

NHS Type 2 Diabetes Path to Remission - Barnsley

July 2026

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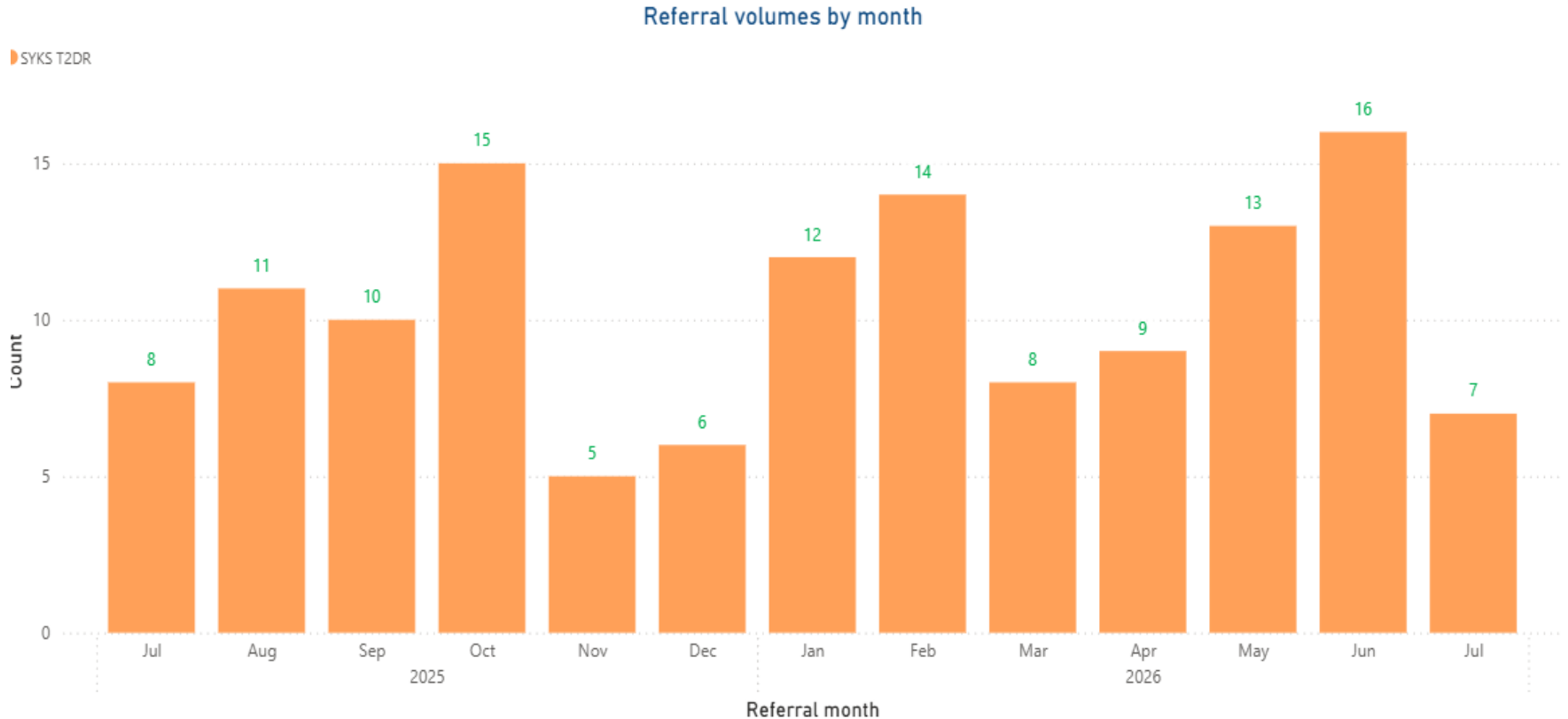
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Current landscape



- Significant capacity is currently available to support both new referrals and participants on programme

Local NHS T2DR delivery



Locality / Place	Referrals received (To Date)	March 26 (Last Month)
BARNSLEY	515	15
DONCASTER	190	6
ROTHERHAM	867	23
SHEFFIELD	1090	41

