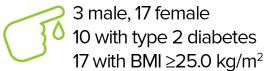
Weight loss and improved mental wellbeing with a low carb real food lifestyle programme delivered on Zoom

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











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 (p=0.059)



67% lost weight without hunger and with reduced food cravings



reduced by 2.0



67% gained 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 mmHq*, 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.



