

Case study: Darren, 52



Context

Momenta Newcastle is delivering the NHS Low Calorie Diet (LCD) Programme across the North East and North Cumbria. The programme is delivered to groups of up to 15 people in-person in local accessible venues.

Darren's background and journey

Darren is a Compliance Manager for a local housing association. He was diagnosed with Type 2 diabetes after a Health Check at his GP practice. It was a really quick process – he was referred to Momenta 6-8 weeks after that.

Expectations of the programme

Undaunted by the thought of the first phase of Total Diet Replacement (TDR), Darren wanted to commit fully to the programme:

*'What I was signing up for was **made totally clear** by the Momenta team and I was **aware of what I'd have to do.***

After doing his own research he got some good insights into what was possible in a short space of time – and this was echoed by the Advisor team at Momenta:

*'The vetting process was **really useful** and I **didn't feel pressured** into doing the programme, but I knew it would take some **serious commitment.***

Darren's journey

Darren was very impressed by the wide range of Exante products and didn't have any issues in Phase 1. The ready meals weren't for him, but he found a variety of shakes and bars which he stuck to.

*'The TDR phase was surprisingly **not a problem** and I think I overestimated how long 3 months would be! **Weight loss was such a key motivator** that **the time went by very quickly** and I never got tired of the tastes and flavours.'*

Soon Darren noticed his mobility improving and felt he'd be able to increase his activity levels at the first opportunity in the programme. His mood also got better and he found the programme a positive experience as everyone in the group was very supportive of each other, especially when motivation was sometimes low.

*'I learned that you need to **set realistic goals** around weight loss and have **support around you** to **keep motivated**, especially when the weight loss isn't rapid.'*

The programme

*'The programme itself is **very informative** and **very well put together.**'*

Darren said that the *Momenta Workbooks* worked well with the sessions and he enjoyed how comfortable he – and everyone else – felt in the group:

*'I'm an extrovert, **but I enjoyed seeing** those members of the group who are more introverted **feel comfortable** in the groups – like we were **in a safe space to contribute.**'*

How has life improved?

Not only did his mood and mobility improve, but Darren lost **25kg** (almost 4 stone) – or **21%** of his starting weight – in the first 2 phases of the NHS Low Calorie Diet programme.

His overall goal is to put his diabetes into remission. At his 6-month blood test at his GP practice, his Hb1Ac (average blood glucose) dropped from **54** to **33**. The clinical team couldn't believe the progress he'd made in such a short space of time:

*'After the **TDR phase** I became **a lot more mindful** of calories and portion control – I was **determined** not to go back to the way I was before.'*

What's next?

Darren recognises that lifestyle change isn't a short-term fix and he'll need to consistently put into practice what he's learned in the sessions and choose food wisely for long-term success.

*'I know if me and others do this it'll **ease the pressure on the NHS** in years to come. **Give it a go.** But if you want to **see the benefits**, you've got to **be prepared to stick to it.** The **benefits** really do outweigh the negatives.'*

During Phase 3 of the programme Darren wants to walk the length of the country in 18 weeks, which he's well on the way to doing after completing over 100,000 steps in his first week!

*'I'm **thoroughly enjoying activity** again, especially as I didn't feel comfortable doing it **before the programme.**'*



NOTE: The Momenta LCD programme has 20 group sessions and one individual phone-call in three phases over 12 months, including an initial 12 weeks of Total Diet Replacement (TDR) products including shakes, soups, bars and pot meals. Referred participants must meet NHSE eligibility criteria and comply with medication adjustment advice given by their GP at referral.