150

Practices referred

2662

Referrals received

87%

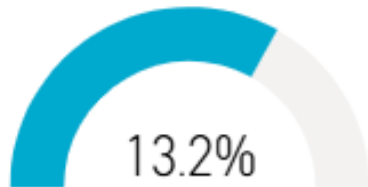
Eligible referrals

1162

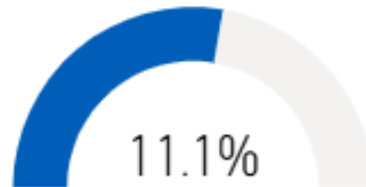
Participants started

Programme outcomes so far

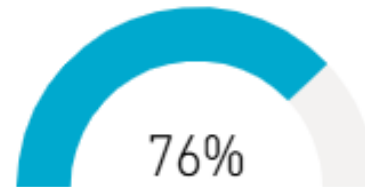
Weight loss
End of TDR (12 weeks)



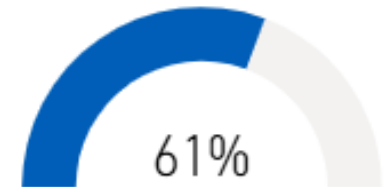
Weight loss
End of programme (12 months)



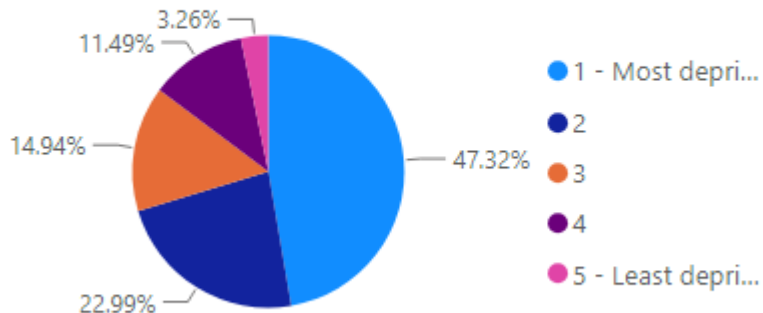
Retention
End of TDR (12 weeks)



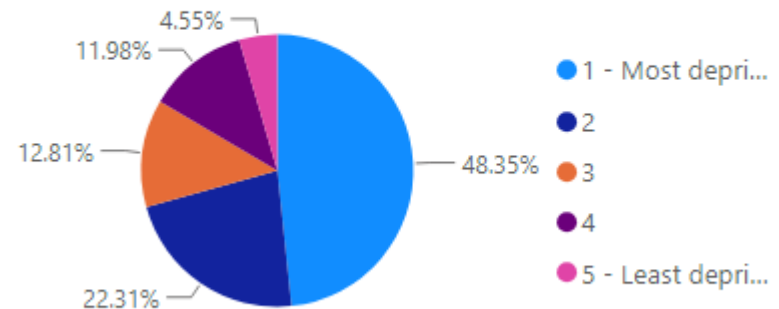
Retention
End of programme (12 months)



Referrals by deprivation quintile



TDR starts by deprivation quintile



Programme refresher – What is T2DR



- ♥ **Evidence-based foundation** - Follows principles of DiRECT and DROPLET studies
- ♥ **Comprehensive structure** – Three distinct phases delivered over 12 months for sustainable results



Phase 1 - Reboot

- Low-calorie diet
- Meal replacements
- 12 weeks



Phase 2 - Rebalance

- Food re-introduction
- Healthy eating and activity tips
- 6 weeks



Phase 3 - Retune

- Long-term support
- Maintain weight loss
- 8 months

- ♥ **A choice of delivery format** – Digital or in-person, both including 22 one-to-one session
- ♥ **Expert support** – Trained coaches provide extensive resource – all completely **free**

NHS Type 2 Diabetes Path to Remission Programme

Momenta participant journey over 12 months



PHASE 1: REBOOT

Total Diet
Replacement
12 weeks

- S00 Setting up for success
- S01 Understanding Type 2 diabetes
- S02 Embrace the shake!
- S03 Know your external triggers
- S04 Know your internal triggers
- S05 Reset your mindset
- S06 Relax and destress
- S07 Preparing to **REBALANCE**
- S08 Final prep

PHASE 2: REBALANCE

Food
Reintroduction
6 weeks

- S09 Embrace healthy meals
- S10 Mindful eating
- S11 Make every day active
- S12 Meal planning and shopping

PHASE 3: RETUNE

Weight
Maintenance
To end of
12 months

- S13 Know how to eat well
- S14 Main meals and snacks
- S15 Carbs, carbs, carbs
- S16 Build your strength
- S17 Sugars under the spotlight
- S18 Fats under the spotlight
- S19 Protein under the spotlight
- S20 Get your heart rate up
- S21 Moving forwards

