

The NHS Low Calorie Diet Programme



Referral information

Inclusion criteria

- Minimum age of 18 and maximum age of 65 years old
- Minimum BMI of 27kg/m² (25kg/m² in people of ethnic minority origin).
- BMI obtained from self-measured weight is acceptable for referral. If this cannot be obtained, a clinic-measured value within the last 12 months may be used, provided there is no concern that weight may have reduced since last measured such that the individual would not be eligible for the LCD programme at present.
- Duration of Type 2 Diabetes: Diagnosed with within the last 6 years
- HbA1c eligibility, most recent value, which must be within 12 months:
 - If on diabetes medication, HbA1c 43-87 mmol/mol
 - If not on diabetes medication, HbA1c 48-87 mmol/mol
- If there is any concern that HbA1c may have changed since last measured, such that repeat testing may indicate that the individual would not be eligible for the LCD programme at present, HbA1c should be rechecked before referral is considered. Must have attended for monitoring and diabetes review when last offered, including retinal screening, and commit to continue attending annual reviews, even if remission is achieved.

Exclusion criteria

- Current insulin use
- Pregnant or planning to become pregnant within the next 6 months
- Current breastfeeding
- Significant physical comorbidities:
 - active cancer
 - heart attack or stroke in last 6 months
 - severe heart failure defined as equivalent to the New York heart Association grade 3 or 4 (NYHA)
 - recent eGFR <30 mls/min/1.73m²
 - active liver disease (except non-alcoholic fatty liver disease (NAFLD), a history of hepatoma or <6 months of onset of acute hepatitis
 - Active substance use disorder
 - Active eating disorder
 - Porphyria
 - Known proliferative retinopathy that has not been treated
- Recent weight loss >5% body weight/ on current weight management programme/ had or awaiting bariatric surgery (unless willing to come off waiting list)
- Health professional assessment that the person is unable to understand or meet the demands of the treatment programme and/or monitoring requirements.