

Type 2 diabetes remission through Counterweight-Plus



**Counterweight-Plus is a two-year
programme for type 2 diabetes remission**

Information for patients

What is Counterweight-Plus?

Counterweight-Plus is a two-year intensive weight-loss programme which aims to help those living with type 2 diabetes to achieve long-term remission. Available on the NHS across the East of Scotland, the programme is delivered by specialist dietitians – with psychology support for those who need it – and involves three key stages:

Stage 1 12 weeks

Total diet replacement

- Low energy diet of shakes and soups
- Goal setting and obstacle management
- Support to deal with social situations
- Fortnightly appointments with a dietitian

Stage 2 12 weeks

Food reintroduction

- Gradual reduction of shakes and soups as meals are reintroduced
- Ongoing support to achieve your weight goals
- Meal and exercise planning
- Fortnightly appointments with a dietitian

Stage 3 18 months

Weight-loss maintenance

- Future weight management planning
- Ongoing support to achieve weight goals
- Strategies to form positive habits and maintain lifestyle changes for the future
- Monthly appointments with a dietitian

The programme will help you to lose weight, form positive habits and maintain a healthy lifestyle

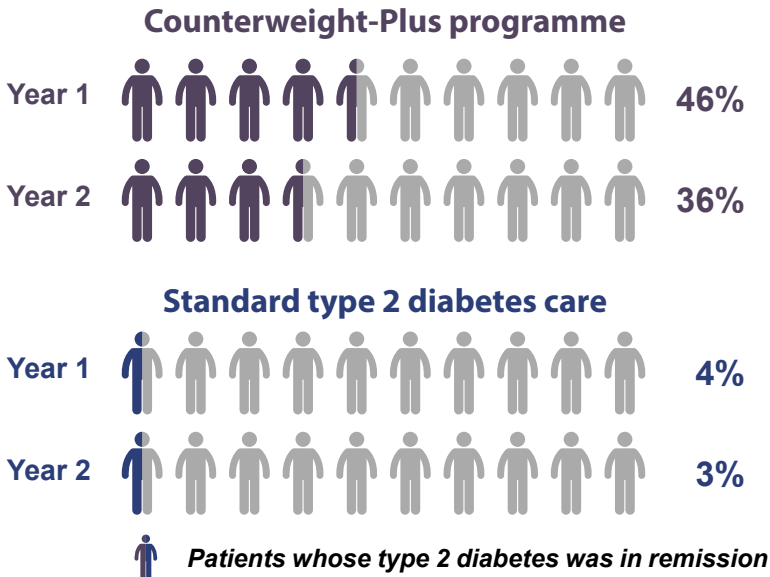
What is type 2 diabetes remission?

Remission means that your blood glucose levels are below the diabetes range and you usually no longer need to take any diabetes medication. It also means that your HbA1c – a measure of long-term blood glucose levels – remains below 48mmol/mol or 6.5% for at least 6 months. Some people call this ‘reversing type 2 diabetes’ but we use the term remission because your diabetes can come back. This is why Stage 3 of Counterweight-Plus is important – providing you with the tools to maintain lifestyle changes for the future.

Why Counterweight-Plus?

Counterweight-Plus is a clinically proven programme designed by Counterweight Ltd and based on evidence from the Diabetes Remission Clinical Trial (DiRECT). The study found that rapid weight-loss and support to maintain this through participation in Counterweight-Plus, significantly increases your chances of achieving and sustaining type 2 diabetes remission.

DiRECT results



Benefits of Counterweight-Plus



Decreased:	Increased:
Weight*	Energy
Blood pressure	Sleep quality
LDL or 'bad' cholesterol	HDL or 'good' cholesterol
Blood glucose levels	Ability to keep active
Stress	Quality of life
Risk of complications and other health conditions	Endorphins and positive mood

**on average, those who complete Stage 1 of Counterweight-Plus lose 16.9kg (around 2½ stones)*

Patient perspectives

I've lost twenty kilos since I started on Counterweight-Plus and feel great because of it. I'm also hitting my target of 10,000 steps a day and have a lot more energy.

I knew that it would be tough but seeing the great trial results & opportunity to put my type 2 diabetes into remission was really encouraging.

The idea of not having to think about what I was eating for 12 weeks (during Stage 1) was also pretty attractive.

My Counterweight-Plus dietitian has been that consistent, non-judgemental ear – a person to talk to who recognises this isn't easy. He always accepts how I'm feeling and then helps me to work through it.

My general health has massively improved I'm optimistic about life in general. Before this I was genuinely resigned to never being able to lose weight again after so many failed attempts – but Counterweight-Plus has helped me to turn things around for the positive.

Is Counterweight-Plus the right programme for me?

Counterweight-Plus is an intensive weight-loss programme and therefore not suitable for everyone. If you're interested in what you've read so far and meet the initial criteria outlined below, please get in touch to discuss whether the programme is right for you.

Criteria for Counterweight-Plus

- Diagnosed with type 2 diabetes in the past 6 years
- 18-65 years old
- Ethnic Minorities: Body Mass Index (BMI) of 25 or above
- White Caucasian: Body Mass Index (BMI) of 27 or above
- Currently not prescribed insulin to treat your type 2 diabetes
- At your last check within the past 12 months your blood glucose levels (called your HbA1c) were:
 - Above **48mmol/mol** if you are **not** taking any diabetes medication
 - Above **43mmol/mol** if you **are** taking diabetes medication

If you don't know this, don't worry – our dietitians can check with your GP and let you know if your HbA1c levels fit the range.



 Counterweight

How do I get in touch?

To find out more about Counterweight-Plus and how to participate, please contact your local Weight Management and Type 2 Diabetes Prevention Service:

NHS Lothian

Email: weight.management@nhslothian.scot.nhs.uk

Phone: 0131 537 9169



We offer a range of support for those at risk or living with type 2 diabetes, so if Counterweight-Plus isn't suitable for you – we'll be sure to find something that is.