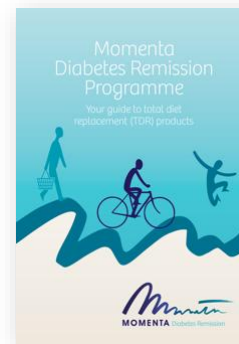
RESOURCES

Digital participants also
receive access to our app

Phases 1 & 2
Workbook and
Lifestyle logbook
TDR product booklet
Fibre supplement
Monitoring equipment
Closed Facebook
group
All TDR products -
plus initial sample

Recipe booklet
Pedometer
EXi app
Premium access
All TDR products

Phase 3 Workbook
and Lifestyle logbook
Momenta-in-
my-pocket
Any TDR products
required



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What can patients expect

Reduced waiting times

- Faster access to support with streamlined onboarding processes

Award-winning digital app

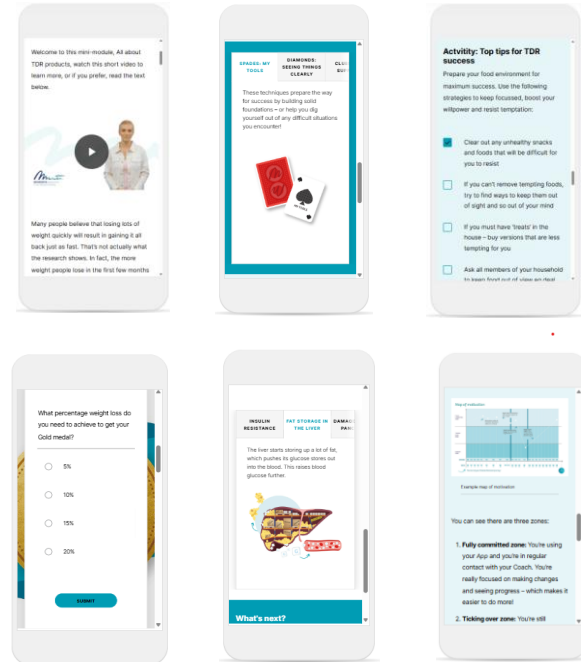
- Interactive platform for digital starters, continuously improved based on user feedback

Nupo TDR products

- Extensive range including diverse flavours, vegan options, high-quality protein and fibre content, reliable supply and delivery and ongoing product development

Nupo Premium fibre

- Highly soluble and IBS-friendly formulation for improved digestion comfort



Benefits for patients

♥ Comprehensive support

- 12-month structured programme with comprehensive 1:1 coach support

♥ Fully funded

- Complete programme including all TDR products provided at no cost to patients

♥ Proven outcomes

- Significant weight loss, reduction in medication use and improved HbA1C levels

♥ Wider health benefits

- Positive impact on commodities, reduced cardiovascular risk, improved lifestyle behaviours and enhanced overall quality of life

Benefits for practices

♥ No additional cost

- Fully funded NSHE-commissioned service requiring no practice investment

♥ Continuous monitoring

- Patients monitored at each session with threshold breaches reviewed by Momenta's Medical Director

♥ Reduced workload

- Primary Care contacted in exceptional cases with evidence suggesting reduced practice workload due to improved patient outcomes

♥ Full support package

- Comprehensive training, resources and support provided

Eligibility criteria



Inclusion

- Aged 18 - 65*
- T2D diagnosis within last 6 years
- BMI $\geq 27\text{kg/m}^2$ ($\geq 25\text{kg/m}^2$ if BAME origin)
- Attended monitoring and diabetes review in last 12 months
- HbA1c within 12 months:
 1. If on diabetes medication, HbA1c ≥ 43 mmol/mol (6.1%)
 2. If **not** on diabetes medication, HbA1c ≥ 48 mmol/mol (6.5%)
 3. In all cases, HbA1c must be ≤ 87 mmol/mol (10.1%)

*Individuals aged over 65 years may be referred if clinically appropriate and if potential benefits for that individual are considered to outweigh potential risks associated with rapid weight loss [e.g. exacerbation of pre-existing frailty])

Exclusion

- Current insulin user
- Currently breastfeeding
- Pregnant or planning pregnancy within 6 months
- Heart attack or stroke in last 6 months
- Severe heart failure (NYHA grade 3 or 4)
- Severe renal impairment (most recent eGFR $< 30\text{mls/min/1.73m}^2$)
- Active liver disease (not including NAFLD)
- Active substance use disorder
- Active eating disorder
- Previous bariatric surgery
- Health professional assessment indicates programme suitability
- Safe medication adjustment not practical in Primary care setting

