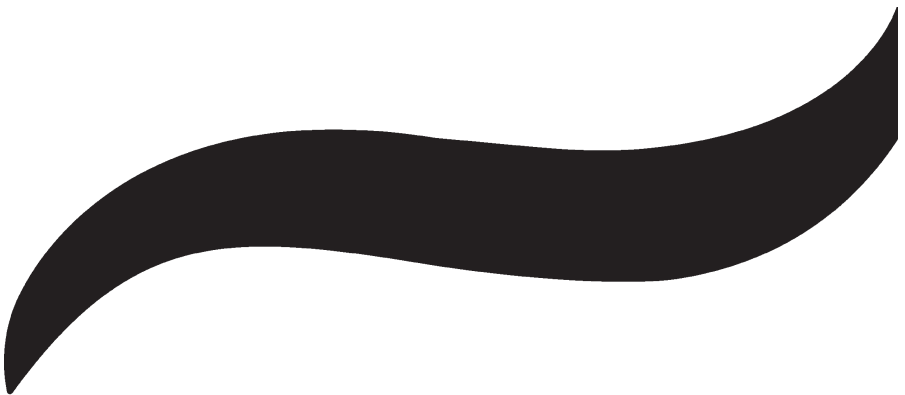




# Type 2 Diabetes Remission Programme (using Counterweight PLUS<sup>®</sup>)

Information for patients  
Adult Diabetes Service



## **WHAT IS TYPE 2 DIABETES?**

Type 2 diabetes is a long term condition which results in the blood glucose (sugar) being too high. Over time a high blood glucose can cause health complications such as heart disease, eye disease and kidney disease. The amount of glucose in the blood is usually controlled through the production of hormones which stop it from going too high or too low. Insulin is the hormone that helps prevent the blood glucose from going too high. In type 2 diabetes insulin production drops and the insulin that is available struggles to work efficiently causing the blood glucose to rise.

Type 2 diabetes is typically treated with medications and/or improvements in lifestyle (weight, food choices and physical activity) and for many it is a condition that gets worse over time.

However the management of type 2 diabetes is changing. There is now more focus on reversing the underlying disease processes with the aim of returning blood glucose levels back to a normal.

## **WHAT IS DIABETES REMISSION?**

Diabetes remission in people with type 2 diabetes is when blood glucose levels are below the diabetes range without having to take any diabetes medications. The clinical definition of diabetes remission is having a diabetes blood tests (HbA1c) less than 48 mmol/mol in the absence of diabetes medications for at least 3 months.

Achieving diabetes remission is not a cure and blood glucose levels may rise again. However it is thought that achieving remission can have a significant impact on an individual's overall health and wellbeing.

## HOW CAN DIABETES REMISSION BE ACHIEVED?

Losing weight plays the biggest role in achieving remission. As an individual gains weight a build-up of fat in the liver and pancreas starts to develop. It is the fat in and around these key organs that affects insulin production and action. Weight loss can reduce these fat deposits which may result in improved insulin production and action.

The strongest evidence to date indicates that losing (and maintaining) a significant amount of weight (15kg or 2st 7lbs) increases the likelihood of achieving remission. There are many weight loss options and finding the right one can be a challenge. One option available to individuals who want to try and achieve remission is Counterweight PLUS®.

For more information on type 2 diabetes and diabetes remission visit:

[www.diabetes.org.uk](http://www.diabetes.org.uk)

and/or

[www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk)

## WHAT IS COUNTERWEIGHT PLUS®?

Counterweight PLUS® is an intensive 12 month weight loss programme available to individuals who might be able to achieve diabetes remission. It is delivered by a small team of Diabetes Specialist Dietitians throughout Lanarkshire. The programme is made up of 3 stages over 12 months and requires participants to commit to 20 appointments. We offer a mix of face to face, video and telephone appointments.

