

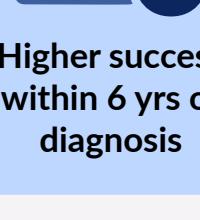
Can Type 2 Diabetes Go Into Remission?



What is Remission?

HbA1c < 6.5% for 3+ months with no diabetes medication.

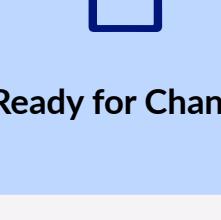
Who Can Achieve Remission?



Higher success within 6 yrs of diagnosis



BMI 27+



Ready for Change

The Path to Remission

Lose ~15% (body weight for many people)

Up to 80% remission chance (DIRECT Study)



NHS Soups & Shakes

Low-calorie diet programme



Get Active & Eat Healthy

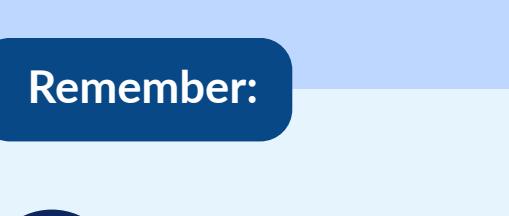
Move more, eat better



Why Weight Loss Matters

< 10% Weight Loss

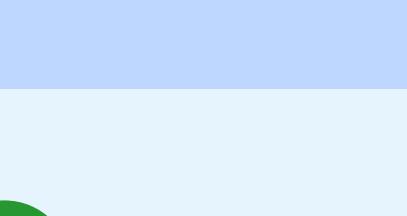
Low Chance of Remission



Fatty Liver and Pancreas

> 15% Weight Loss

Higher Success of Remission



Healthy Liver and Pancreas

Remember:



Remission is NOT a Cure

Keep Checking your HbA1c



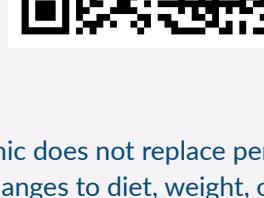
Stay On Track!

Eat well, stay active - follow up with your GP

Ask your GP about the NHS Type 2 Diabetes Path to Remission

Learn more at www.diabetes.org.uk

NHS England T2D Path to Remission Programme



Diabetes
UK

For educational purposes only. This infographic does not replace personalised medical advice. Diabetes remission is not suitable for everyone. Always discuss changes to diet, weight, or medication with your GP or healthcare team.

Created by Applied Health Lab. Evidence-informed health education.
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