

# 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)

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## 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**

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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", "Methods", "Results", and "Conclusions". 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 12-month service evaluation showing significant weight loss and improved glycaemic control compared to control." The footer of the poster includes the Diabetes UK logo and contact information.

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