

more than half of Slimming World members with type 2 diabetes report reversing their condition after losing weight

New research from Slimming World has shown how losing at least 10% of body weight through changes in diet and activity can help people with type 2 diabetes to reverse the condition.

Of those who had been Slimming World members for six months or more and lost at least 10% of their body weight, more than half (54%) said they believed they had reversed their condition.

findings from the survey also revealed:

84% reported an improved quality of life*

85% said they were more active*

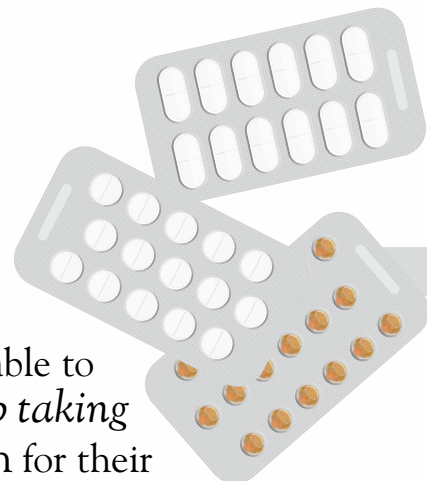


77% saw improvements in their blood glucose management*

75% said they found it easy to fit the dietary requirements they received from their healthcare team into Slimming World's Food Optimising eating plan



60% were able to reduce or stop taking medication for their type 2 diabetes*



Study polled 222 members with type 2 diabetes in May 2020.

*Results refer to members with type 2 diabetes who were members for six months or more and had lost at least 10% of their body weight