Referral criteria to the NHS Low Calorie Diet Programme:

(Adapted from NHSE presentation “Guidance for GP Practices and Referrers”)

Individuals who satisfy all the following eligibility criteria may be referred to the Service:

• Aged 18 to 65 years (inclusive)
• Diagnosed with Type 2 diabetes within the last 6 years
• BMI of 27kg/m. or higher (adjusted to 25kg/m. or higher in people of black, Asian and minority ethnic (BAME) origin)
  o BMI obtained from self-measured weight is acceptable for referral. If this cannot be obtained, a clinic-measured value within the last 12 months may be used, provided there is no concern that weight may have reduced since last measured such that the individual would not be eligible for the LCD programme at present
• HbA1c measurement taken within the last 12 months, in line with the following:
  o If on diabetes medication, HbA1c 43-87 mmol/mol
  o If not on diabetes medication, HbA1c 48-87 mmol/mol
  o If there is any concern that HbA1c may have changed since last measured, such that repeat testing may indicate that the individual would not be eligible for the LCD programme at present, HbA1c should be rechecked before referral is considered
• Must have attended for monitoring and diabetes review when last offered, including retinal screening, and commit to continue attending annual reviews, even if remission is achieved
• Does not meet any exclusion criteria (see next slide)

If any of the following apply, the individual is not suitable for referral to the NHS LCD pilot (exclusion criteria):

• Current insulin user
• Pregnant or planning to become pregnant within the next 6 months
• Currently breastfeeding
• Has at least one of the following significant co-morbidities;
  • active cancer
  • heart attack or stroke in last 6 months
  • severe heart failure (defined as New York Heart Association grade 3 or 4)
  • severe renal impairment (most recent eGFR less than 30mls/min/1.73m2)
  • active liver disease (not including NAFLD)
  • active substance use disorder
  • active eating disorder
  • porphyria
  • known proliferative retinopathy that has not been treated.
• Recent weight loss of greater than 5% body weight or is currently on a weight management programme
• Undergone or is awaiting bariatric surgery (unless willing to come off waiting list)
• Health professional assessment that the person is unable to understand or meet the demands or monitoring requirements of the NHSLCD Programme

• If not eligible for the NHS LCD Programme, consider whether the individual would benefit from other available weight management support (e.g. Tier 2 or Tier 3 services)