



Synopsis

Evaluation of the NHS England Low-Calorie Diet implementation pilot: a coproduced mixed-method study

Louisa J Ells,^{1*} Tamara Brown,¹ Jamie Matu,¹ Ken Clare,¹ Simon Rowlands,¹ Maria Maynard,¹ Karina Kinsella,¹ Kevin Drew,¹ Jordan R Marwood,¹ Pooja Dhir,¹ Tamla S Evans,¹ Maria Bryant,^{2,3} Wendy Burton,² Duncan Radley,⁴ Jim McKenna,⁴ Catherine Homer,⁵ Adam Martin,⁶ Davide Tebaldi,⁶ Tayamika Zabula,⁶ Stuart W Flint,^{7,8} Chris Keyworth,⁷ Mick Marston,⁹ Tanefa Apekey,¹⁰ Janet E Cade¹¹ and Chirag Bakhai^{12,13}

¹Obesity Institute, School of Health, Leeds Beckett University, Leeds, UK

²Department of Health Sciences, University of York, York, UK

³Hull York Medical School, University of York, York, UK

⁴Obesity Institute, School of Sport, Leeds Beckett University, Leeds, UK

⁵Advanced Wellbeing Research Centre, Sheffield Hallam University, Sheffield, UK

⁶Academic Unit of Health Economics, School of Medicine, University of Leeds, Leeds, UK

⁷School of Psychology, University of Leeds, Leeds, UK

⁸Scaled Insights, Nexus, University of Leeds, Leeds, UK

⁹School of Arts, Leeds Beckett University, Leeds, UK

¹⁰School of Medicine and Population Health, University of Sheffield, Sheffield, UK

¹¹Nutritional Epidemiology Group, School of Food Science and Nutrition, University of Leeds, Leeds, UK

¹²Bedfordshire Luton and Milton Keynes Integrated Care Board, Milton Keynes, Luton, UK

¹³NHS England, Leeds, UK

*Corresponding author: L.Ells@leedsbeckett.ac.uk

Published July 2025

DOI: [10.3310/MPRT2139](https://doi.org/10.3310/MPRT2139)

Volume 13 • Issue 29

Plain language summary

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Health and Social Care Delivery Research 2025; Vol. 13: No. 29

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Plain language summary

What questions did this study answer?

- Did the National Health Service Low-Calorie Diet Programme help patients to lose weight and improve their diabetes?
- Was the programme delivered as the National Health Service intended?
- Who did the programme work and not work for, and why?
- What did patients and staff involved in the programme think about it?
- Did the programme provide value for money?
- How can the programme be improved for the future?

What did we do?

- We asked staff involved, and looked at patients' records to find out what worked and didn't, for whom and why.
- All referred patients were invited to complete a short survey to ask for their views about the programme.
- We looked at the experiences of 67 patients from different backgrounds who took part in the programme. This involved talking to them and asking some of them to share photographs or video diaries that documented their journeys.
- We looked at how much the programme cost the National Health Service and any unintended patient costs, and whether it offered value for money.
- We spoke to different people to understand what could be improved.

We found:

- Some differences in the extent to which the programme was delivered as the National Health Service intended.
- Some people were more likely to start and complete the programme than others.
- The programme did help people to lose weight and improve their diabetes, but people who have had diabetes for longer, or from Asian or black ethnicities may not do as well.
- Generally, staff and patients spoke positively about the programme, but did highlight some areas that could be improved, for example providing planned pauses, a range of total diet replacement products, and more personalisation.
- The programme provided value-for-money.

What happened next?

- Learning was used to improve the programme, which is now available across England.