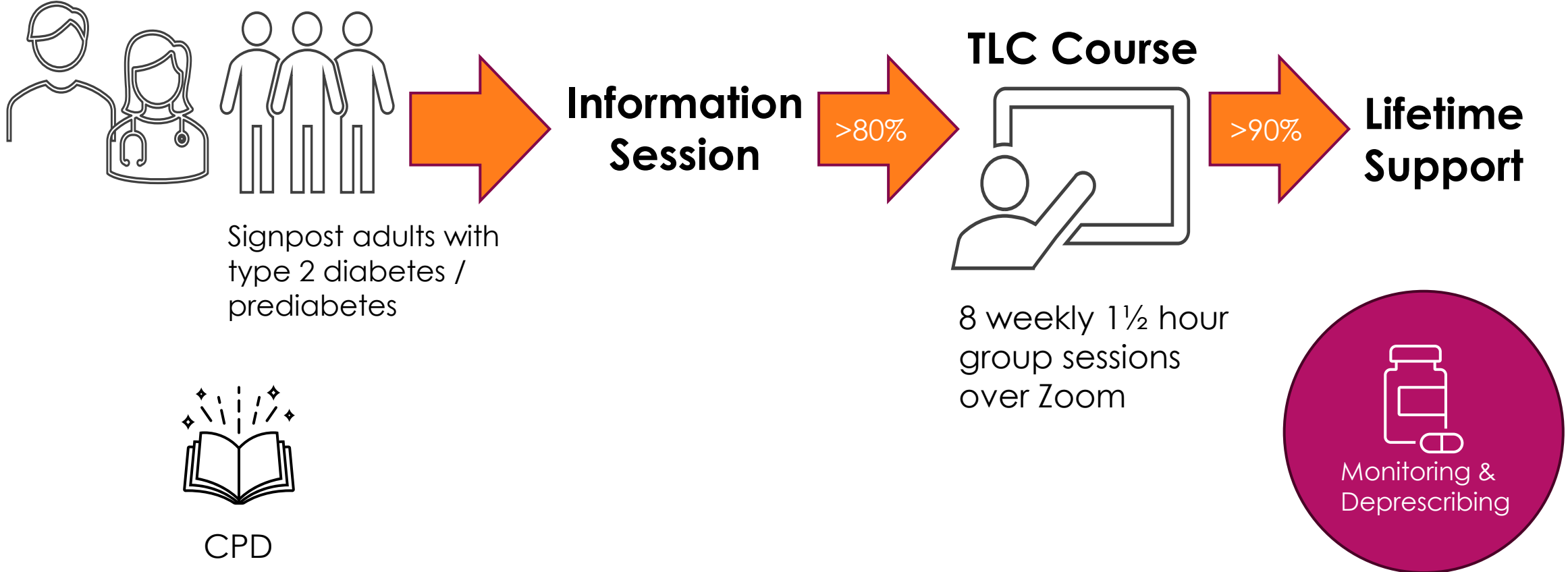
- High quality course developed with X-PERT Health
- 8 weekly, 90-minute sessions, over Zoom
- Maximum 12 people per group

- 100-page TLC handbook
- WhatsApp group for each class
- Lifetime on-going support
 - Monthly Catchup Sessions
 - Facebook
 - WhatsApp
 - Local Support Hubs



referrals count
towards QOF

TLC ENROLMENT AND DELIVERY



**THE
LIFESTYLE
CLUB**

HSJ PARTNERSHIP
AWARDS

SILVER WINNER

Primary Care Project
of the Year

partnershipawards

partnership.hs





Started TLC	July 2023
Weight loss	4+ stone
HbA1c	62 to 41 mmol/mol
Inspiration	Information Goal Setting Meeting others

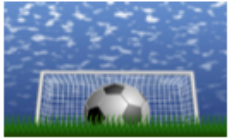


SUE

1. Goals

What do YOU want to achieve?

What difference would that make to your life?



4. Noticing

What improvements have you noticed? What difference has that made to you?

What changes have your family or friends noticed?



GRIN!



2. Resources

What knowledge, experience and support do you have that will help you achieve this goal?



3. Increments

What will be a small sign that you are making progress?

What is the next small step you can make to help you achieve your goal?

SUE



JOHN



The main benefit I got from TLC, was comprehensive initial guidance, and that there was always someone to whom I could turn to for advice.

HDL 1 mmol/l
TG 1.7 mmol/l
TG:HDL 1.7

HDL 2.3 mmol/l
TG 1.5 mmol/l
TG:HDL 0.65

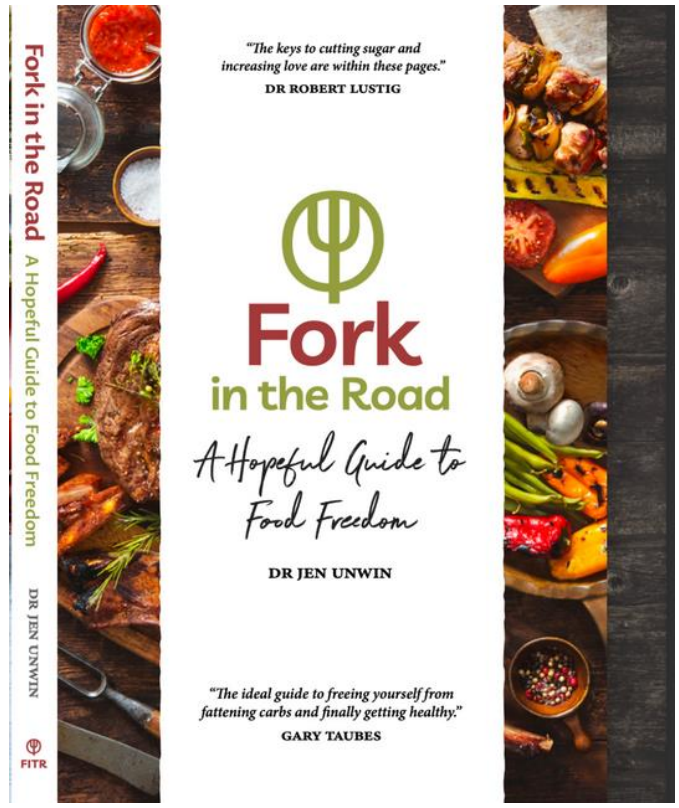
Started TLC	June 2021
Weight loss	3 stone 9lb
HbA1c	53 to 36 mmol/mol
Inspiration	Mobility Confidence Choral Singing

Beth



When I turned 40, I realised I wanted to change my life. Freedom from 56 units of daily insulin is amazing. I have the lowest HbA1c since diagnosis in 2018!

Started TLC	March 2024
Weight loss	1 stone
HbA1c	95 to 51 mmol/mol
Inspiration	No more injections Freedom from hypos Renew driving license



Started TLC	Feb 2023
Weight loss	3.5 stone
HbA1c	72 to 36 mmol/mol
Inspiration	Fork in the Road Abstinence Journalling





Deborah



Mark



Nancy



Graham



Kevin



Nazir



Asha



Roger



Syamantak



Duncan

Diabetes in Remission

Torrige TLC Support Hub



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helen.gowers@phcuk.org

[@helenpgowers](https://www.instagram.com/helenpgowers)

www.thelifestyleclub.uk



