

Case study: Stan, 64



Context

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

Stan's background

Stan is a groundskeeper in Somerset with a family history of Type 2 diabetes, so his GP practice are very good at ensuring he has routine appointments. Stan was diagnosed with Type 2 diabetes at one of these appointments in March 2020 and given information about foods to eat to help him control his diabetes alongside his medication.

When the NHS LCD Programme became available in his area and he learnt more about it he thought he'd have to give it a go.

*'From my understanding, this programme consisted of **free advice**, **free support** and **free food**, so it was always going to be **a winner!**'*

Stan's journey

From the beginning Stan found the programme easy to do and has had no issues with the products, the behaviours and building it all into his everyday life.

Starting the programme

Stan found the first couple of weeks made a significant difference. He lost **11lbs (5kg)** in that fortnight, which really motivated him to keep going.

*'I was **gobsmacked with the results** – I couldn't quite believe **how well** this programme was **working for me.**'*

*'Our coach Michelle has been **fantastic** and a **wonderful source of support** – as has the whole group. We have our own little **Facebook group** where we share ideas and give each other as much **motivation** as we can.'*



How has life improved?

Moving into Phase 3 of the NHS Low Calorie Diet programme Stan has now lost **3st 2lbs (20 kg)** – or over **20%** of his starting weight. He's also noticing other differences this is making to his life.

*'This has been **life-changing for me**. My **blood glucose levels are down**, my **blood pressure is down**. And I have a physical job where I was starting to experience **pain in my left hip** – this has **now gone** and I'm **moving much better at work**.'*

Stan's continuing to be mindful of what he eats and is certainly putting theory into practice. He's looking at what he's eating and using the label reader tool to be more aware of the foods he's buying.

*'I now **use a smaller plate, fill half of it up with vegetables** and have a quarter plate of **carbohydrates** and the other quarter with **protein** – I'm sure the **weight will stay off now!**'*



What's next?

Stan said that the resources have been brilliant and he continually refers to these – and will keep on doing so over the long-term. His outlook on life has changed and he feels like he can do more, so he will!

*'Everything's there for you and, like me, **if you stick to it you will succeed**.'*



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.