

# 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)** provides an 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 metabolic issues, often reversing these conditions altogether (4).

398 participants were part of the TLC pilot, with 87.5% of them completing a programme. After 6 months, mean weight loss was 6.2kg (95%CI -6.9 to -5.5) and waist circumference was reduced by 9.2cm (95%CI -9.8 to -8.6). Glycaemic control was also improved, with HbA1c improving by 9.6mmol/mol (95%CI -10.5 to -8.8). This significant reduction was despite 86.4% of participants who were taking diabetes medication reducing the amount they needed (n=76); eight of whom were able to omit their diabetes medication altogether!

**"The whole of my life is lifted by the way I feel now"**

**Jon Burgess, TLC Participant**

**"TLC understood the problem and which information would be most useful"**

**Gordon Dixon, TLC Participant**






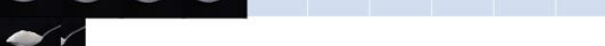



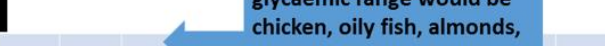
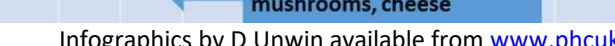

GP Dr David Unwin has embraced the low carbohydrate approach at his practice following an 8-fold increase in prevalence of type 2 diabetes since 1986. Since doing so, 116 of his 472 patients with diabetes have achieved remission (5)(6).


**"116 of my patients with type 2 diabetes have achieved drug free remission in the last 6 years. 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)

## 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).

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar? 
Basmati rice	69	150	10.1 
Potato, white, boiled	96	150	9.1 
French Fries baked	64	150	7.5 
Spaghetti White boiled	39	180	6.6 
Sweet corn boiled	60	80	4.0 
Frozen peas, boiled	51	80	1.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Wholemeal Small slice	74	30	3.0 
Broccoli	15	80	0.2 
Eggs	0	60	0 

**Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese** 

Infographics by D Unwin available from [www.phcuk.org/sugar](http://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 stabilise blood glucose levels.

At £150 per participant for the 8-week course, handbook and lifetime support this approach represents excellent value for money. All participants are offered on-going support comprising class WhatsApp forums, monthly catchup Zoom sessions and, in some areas, local support hubs. It is possible to offer The Lifestyle Club using the Additional Roles Reimbursement Scheme funding. Contact our Operations Manager, Helen Gowers on [helen.gowers@phcuk.org](mailto:helen.gowers@phcuk.org) to commission TLC.

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

- 1) Diabetes UK [www.diabetes.org.uk/professionals/position-statements-reports/statistics](http://www.diabetes.org.uk/professionals/position-statements-reports/statistics) (accessed May 2022)
- 2) Heald AH, Stedman M, Davies M, Livingston M, Alshames R, Lunt M, et al. Estimating life years lost to diabetes: outcomes from analysis of National Diabetes Audit and Office of National Statistics data. *Cardiovascular Endocrinology & Metabolism*. 2020;9(4):183-5.
- 3) National Diabetes Audit 2018–19: Care Processes and Treatment Targets Report Published February 2021 available from <https://www.diabetes.org.uk/professionals/resources/national-diabetes-audit/nda-reports>
- 4) Wheatley SD, Deakin TA, Arjomandkhan NC, Hollinrake PB and Reeves TE (2021) Low Carbohydrate Dietary Approaches for People With Type 2 Diabetes—A Narrative Review. *Front. Nutr.* 8:687658
- 5) Unwin D, Khalid AA, Unwin J, Crocombe D, Delon C, Martyn K, et al. Insights from a general practice service evaluation supporting a lower carbohydrate diet in patients with type 2 diabetes mellitus and prediabetes: a secondary analysis of routine clinic data including HbA1c, weight and prescribing over 6 years. *BMJ Nutrition, Prevention & Health*. 2020 Nov 2;3(2):285-294
- 6) Matthew C Riddle, William T Cefalu, Philip H Evans, Hertzler C Gerstein, Michael A Nauck, William K Oh, Amy E Rothberg, Carel W le Roux, Francesco Rubino, Philip Schauer, Roy Taylor, Douglas Twenefour, Consensus Report: definition and Interpretation of Remission in Type 2 Diabetes, *The Journal of Clinical Endocrinology & Metabolism*, Volume 107, Issue 1, January 2022, Pages 1–9
- 7) Hex N, Bartlett C, Wright D, Taylor M, Varley D. Estimating the current and future costs of Type 1 and Type 2 diabetes in the UK, including direct health costs and indirect societal and productivity costs. *Diabet Med*. 2012 Jul;29(7):855-62.
- 8) Brown A, McArdle P, Taplin J, Unwin D, Unwin J, Deakin T, Wheatley S, Murdoch C, Malhotra A, Mellor D. Dietary strategies for remission of type 2 diabetes: A narrative review. *J Hum Nutr Diet*. 2022 Feb;35(1):165-178