

P136 uptake, retention & outcomes in a digital low-calorie diet programme delivered to a geographically remote population living with type 2 diabetes (12 month service evaluation)

KH Miller, C Jelinek, C Noble Jesus, F Schirmann Oviva UK Ltd, London, United Kingdom

Background

Low calorie diets (LCD), delivered through face-to-face appointments, can achieve significant weight loss and 46% remission rates at one year (1).

Aim

The aim of this evaluation is to assess the retention and clinical effectiveness of a digital LCD programme for adults living with type 2 diabetes.

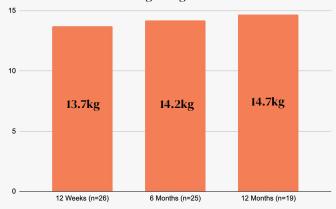
Method

Data from adults with type 2 diabetes, following a digitally-enabled LCD programme (12-week 800 kCal total diet replacement (TDR); 4 weeks food reintroduction; 8 months behaviour change support; supported by a Diabetes Specialist Dietitian) were collected and analysed to determine retention, engagement and outcomes for the 12 month programme. Patients had access to a smartphone app for self-monitoring and dietitian support.

Results

28 started the programme; 26 (93%) completed the TDR phase; 89% of TDR starters completed food reintroduction. 68% completed the 12 month programme. 29% re-gained 2kg and commenced a Refocus phase.

Average weight loss



For patients with two HbA1c results available: Improvement in HbA1c from baseline to month 12 noted in 75%, with an average reduction of 33.4%.

Remission was achieved in 62.5% of patients. 96 prescriptions were stopped with an average of 3.3 prescriptions stopped per patient. Metformin was restarted in 6 participants.

Conclusion

Conclusion: Data demonstrates that a **digital LCD remission programme** results in significant weight loss, glycaemic improvement and medication reductions at 12 months. Engagement levels and retention rates remain high.

References

Reference: (1)Lean, M.E., Leslie, W.S., Barnes, A.C., Brosnahan, N., Thom, G., McCombie, L., Peters, C., Zhyzhneuskaya, S., Al-Mrabeh, A., Hollingsworth, K.G., et al. (2017). Primary care-led weight management for remission of type 2 diabetes (DiRECT): an open-label, cluster-randomised trial.Lancet 391, 541–551.

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Diabetes UK feature

https://hg3.co.uk/diabetes/duk2022letter.asp?email=Keren.Miller@oviva.com&ref=MILL146729



Wells Lawrence House 126 Back Church Lane London E1 1FH Tel: 0345 123 2399 Fax: 020 7424 1001

Email info@diabetes.org.uk Website ww.diabetes.org.uk

Diabetes UK Professional Conference 2022 Hybrid 28 March, QEII Centre, London Online 29 March to 1 April

27 January 2022

Dear Mrs Miller

Re:

Uptake, retention and outcomees in a digital low-calorie diet programme delivered to a geographically remote population living with type 2 diabetes (12 month service evaluation)

We are delighted to inform you that the above abstract (a copy of which is attached below) has been accepted for a **e-poster presentation** at the Diabetes UK Professional Conference 2022.

Your e-poster presentation details are:

E-poster number: P136
Presenting author: KH Miller

Poster category: Clinical care and other categories posters: Diet, obesity, exercise and inflammation

Congratulations again on being accepted to present an abstract at this year's Diabetes UK Professional Conference 2022 to be held:

- hybrid 28 March (QEII Centre, London)
- online 29 March-1 April

