

## The NHS England Type 2 Diabetes Path to Remission pilot programme is based on the evidence shown by the DiRECT and DROPLET trials

- 

**Primary care-led weight management for remission of type 2 diabetes (DiRECT):**  
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)33102-1/fulltext#seccestitle10](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)33102-1/fulltext#seccestitle10)
  - 

**The results of the DiRECT follow up at 2-years are available here:**  
<https://pubmed.ncbi.nlm.nih.gov/30852132/>
  - 

**Doctor Referral of Overweight People to Low Energy total diet replacement Treatment (DROPLET):**  
<https://www.bmj.com/content/362/bmj.k3760>
- 
- 

The findings of a study undertaken to assess the patient experience of taking part in the DROPLET intervention are available here:  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0238645>
  - 

The findings of a study to assess the experiences of healthcare professionals are available here:  
<https://onlinelibrary.wiley.com/doi/10.1111/dme.14752>
  - 

Report on the decrease in blood pressure despite stopping antihypertensive agents on commencing the weight loss diet:  
<https://link.springer.com/article/10.1007/s00125-021-05471-x>
  - 

Report on experiences of participants during the first 2 years of weight maintenance after weight loss:  
<https://onlinelibrary.wiley.com/doi/10.1111/dme.14689>
  - 

Report on the physical changes in the whole pancreas following remission:  
[https://www.thelancet.com/journals/landia/article/PIIS2213-8587\(20\)30303-X/fulltext](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(20)30303-X/fulltext)
  - 

Three year follow up of DROPLET trial:  
<https://pubmed.ncbi.nlm.nih.gov/34302120/>
  - 

A paper on differences in uptake, engagement, outcomes by population subgroups:  
<https://pubmed.ncbi.nlm.nih.gov/32295605/>
  - 

A paper on cost-effectiveness of referral to a Low-Energy Total Diet Replacement Programme:  
<https://pubmed.ncbi.nlm.nih.gov/30801983/>