Searches & referral forms



Accessing referral resources

- Visit the dedicated referrer webpage for comprehensive resources including search tools, templates and referral forms

Resources for referrers to the NHS Type 2 Diabetes Path to Remission Programme - Momena Newcastle

Key referral requirements

- Referral form pre-populated with key patient details
- Ensure eligibility criteria are met
- Date of diagnosis documented
- Age confirmation (18+)
- HbA1c, weight and blood pressure readings in range
- All measurements within last 12 months

NHS Low Calorie Diet Programme Referral

This form is for referring eligible patients to the NHS Low Calorie Diet Programme – an in-person group service, delivered by Momena Newcastle over 12 months, including 12 weeks of 800-900 kcal/day formula diet, aimed at supporting significant weight loss and potential remission of Type 2 diabetes.

Please email completed form to momena.nenc-icd@nhs.net

Eligibility criteria	
Inclusion criteria	Exclusion criteria
Aged between 18-65 inclusive	Current insulin user
Diagnosed with Type 2 diabetes within last 6 years	Currently breastfeeding
BMI of $\geq 27 \text{ kg/m}^2$ (adjusted to $\geq 25 \text{ kg/m}^2$ in people of BAME origin)	Pregnant or planning to become pregnant within the next 6 months
Attended monitoring and diabetes review when last offered, incl. retinal screening, (or willing to attend before referral) and commit to continue annual reviews, even if achieve remission	Note: Weight loss has at least one heart attack or a York Heart Assoc (most recent ed) gallstones, biliary substance use if prolifeactive not
HbA1c within 12 months, with values as follows:	Significant weight currently on a w
• If on diabetes medication, HbA1c $\geq 43 \text{ mmol/mol}$ (6.5%)	Health professional understand or n
• If not on diabetes medication, HbA1c $\geq 48 \text{ mmol/mol}$ (6.5%)	of the NHS LCD appropriate clin required; or for not practised in
In all cases, HbA1c must be $\leq 87 \text{ mmol/mol}$ (10.1%)	

Please complete all sections of this form and please ensure elig

Patient information (essential information is marked*)	
Patient Name*	
Sex*	
NHS Number*	
Address*	
E-mail address:	
Telephone: provide at least one phone number	Home*
Can we leave a voicemail? ☐ Yes ☐ No	Does the patient sp
What is the patient's first language (if not English)?	Does the patient re

Clinical information (essential information is marked*)	
Date of diagnosis of Type 2 diabetes*	
Weight (kg) * must be within last 12 months:	
Height (m) *	
BMI (kg/m ²):	
HbA1c (mmol/mol) * must be within last 12 months:	
Blood pressure (mmHg) *:	
Is the patient on the Learning Disability Register?	
Is the patient on the Severe Mental Illness Register?	

Describe any relevant disability?

Current repeat medication

No repeats to display

Relevant medication information (essential information is marked*)

Current diabetes medications	
Metformin*	
Sulfonylureas	
DPP4 inhibitors (gliptins)	
GLT2 inhibitors (glucos)	
GLP-1 analogues (tides)	
Glimepiride	
Glipizide	
Acarbose	

Any medicines taken which affect blood pressure (even if not taken for BP)

Referrer details (essential information is marked*)

Declaration*

By entering my name below, I confirm that this patient:

- Meets the inclusion criteria and does not meet the exclusion criteria for this programme;
- Understands the context and meaning of Type 2 diabetes 'remission';
- Understands that the NHS LCD programme is one year long, with 20 group sessions – and that these may be delivered virtually due to COVID-related adaptations as discussed;
- Understands that this programme involves an initial 12 weeks of consuming formula diet with a fibre supplement where appropriate instead of their normal food;
- Has discussed and agreed their medication changes to be undertaken on the first day of TDR and has been given a written copy of this;
- Agrees that, if they proceed on the NHS LCD Programme, they will: Continue attending early diabetes review appointments at their GP practice, regardless of whether remission is achieved; notify their GP practice of any unexpected or concerning symptoms considered urgent; and notify their GP practice if they disengage or drop out before the end of their intervention; and
- Understands and consents to their data being shared as outlined in 'Consent' below.

