

# Weight loss and improved mental wellbeing with a low carb real food lifestyle programme delivered on Zoom

Source: Walker L, Smith N, Delon C. *BMJ Nutrition, Prevention & Health*, 2021; O:e000219. doi: 10.1136/bmjnph-2020-000219



**UK primary care service evaluation** in summer 2020



**20 PARTICIPANTS**



3 male, 17 female  
10 with type 2 diabetes  
17 with BMI  $\geq 25.0$  kg/m<sup>2</sup>



**Six 90-min** fortnightly sessions delivered via Zoom



Sessions covered low carb eating, intermittent fasting, gut health, behaviour change, sleep, physical activity, stress reduction



Programme designed and delivered by registered UK charity **Public Health Collaboration (phcuk.org)**



**Low carb real food eating:** no calorie restriction. Minimise sugar, processed foods and starches. Enjoy whole real foods to satiety: meat (inc red), fish (inc oily), full-fat dairy, non-starchy vegetables, nuts and seeds, healthy fats



Mean **HbA1c reduced** (n=7) 9.1 mmol/mol (p=0.059)



**67% lost weight without hunger** and with reduced food cravings



Mean **BMI reduced** by 2.0 kg/m<sup>2</sup>\*\*



67% gained confidence in **making good decisions** about their health



83% gained confidence and/or **hope that they could improve their health**



Mean **weight loss 5.8 kg\*\*** (6.5% body weight)



Mean **waist circumference reduced** by 5.2 cm\*



Mean **blood pressure reduced** (n=7) (systolic -13.1 mmHg\*, diastolic -5.0 mmHg\*)



Mean **mental wellbeing improved\*\*** (measured with Warwick Edinburgh Mental Wellbeing Scale)



A multicomponent health promotion programme with a low carbohydrate dietary component, clinically and statistically significantly improved health outcomes, including weight status, blood pressure and mental wellbeing.

\*p $\leq$ 0.05 \*\*p $\leq$ 0.001

