

Dietary approaches to the management of type 2 diabetes The DIAMOND Study

Type 2 diabetes is a condition in which a person's blood glucose levels (also known as 'blood sugar' levels) are too high. It affects 1 in 16 people in the UK. We know that what we eat affects our blood glucose levels. We want to study whether it is possible for GPs and practice nurses to support people with type 2 diabetes to change their diet so that they achieve remission from diabetes. Remission means a person has normal or near normal blood glucose and does not need medicines for diabetes. Being in remission will greatly improve your chances of avoiding long-term risks from diabetes to your eyes, kidneys, heart, and brain. It will lower blood pressure and reduce the need for blood pressure medication.

The study will compare a new programme of support from a nurse and GP to help you change your diet over 6 months with the current best dietary advice delivered at your GP practice. The programme of support is called DIAMOND, and will support you to make quite big changes to the amount and type of food you are eating for 12 weeks and the type of food you are eating thereafter.

If you want to discuss the study in more detail,
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