



THE LIFESTYLE CLUB

A new model of healthcare



Diabetes is the leading cause of blindness for people of working age in the UK and type 2 diabetes complications cause more than 180 leg, foot and toe amputations each week ⁽¹⁾. An HbA1c greater than 58mmol/mol has been shown to reduce life expectancy by 100 days each year, which represents one third of an individual's remaining lifespan ⁽²⁾. Yet sadly, one in three people with diabetes fail to control their blood glucose levels to these targets, despite increasing medication ⁽³⁾.

The Lifestyle Club (TLC) developed by charity Public Health Collaboration (PHC) provides an award winning, accredited 8-week diet and lifestyle course and on-going support. Each class is led by an experienced health coach who works with participants to help them feel empowered to make sustainable diet and lifestyle changes. The course introduces carbohydrate restriction as a powerful tool for addressing type 2 diabetes and prediabetes, often reversing these conditions altogether ⁽⁴⁾.

Since June 2021, over 1600 participants from across England have enrolled on TLC courses, with 88% completion. After 6 months, mean weight loss is -6.5kg (95%CI -7.1 to -5.9) and waist circumference reduction -10.5cm (95%CI -11 to -10). Glycaemic control improved, with HbA1c reduction of -10.4mmol/mol (95%CI -11 to -9.8) (-12.7mmol/mol in type 2 only). This significant reduction was despite many participants being able to reduce or stop diabetes medication!

**"I am now in remission
and have my life back!"**
Jon Burgess, TLC Participant

**"TLC understood the
problem and which
information would be
most useful"**
Gordon Dixon, TLC Participant

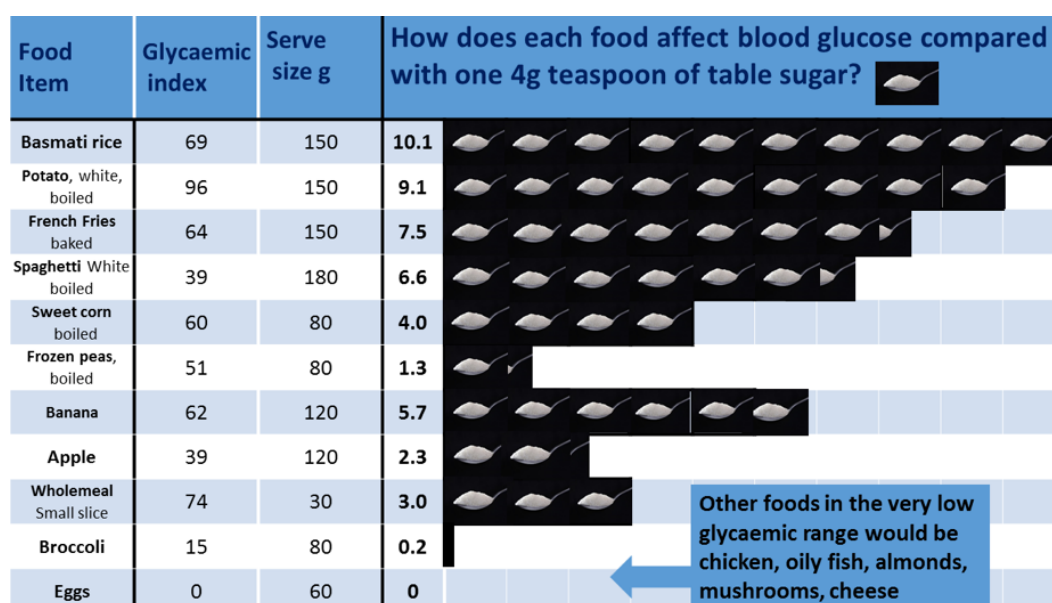
GP Dr David Unwin, Chair of the charity's Scientific Committee, has embraced the low carbohydrate approach at his practice following a 9-fold increase in prevalence of type 2 diabetes since 1986. In doing so, 151 of his patients with have achieved drug free, type 2 diabetes remission. A recent paper reviewing patient outcomes over an 8-year period, reported 51% overall remission rate in patients choosing this approach and 77% remission for those diagnosed with within the previous year. ⁽⁵⁾⁽⁶⁾

"If all practices in England prescribed as we do, the NHS would save £270 million per year" Dr David Unwin GP ⁽⁷⁾

A report commissioned by the British Dietetic Association and Diabetes UK concluded that "low carbohydrate diets, if appropriately supported, are considered safe and should not be avoided in suitable individuals who find these approaches acceptable." ⁽⁸⁾ A national study on the low carbohydrate approach is being planned for 2025 following a successful feasibility study ⁽⁹⁾.

How a low carbohydrate diet helps

Dietary carbohydrate directly impacts blood sugar levels by quickly turning into glucose. Quality protein including meat, fish, eggs, dairy and nuts and healthy fats found in butter and olive oil have a low glycaemic index. Eating this type of food lowers insulin levels resulting in reduced hunger, less snacking and accelerated weight loss ⁽⁴⁾. Dietary fibre is provided by vegetables, nuts and seeds. ⁽¹⁰⁾



Infographics by D Unwin available from www.phcuk.org/sugar

Educating patients on how different foods impact blood sugar helps them to make healthier choices. This infographic designed by Dr Unwin shows why basing meals on vegetables, protein and healthy fats instead of rice potatoes and pasta can quickly stabilise blood glucose levels.

The Lifestyle Club 8-week course, handbook and lifetime support representing excellent value for money. Support is key and participants enjoy WhatsApp and Facebook communities, monthly webinar style catchups and, in some areas, in-person local support hubs. NHS Primary Care Networks can use Additional Roles Reimbursement Scheme funding and bespoke commissioning arrangements can be created for Integrated Care Boards and commercial funding organisations. Contact PHC Operations Manager, Sarah James to find out more on sarah.james@phcuk.org.

Let us help you support people living with prediabetes and type 2 diabetes. Commission The Lifestyle Club and help them feel empowered to improve their health today!

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- 10) Zinn C, Rush A, Johnson R Assessing the nutrient intake of a low-carbohydrate, high-fat (LCHF) diet: a hypothetical case study design *BMJ Open* 2018;8