## **Stage One: Total Diet Replacement**

This first stage is for 3 months and involves 7 appointments (weekly to fortnightly). The aim of this stage is to significantly reduce the energy intake to cause a rapid and significant weight loss. This is achieved by replacing all food and energy giving fluids e.g. milk, sugary drinks and alcohol with 4 nutritionally complete soups or shakes daily (which are provided by NHS Lanarkshire). Participants have a diabetes blood test (HbA1c) before starting and after finishing this stage. Participants will be advised to stop all their oral diabetes medications before starting total diet replacement.

## **Stage Two: Food Reintroduction**

This stage is for a further 3 months and involves 6 fortnightly appointments. The aim of this stage is to slowly reduce the use of the meal replacement soups and shakes as food is gradually reintroduced. This stage requires participants to plan daily meal options, weigh foods and monitor food choices and food behaviours by keeping a daily diary. Weight loss during this stage is much slower as the energy intake increases. By the end of this stage a new lower weight will be reached. Participants have a diabetes blood test (HbA1c) after finishing this stage.

## **Stage 3: Weight Maintenance**

This stage spans 6 months and involves 6 monthly appointments. This final stage is all about support to prevent weight regain. Participants have a diabetes blood test (HbA1c) after finishing this stage.

The whole programme aims to help individuals manage their weight by providing tools that can be used to make long-term changes to eating and activity habits. Participants have the support of a Diabetes Specialist Dietitian, with an expert knowledge of nutrition and behaviour change skills, throughout each stage.

The programme is structured with 20 appointments over 12 months. Educational and support materials are provided as each stage of Counterweight PLUS® is reached.

Topics covered include:

- ❖ Goals and expectations
- ❖ Keeping a daily living diary and monitoring your weight
- ❖ Advice on taking the meal replacement soups/shakes and dealing with the challenges of undertaking total diet replacement
- ❖ Goals setting and guidance on amounts and types of foods and drinks
- ❖ Healthy meal and snack suggestions
- ❖ Understanding food labels, food shopping and cooking methods
- ❖ Advice on how to manage eating out and social situations
- ❖ Goal setting and advice on being more active
- ❖ Guidance on how to manage emotions when it comes to food choices and food behaviours
- ❖ Alcohol and how it impacts weight management
- ❖ Strategies and support for dealing with any slips or pauses you might have when it comes to these making food and activity changes

## **IS COUNTERWEIGHT PLUS® THE RIGHT OPTION FOR ME?**

It is important to remember that Counterweight PLUS® is only a tool to aid weight loss and improve diabetes control. The success in the long-term depends on your commitment to changing the way that you eat, what you eat and to follow a healthy lifestyle.

## YOU CAN BE CONSIDERED FOR COUNTERWEIGHT PLUS® IF YOU:

❖ Have been diagnosed with type 2 diabetes in the last 6 years

And

❖ Have an HbA1c greater than 48mmol/mol if your diabetes is managed by lifestyle alone

Or

❖ Have an HbA1c greater than 43 mmol/mol if your diabetes is managed with oral diabetes medications

And

❖ Have a body mass index (BMI) of 30 kg/m<sup>2</sup> or above\*

And

❖ Are aged 18-65 years

And

❖ Can commit to 20 appointments over 12 months (for the first 6 months appointments are a mix of weekly and fortnightly).

\* BMI risk factor thresholds differ within different ethnicities, for example, people from the South Asian population will be considered with a BMI 26 kg/m<sup>2</sup> or above.

### Exclusions

Unfortunately we cannot consider you for Counterweight PLUS® if you:

- ❖ have had type 2 diabetes for more than 6 years
- ❖ are currently prescribed insulin
- ❖ have ever started the Counterweight PLUS programme before
- ❖ have a recent diagnosis of an eating disorder
- ❖ are pregnant, breast feeding or actively trying to conceive
- ❖ have any medical conditions that contraindicate the use of total diet replacement. A member of the team will discuss medical exclusions with you when you call.