Referrer's organisation

Name of GP practice:

Registered Practice Code:

GP practice email address – this must be monitored regularly for patient safety purposes: @nhs.net

Referrer's name*

Referral date*

Consent: Before referral, confirms the patient understands, and has consented to the following:

- Their personal and medical information is being shared with Momena Newcastle ("Momena") so the patient can participate in the programme
- Their personal and medical information will be stored securely on electronic systems and not used for any purpose other than programme delivery, ensuring patient safety and monitoring and evaluation
- The programme is delivered by Momena, who will securely share this data and other programme-related data, including two health and outcomes, with the patient's GP practice and NHS England* to enable the programme to be delivered safely and evaluated (*some Newcastle patient data will not be shared with NHS England but will be evaluated locally on an anonymised basis)

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Medication Adjustment Form (MAF)

Do any medications need adjusting and, if so, have all changes been noted in the table below? (If no, no further action required). *	☐ Yes / ☐ No
Have all required medication changes been discussed and agreed with the patient? *	☐ Yes / ☐ No
Date form completed: _____	

Medication Group	Medication Name	Action	Changes to be made ON THE FIRST DAY OF FORMULA DIET PRODUCTS (not before)
Any other relevant medication requiring adjustment or monitoring			
Metformin			
Sulfonylurea			
DPP-4 inhibitor			
SGLT2 inhibitor			
GLP-1			
Pioglitazone			
Meglitinide			
Acarbose			
Ace inhibitor			
Angiotensin receptor blocker			
Calcium channel blocker			
Diuretic			
Beta-blocker			
Alpha-blocker			
Combination Antihypertensive			

Please email completed Referral and Medication Adjustment Form to momenta.nenc-lcd@nhs.net

Momenta Newcastle will contact your patient within 5 working days of receiving this form.

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Location and sign-off

- Found at the end of referral form and must be signed off by prescriber

Complete all sections

- Ensure tickboxes are completed with clear instructions for each medication; stop, reduce or continue

Patient understanding

- Confirm patient understands that medication changes are implemented on the first day of TDR

Provide patient copy

- Send a copy of the MAF to the patient – it will be checked during referral and onboarding and with their coach

Who does best? (Anecdotally)



♥ Motivation

- Well motivated individuals ready to make significant life changes

♥ Life events

- Preparing for surgery or major life events that provide additional motivation

♥ Clear diagnosis

- Confirmed T2D diagnosis (beware of pancreatic insufficiency)

♥ Mental wellbeing

- Without undiagnosed eating disorders or complex current mental health issues

♥ Medication Profile

- Fewer medications requiring adjustment during the programme

♥ Digestive health

- Without colitis, major food intolerances or history of gallstones

Most important factor: Well supported by their Practice team throughout their journey

Patient landing page & events

Patient events

- ✔ Efficient way to refer multiple people at scale
- ✔ Flexible format to suit local need and priorities
- ✔ Enables Q&A, product sampling and wider service promotion
- ✔ Supported by Momenta and the ICB

Patient landing page

- ✔ One personalised SMS link sent directly to patients
- ✔ Provides clear, supportive programme information
- ✔ Helps identify motivated patients
- ✔ Reduces unnecessary appointments

Request a referral or more information

Please complete the short form to let us know what you'd like to do next. If you choose to be referred, your GP practice may need a little time to complete this.

[Self Assessment](#)

Would you like your GP practice to contact you about a referral to the **Type 2 Diabetes Path to Remission Programme**?

