

Management Programme (DWMP)

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12 week intervention - 3 levels of intensity with automatic selection into these Referral criteria based on BMI (30+ with adjustment for ethnicity)

+/- diagnosed hypertension

Low Calorie Diet pilot for people with type 2 diabetes only: in trials of LCD almost 50% were in remission after

25% of participants achieve loss of 15 kg or more. Diagnosed in last 6 years & would consider total dietary replacement (TDR) - TDR phase is 12 weeks Group based /1:1/ remote support for 12 months in total

- Aged 18 65 years,
- Diagnosis of type 2 diabetes within the last 6 years, and
- BMI over 27 kg/m2 (or over 25 kg/m2 in people of Black, Asian or minority ethnic origin)