

NHS Type 2 Diabetes Path to Remission Success Story: Rebecca



From
Chippenham

Reduced
HbA1c from 45
to 35

Lost over 20kg
from starting
body weight

Rebecca's story

Rebecca, 45, began her NHS Type 2 Diabetes Path to Remission journey after being diagnosed following recurring bouts of diabetes side effects that affected her sleep, comfort, and confidence. Her HbA1c peaked at 106 mmol/mol, and she was prescribed medication to help manage her diabetes before being referred. When she received a text from her GP practice inviting her to join the programme, she saw a real chance to take control of her health. Trusting the NHS and the year-long coaching support, she decided to commit fully. She also felt that having 12 months of support from a coach would keep her accountable and motivated to stay on track throughout the journey.

Rebecca was able to come off all diabetes medication she was previously on when starting the programme. From the start, Rebecca found everything straightforward and focused on what worked for her. With three children and a busy lifestyle, she pre-planned every meal replacement, taking shakes or soup with her when going out. As the weeks passed, Rebecca's energy grew. Her confidence soared as her weight dropped (20% weight loss) and she started to enjoy socialising again with her newfound self-belief and feeling like she fit in. Her HbA1c fell to 35 mmol/mol, and she needed a new wardrobe. She began swimming, going to the gym, and even horse riding again. Family and friends noticed the change "You look fantastic" became a familiar refrain. Inspired by Rebecca, her friends have also reflected on their own health and habits.

Now Rebecca enjoys fresh foods, smaller portions, improved sleep and more active days. She plans to keep following what she has learned, continuing her journey of strength and self-care. Rebecca's advice is simple: "If you are offered this programme, just go for it. Everything it gives you makes you not want to go back. Weight loss injections can suppress appetite; however, this programme works as a complete reset, providing real education and lasting behaviour change."

"It's been such a great thing for my confidence. I would recommend the programme to lots of people"

For more information about the programme or to see similar success stories, please visit momentanewcastle.com