

# 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.



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>

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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 outcomes 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**

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

Email [info@diabetes.org.uk](mailto:info@diabetes.org.uk)  
Website [www.diabetes.org.uk](http://www.diabetes.org.uk)

The screenshot shows the Diabetes UK Professional Conference 2022 e-poster presentation page. At the top, it says "PROFESSIONAL CONFERENCE 2022" and "Hybrid 28 March QEII Centre, London Online 29 March to 1 April". Below this is a navigation bar with "Back to poster hall" and an information icon. The main title of the poster is "P136: Uptake, retention and outcomes in a digital low-calorie diet programme delivered to a geographically remote population living with type 2 diabetes (12 month service evaluation)". The author is listed as "KH Miller". Below the title is a table with columns for "Background", "Aims", "Methods", "Results", "Conclusions", and "References". The "Results" column contains a bar chart showing "Average weight loss" for three groups: "Digital" (14.1%), "Control" (14.1%), and "Digital + Control" (14.1%). The "Conclusions" column states: "Digital low-calorie diet programme delivered to a geographically remote population living with type 2 diabetes resulted in a 14.1% average weight loss over 12 months, which was significantly greater than the control group (p < 0.05).".

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