

Case study: Pat, 61



Context

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

Pat's background

Pat is a busy caravan park owner who spends most of her time keeping other people happy. She was diagnosed with Type 2 diabetes last year and has done her best to try and control it. When her GP mentioned the NHS LCD Programme to her, she wanted to give it a go as, if her GP said it was going to be helpful, then it probably was going to be just that.



Pat's journey

Pat found Phase 1 of the NHS Low Calorie Diet hard to begin with:

'I was on 800 calories a day when I was used to living off three times that amount.'

She was sceptical about whether this would work for her. But she stuck with it – and thought the products tasted really good. Surprisingly, she never felt hungry at all.



The programme

Pat stuck to it, incorporating the behaviours she learned in the sessions and only had her products as per the guidelines. She was amazed how quickly the results started to show:

*'The weight **kept coming off** and soon enough I was **well on my way to achieving my goals**. The products were **excellent**, very **delicious** and **balanced**. I've never got tired of them yet!'*

The group and the coaches also played a huge part in Pat sticking with the programme and her success.

*'Everyone in that room is **extremely lovely** and **supportive** and the **coaches know** what they're talking about.'*

How has life improved?

Going into Phase 3 of the NHS LCD programme Pat has already achieved her gold target of **15%** weight loss – and couldn't be happier about it. Not only has the weight loss been fantastic but Pat's noticed other improvements in her life:

*'I can't believe **how much better I'm feeling about myself** – my mood has improved and **I'm moving around more**. I'm basically just fitter and healthier.'*

At a recent blood test Pat's Hb1Ac (average blood glucose) went from **63** last year to **46** – and she wants this to continue to go down.



What's next?

Pat's focused on maintaining her weight loss. She's going on her annual holiday for a month but is more mindful of what she's eating. She'll also take scales with her so she can routinely weigh herself to make sure she's not going off track.

With running the caravan park she was doing between 7,000 – 8,000 steps per day. Now she's working very hard to push this to 10,000 – and doing this without getting breathless.

*'This programme's been an **absolute privilege to attend**. And if the NHS are funding it then you **have to give it your all** – this has been a gift. If anyone gets the opportunity to do it, then **you've got to grab it with both hands**.'*



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.