



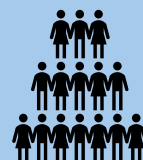
A **DiRECT** approach in NZ: weight loss for type 2 diabetes and prediabetes in primary care

We ran a 12-month trial to see if *DiRECT* was a useful weight loss strategy here in Aotearoa New Zealand.

DiRECT is **total diet replacement** for 3 months, then supported **food reintroduction** and **weight loss maintenance** until 12 months

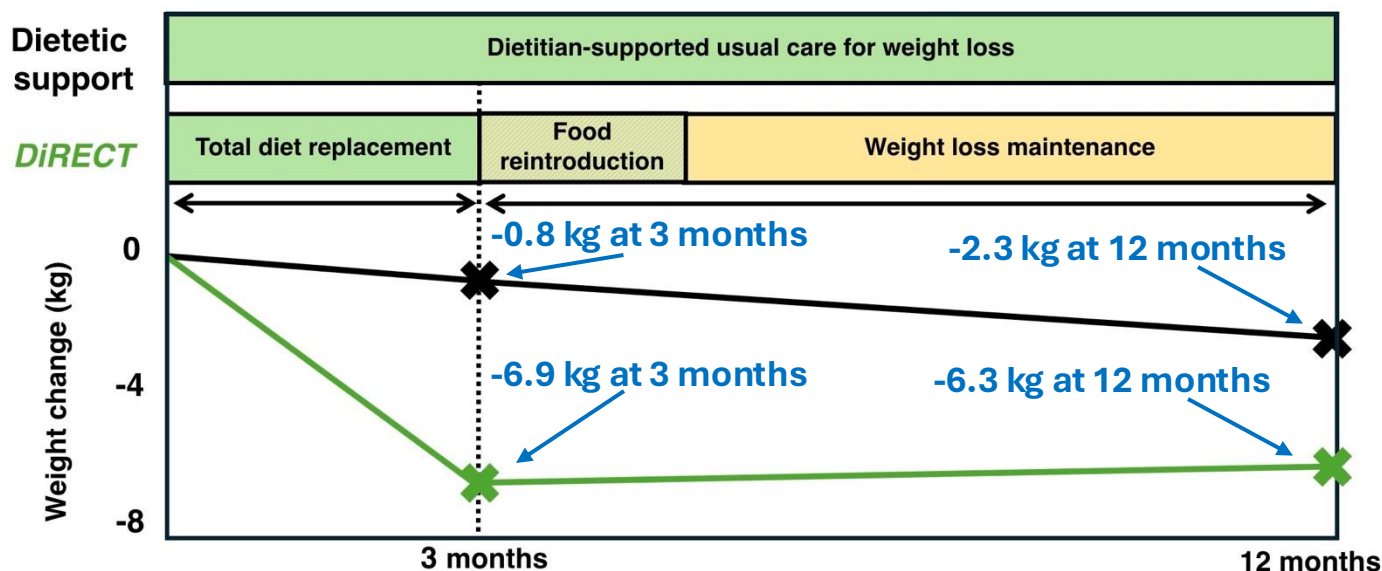
Our **40 participants**..

- ✓ Had T2 or prediabetes
- ✓ Had a BMI ≥ 30
- ✓ Wanted to lose weight
- ✓ 80% were Māori or Pacific



We found that **DiRECT** led to **6.9 kg average weight loss** after 3 months, which was largely maintained at 12 months.

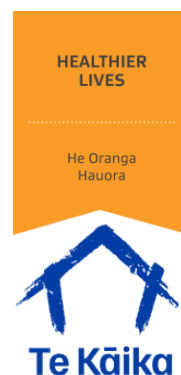
The control group, who had ongoing Dietetic support, also lost weight but this was a slower and smaller weight loss than *DiRECT* participants.



Study findings indicate that **DiRECT** can be an **effective** weight loss strategy for people with type 2 diabetes or prediabetes in Aotearoa New Zealand.

Read our free scientific publication here

<https://doi.org/10.1111/dom.16240>





The body weight data indicated **DiRECT** “worked” but what did people think of it?

Starting total diet replacement was hard, but after that it was
easier than expected:

*“Those first three days were incredibly challenging...but after that...
the more I got into it the more I felt I could stick to it.”*

Participants found **early and rapid weight loss** motivating:

“You see results quickly, and those results motivate you to keep going.”

The **routine and convenience** of total meal replacement
kept things simple:

“All I had to do was pick the next one.”

Reintroducing food after total diet replacement was really
challenging. People worried about slipping back into old habits:

*“I’m just trying to prevent myself from going back to those bad habits now
that I’m slowly going back onto real food. I’m finding it hard.”*

The study was an overall **positive experience**, preparing
participants for **long-term lifestyle change:**

*“This study’s just allowed me to actually hone in on that long-term
lifestyle change as opposed to quick fixes.”*

Study findings indicate that **DiRECT** can
be an **acceptable** weight loss strategy
for people with type 2 diabetes or
prediabetes in Aotearoa New Zealand.

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