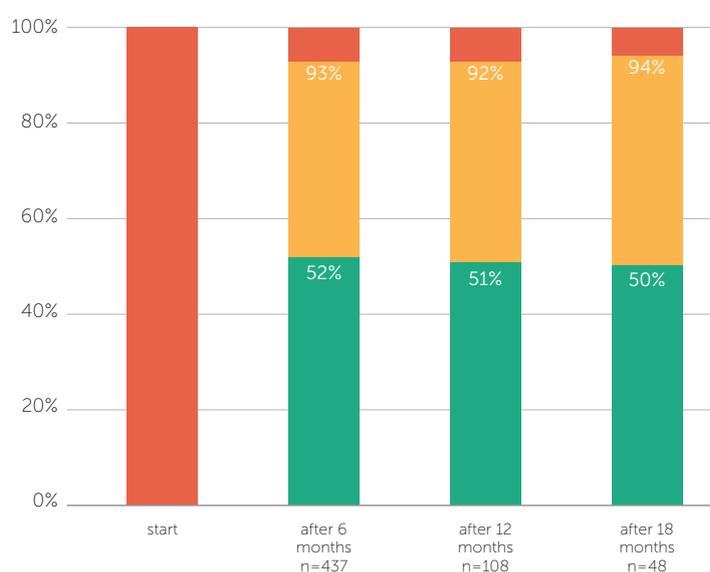


# The effect of Keer Diabetes2 Om

More than one million people in the Netherlands have type 2 diabetes. And every year, some 55,000 new patients are diagnosed by general practitioners<sup>1</sup>.

Medication helps people to live with type 2 diabetes but does not cure the disease. However, there is increasing scientific evidence that people can benefit from lifestyle interventions<sup>2</sup>. Keer Diabetes2 Om is a curative programme for people with type 2 diabetes,

developed by Stichting Voeding Leeft. With nutrition, exercise, sleep, and relaxation as the first-choice therapy, the programme aims to reduce medication intake, improve blood values, and give people a better quality of life. Participants rate the programme with an 8.8.



- Completely reversed (less medication and healthier blood values)<sup>3</sup>
- Partly reversed (less medication or healthier blood values)
- Not reversed



After 12 months, diabetes was wholly or partially reversed in 92% of the participants<sup>4</sup>

## Scientific results after 12 months<sup>4</sup>



HbA1c decrease  
in 71% (n=108)



72% take less diabetes medication  
or no longer take it (n=108)



30% no longer take diabetes  
medication (n=108)



Average weight  
loss of 8.4 kg (n=135)



Perceived health increased  
from 6.9 to 7.5 (n=161)



Triglycerides lowered by 24%  
from 2.17 to 1.65 (n=67)

## KEER DIABETES2 OM

- Multidisciplinary treatment focusing on nutrition, exercise, sleep, and relaxation
- Combination of five 'programme days' and online support
- Group programme with 20 participants per group
- Professional support from an experienced nurse, dietician, coach, GP, and medical specialist in internal diseases
- The team works together with the GP (who remains the primary practitioner) and the participant's practice support nurse

For more information, go to [www.keerdiabetesom.nl](http://www.keerdiabetesom.nl)

These health insurers cover Keer Diabetes2 Om:



<sup>1</sup> Source: volksgezondheidszorg.info / Dutch National Institute for Public Health and the Environment (RIVM)

<sup>2</sup> B Van Ommen, S Wopereis, P van Empelen, HM van Keulen, W Otten, M Kasteleyn, JJW Molema, IM de Hoogh, NH Chavannes, ME Numans, AWM Evers, and H Pijl (2018) From Diabetes Care to Diabetes Cure –The Integration of Systems Biology, eHealth, and Behavioral Change. *Front. Endocrinol.* 8:381. doi: 10.3389/fendo.2017.00381

<sup>3</sup> For a definition of reversal, see M De Vries, R Witkamp, H Pijl, M De Visser, P Voshol, and T De Weijer. *BMJ* (online) 18 September 2017 <http://www.bmj.com/content/358/bmj.j4030/rapid-responses>

<sup>4</sup> Figures from Louis Bolk Instituut: Fourth interim report, January 2019. Scientific research into the effect of the Group programme 'Keer Diabetes2 Om' by Voeding Leef, in collaboration with Coöperatie VGZ (publication in preparation). The report is based on participants whose data are available. Due to a break in follow-up and the gradual inclusion of participants, the number of observations varies per data point.