

NHS Type 2 Diabetes Path to Remission success story: Joanne



From Dorset

HbA1c reduced
from 69 to 36!

Lost 30kg
of starting body
weight

Joanne's story

Joanne was diagnosed with type 2 diabetes during a routine health check. At the time, she felt constantly tired, her vision was affected, and mentally, she was in a difficult place. Starting medication gave her no relief. When her diabetes nurse mentioned the remission programme, Joanne was ready for change and the idea of 12 months of 1-to-1 coach support gave her hope.

Joanne logged everything in a journal, stayed focused and found comfort in the supportive online community. She even used crafts and walking as healthy distractions. The 1-to-1 coaching gave her reassurance and she thanks the programme for giving her, her life back.

Knowing the initial phase of total diet replacement products was only 12 weeks helped her to stay on track; it was a temporary change for long-term gain. Her turning point in the programme was realising she no longer needed food to cope emotionally. She loved the food reintroduction phase and planned her meals using various tools, which she now uses daily. Joanne describes the programme as giving her a new lease of life. In the past, she had experienced a bad bout of depression, now people say she's a totally different person.

Joanne has lost 30kg, dropping from a size 28 to a 12. Her HbA1c dropped from 69 to 36 and she's off all medication. She now does 20,000 steps a day, five exercise classes a week, and volunteers twice a week. Her energy is back, her confidence has soared, and she's inspired her son and brother to begin their own journeys. The goals she set out to achieve at the start of the programme, she has achieved.

To anyone thinking about starting: *trust the process*. Even when weight plateaus, your body is still healing.

"It has totally changed my life"

For more information about the programme
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