

The NHS Low Calorie Diet Programme



Referral information

Inclusion criteria

- Aged 18 to 65 years
- A BMI of 27kg/m² or higher (adjusted to 25kg/m² or higher in people of ethnic minority origin)
- Diagnosed with type 2 diabetes 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 medications, HbA1c 48 - 87 mmol/mol
 - In all cases, HbA1c must be 87 mmol/mol or lower

- Have attended for monitoring and diabetes review when this was last offered, including retinal screening, and commit to continue attending reviews, even if remission is achieved (those newly diagnosed can be referred to LCD while awaiting retinal scan)
- Eligible for re-referral 12 months after previous discharge.

*if dd is missing from dd/mm/yyyy to use 01 unless any concern that this means the cut off date may be breached

Exclusion criteria

- Aged under 18 years. (Any patients under 18 will can be re-referred once they are over 18).
- Current insulin use
- Pregnant or planning to become pregnant during next 6 months
- Current breastfeeding
- Has at least one of the following significant 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)
 - Severe renal impairment (most recent eGFR <30mls/min/1.73m²)
- Active liver disease (except non-alcoholic fatty liver disease (NAFLD))
- Active substance use disorder
- Active eating disorder (inclusive of binge eating disorder)
- Porphyria
- Known proliferative retinopathy that has not been treated
- Had bariatric surgery (patients on a waiting list for bariatric surgery *may* be referred)
- Health professional assessment that the person is unable to understand or meet the demands of the treatment programme and/or monitoring requirements