



Counterweight-Plus and Type 2 Diabetes

You have been given this information sheet by your Practice Nurse/GP or Diabetes Specialist Dietitian because you have Type 2 Diabetes and may benefit from doing the Counterweight-Plus Programme. The aim of Counterweight-Plus Lanarkshire is to support you to lose weight (at least 15 kg) and potentially achieve diabetes remission.

The management of Type 2 Diabetes is changing. There is more focus now on reversing underlying disease mechanisms to normalise blood glucose (sugar). Weight loss is central to achieving this. Substantial weight loss, of 15 kg or more (or 15% loss for those with a weight above 100kg), can achieve diabetes remission without the use of anti-diabetes medications.

Diabetes remission is defined as an HbA1c blood test under 48 mmol/mol without the use of anti-diabetes medications.

What is Counterweight-Plus?

Counterweight-Plus is a 12 month weight management programme delivered by Diabetes Specialist Dietitians throughout Lanarkshire. It is made up of 3 stages which require participants to attend a mix of group and 1:1 sessions (20 sessions in total over 12 months).

The first stage involves taking a Total Diet Replacement (shakes and soup provided by NHS Lanarkshire). This is followed by Food Reintroduction when shakes and soups are gradually reduced as foods and drinks are slowly introduced back into your daily intake. The final stage, Weight Loss Maintenance, is all about support, to help you keep your weight at the new lower level. The whole programme aims to help you manage your weight by making permanent changes to your eating habits and activity levels.



SCREENING

1 appointment to check the programme is suitable for you

You will be given samples of the shakes and soups to take home and try.

TOTAL DIET REPLACEMENT (12 weeks)

Total Diet Replacement (shakes and soups)

800 calories per day

7 appointments delivered in a combination of group and 1:1 sessions (option to use remote support)

FOOD REINTRODUCTION (12 weeks)

Gradual introduction of portion controlled balance meals

Total diet Replacement is reduced as meals are introduced

Option to take weight loss medication

6 appointments delivered in a combination of group and 1:1 sessions (option to use remote support such as telephone or video call)

WEIGHT LOSS MAINTENANCE (6 months)

All nutrition from food and drink

Focus on maintaining lifestyle changes and preventing regain

Option to take weight loss medication

6 appointments delivered in a combination of group and 1:1 sessions (option to use remote support such a telephone or video call)

Counterweight-Plus is 20 appointments over 12 months



You can start Counterweight-Plus if you:

- Have been diagnosed with Type 2 Diabetes within the last 6 years

AND

- Have a body mass index (BMI) of 30kg/m² or above

AND

- Are aged 18-75 years

AND

- Don't have any medical conditions that contraindicate a Total Diet Replacement

What does Counterweight-Plus Offer?

- ✓ Support from a trained Health Professional.

Diabetes Specialist Dietitians will support you in every phase of the programme bringing knowledge and behaviour change skills

- ✓ A structured programme with 20 contacts over 12 months.

Educational and support materials will be provided to you as you reach each phase of Counterweight-Plus.

Topics Include:

- Goals and expectations
- Keeping a Daily Living Diary and monitoring your weight
- Advice in taking the shakes/soups and dealing with the challenges
- Goal setting and guidance on amounts and types of foods and drinks
- Health meals and snacks
- Advice on being active
- Understanding food labels, health shopping, cooking and eating out
- Eating habits and emotions
- Alcohol and weight



So are you ready to lose weight for good?

This is an important question. Successfully managing your weight isn't about going on a "diet" and then regaining the weight you have lost, like 95% of "dieters". Successfully managing your weight is about making long lasting eating and activity behaviours that you can stick with. To help you decide if you are ready to lose weight, consider the benefits and challenges. You are more likely to keep going with changes when you feel the benefits are more important than the challenges.

Use the Benefits and Challenges Table below to help you decide.

Benefits	Challenges
<p>Good things that will happen if you lose weight.</p> <p><i>e.g. I will be more mobile and less out of breath</i></p>	<p>Things that will get in the way of me losing weight.</p> <p><i>e.g. I work full time and have a busy family life</i></p>

If you have more noted in the "benefits" box this suggests you are ready to lose weight. Now consider how you will deal with the things which may get in the way of you losing weight, an important part of the journey.



How committed are you?

Counterweight-Plus is for individuals who are committed to making long lasting changes to their eating and activity behaviours. Take the importance and confidence self-rating tests below to see how ready you are to start Counterweight-Plus.

Importance

How important is it for you to lose weight right now?* (*circle a number below*)

1 Not important at all	2	3	4	5	6	7	8	9	10 The most important thing in my life.
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* Also ask yourself how important is it to improve your blood glucose and reduce your diabetes medications.

- 8-10** You are really keen to get started. In fact, you might already be planning changes to manage your weight.
- 6-7** You feel it's important to make changes but other issues in your life share equal importance. That's ok. Have a think about why you want to manage your weight at the moment. What would it mean for you to be able to lose some weight and keep it off in the next couple of years? It might help to deal with other issues first before you decide on making changes to manage your weight. Go back to the Benefits and Challenges Table to check if you're really ready.
- 3-5** This probably isn't the right time for you to start a weight management programme as other issues seem more important to deal with first. So, give it some time then re-take this test scale in a few months to check how you feel then.
- 0-2** Losing weight may not be something you want to tackle right now. If you don't think it's important to manage your weight, this isn't the programme for you.



How confident are you in achieving your goals? (circle a number below)

1	2	3	4	5	6	7	8	9	10
Not confident at all									Totally Confident

You are ready to get started if you think it very important to make changes to your weight.

Whatever your confidence score, as long as you think it's important to make changes to your weight your confidence will grow as you work through the programme.

Remember that this programme takes a different approach. Counterweight-Plus helps you overcome situations that have stopped you losing weight before.

Counterweight-Plus helps you avoid putting weight back on, this is often the reason people's confidence is low.

Your confidence in managing your weight will grow as you work through Counterweight-Plus.

So what's next?

If you think you are ready to take control of your weight contact, please discuss this with your Practice Nurse, GP or Diabetes specialist clinician and they will refer you for a screening appointment.