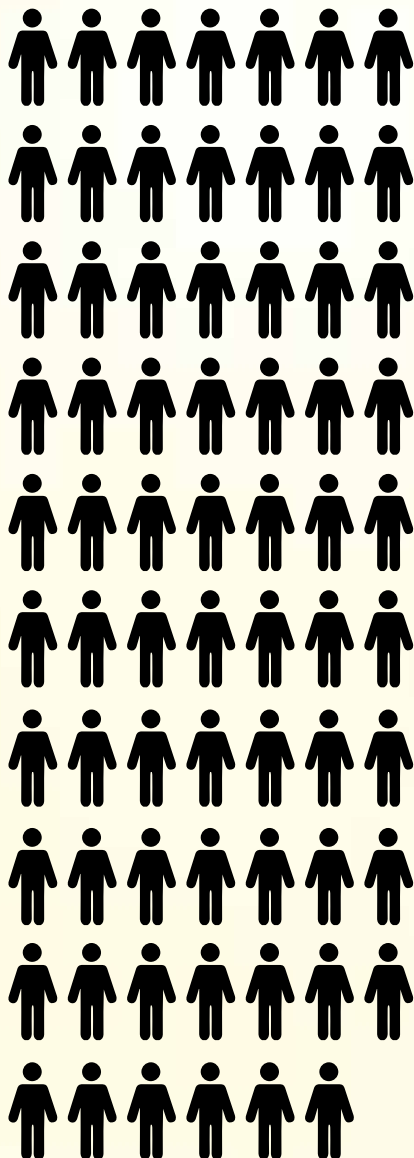


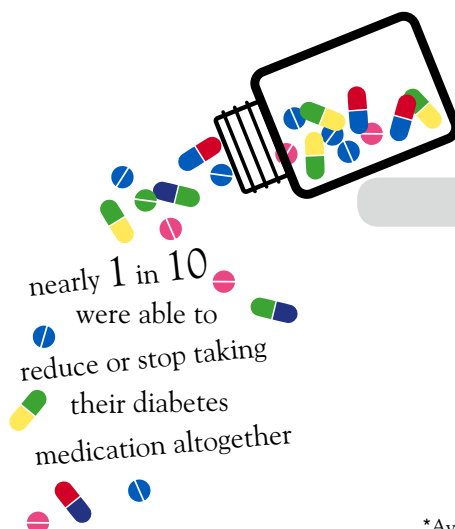
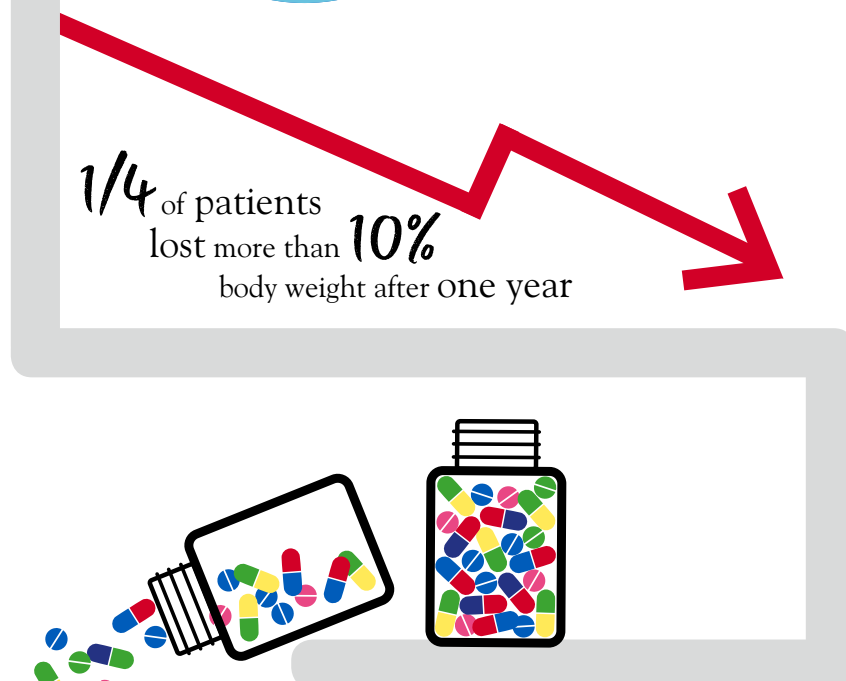
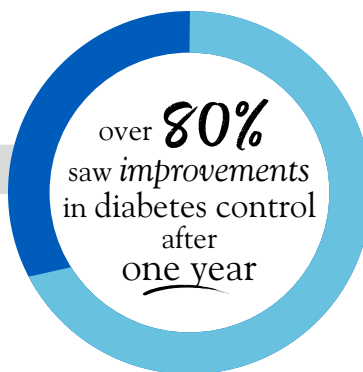


69 patients were referred to a Slimming World group by their diabetes specialist nurse.



shows over 80% saw *improvement* in diabetes control after weight loss

Patients were offered 12 funded weekly Slimming World group sessions and some went on to access a second 12-week referral.



nearly 1 in 10 were able to reduce or stop taking their diabetes medication altogether

Results shown are from a study*, conducted with Audley Health Centre in Staffordshire.



*Avery et al, 2019. Endocrinology, Diabetes & Metabolism.