## **WILL I BE ACCEPTED FOR COUNTERWEIGHT PLUS®?**

To be accepted to the programme you will be required to attend a screening appointment to assess your suitability for Counterweight PLUS®. A screening appointment lasts about 60 minutes and is undertaken by a Diabetes Specialist Dietitian. You will be asked to complete a screening pack in advance of this appointment. The screening pack includes a series of questions and questionnaires that help us assess your medical history, your current dietary intake, your previous weight loss attempts, your current mental health and your readiness to embark on an intensive weight loss programme.

If you are not accepted for Counterweight PLUS® this will be discussed with you and we will signpost you to alternative services that better meet your needs. Your GP will also be informed of this decision.

## **SO ARE YOU READY TO LOSE WEIGHT AND IMPROVE YOUR DIABETES CONTROL?**

This is an important question. Successfully managing your weight is not about going on a “diet” and then regaining the weight you have lost, like 95% of “dieters”. Successfully managing your weight is about creating 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>E.g. I will be more mobile and less out of breath.</p>	<p>Things that will get in the way of me losing weight.</p> <p>E.g. I work full time and have a busy family life.</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 challenges which might get in the way of you losing weight. This is an important part of assessing your own readiness.

## HOW COMMITTED ARE YOU?

Counterweight PLUS® is an intensive 12 month weight loss programme for individuals who are committed to making long lasting changes to their eating and activity behaviours. Take the importance and confidence self-rating tests on the next page to see if you are ready to commit.



## 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 right now
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\* Also ask yourself how important is it to improve your blood glucose (and reduce your diabetes medications) right now.

8 - 10 You are really keen to get started. In fact you might already be planning changes to help you achieve your weight loss and diabetes health goals.

6 - 7 You feel it is important to make changes but other issues in your life share equal importance. Have a think about why you want to manage your weight and diabetes at the moment. What would it mean for you to be able to lose some weight and keep it off for the next few years? It might help to deal with the other issues first before you decide on making changes to your weight. Go back to the benefits and challenges table to check if you are 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 importance test scale in a few months to check how you feel then.

0 - 2 Losing weight and improving your diabetes control may not be something you want to tackle right now. If you do not think it is important to manage your weight and diabetes, this is not the programme for you.

## How confident are you in achieving your weight loss and diabetes improvement goals?

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1 Not confident at all	2	3	4	5	6	7	8	9	10 Totally confident
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You are ready to get started if you think it is very important to make changes to your weight and diabetes control.

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

Remember that this programme takes a different approach. Counterweight PLUS® can help you overcome situations that have stopped you making lifestyle changes before.

### WHAT DO I DO NEXT?

If you would like to register your interest in the programme and start the assessment process, or find out more about it, please contact the team on the number below.

Type 2 Diabetes Remission Programme  
NHS Lanarkshire  
Telephone: 01698 754252

## **QUIT YOUR WAY - FREE NHS LANARKSHIRE STOP SMOKING SUPPORT**

Giving up smoking is not something you have to do on your own.

There is a free NHS stop smoking service available in Lanarkshire to help you succeed. You're twice as likely to stop smoking successfully if you get the right support from the NHS.

Quit Your Way is our free stop smoking service, where trained and friendly advisers can be contacted to support you, the service offers a variety of support options and access to nicotine replacement treatments, even if those who smoke have attempted to quit previously.

Quit Your Way can be contacted Monday - Friday 9am to 5pm on 0800 84 84 84 or visit [www.quityourway.scot](http://www.quityourway.scot).

# CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk) or ask a member of staff for a copy of our Data Protection Notice.

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk)  
NHS Lanarkshire General  
Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland.  
[www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.  
[Services@lanarkshire.scot.nhs.uk](mailto:Services@lanarkshire.scot.nhs.uk)



[www.careopinion.org.uk](http://www.careopinion.org.uk)

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