Name *

Address *

Email *

Postcode *

Date of Birth (DoB) *

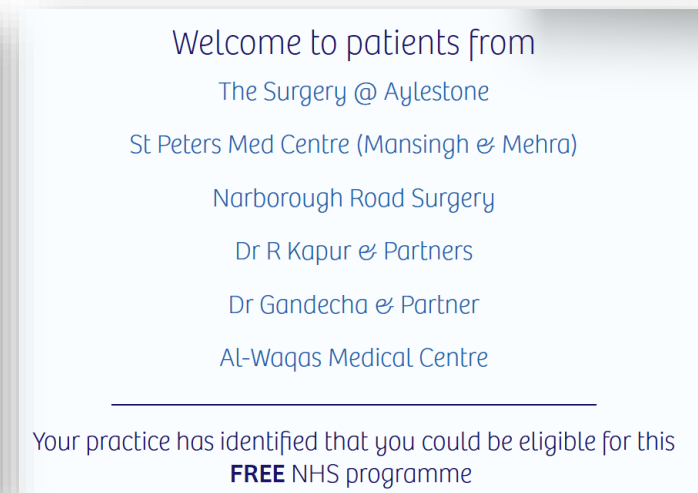
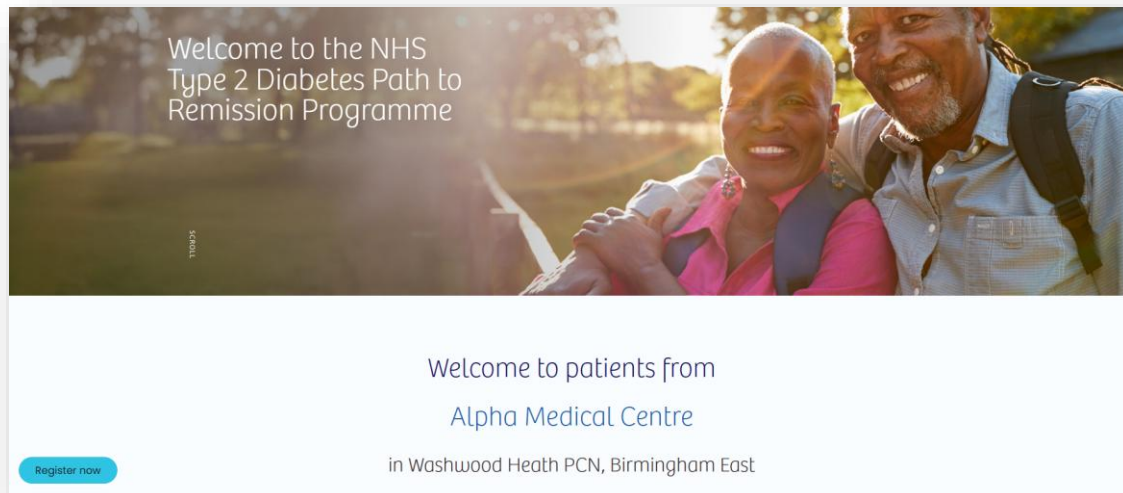
Checkboxes

☐ I consent to receiving information about other Momenta services & offers in the future.

Only tick this box if you'd like us to keep your contact details (not date of birth) and let you know about other services and offers in the future.

New: Practice-specific landing page

- ♥ On request Momena create a T2DR landing page with name(s) of practice / PCN practices – see examples below, same day if required
- ♥ Practice runs T2DR register search
- ♥ Practice sends a personalised SMS link to patients with url
- ♥ Patients: Clear, supportive information to make an informed decision
- ♥ Patients: Motivated patients request a referral via a Momena form
- ♥ Momena: Sends weekly summary to practice, with SNOMED codes



Case study 2: Patient event + landing page – Acklam Medical Practice (NENC)

♥ Approach:

- Practice Nurse and admin team identified 67 eligible patients
- Patients invited to an evening in person information event
- Bespoke landing page created to follow up with non attendees and non-responders

♥ Results:

- 28 patients accepted invite (adverse weather conditions stopped many from attending). 18 patients attended the event
- 16 requested referral on the night
- Landing page sent to remaining eligible patients
- Further 10 referral requests received
- 26 motivated patients identified in under 4 weeks

♥ Impact:

- Combined face to face engagement with scalable digital follow up
- Maximised referral conversion from one patient search
- Minimal admin burden with structured follow up
- In person clinics set up for patients preferring this option

Denise's journey to achieving remission

- ♥ Denise discovered she had type 2 diabetes after a routine health check with her GP. She had been living with it unknowingly for years.
- ♥ Denise said the diabetes remission programme gave her just what she needed: a goal, a purpose, and a path forward



From South
Yorkshire

No longer on
diabetes
medication

Lost 38% of
starting body
weight

Future & Next steps

♥ Programme continuity

- Reprourement commencing – the service will continue long term under the **Healthier You** banner

♥ Agree your referral approach

- Ensure **searches are up to date**, including patients aged **65+**

♥ Use available resources

- Visit the referrer webpage for training videos, SMS templates, eligibility, referral forms, and medication guidance

♥ Connect with your Engagement Lead

- for training, patient materials, engagement session support, and referral guidance. [Book a meeting here](#)

♥ Pilot new tools

- Let us know if you would like to pilot the new patient landing page, with a bespoke practice-specific page to help patients learn more about the

Start referring: refer eligible patient who could benefit from the programme

Thank you for your time

Happy to take any questions



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