

Swiss Re:
9 okt 2023



**Voeding
Leeft**®

The logo features three stylized, overlapping shapes in red, yellow, and green above the text. The text is in a bold, black, sans-serif font. A registered trademark symbol (®) is located to the upper right of the word 'Leeft'.

Emma Coles

- co-Managing Director Voeding Leflt (Dutch Foundation)
- Former global head of sustainability and health - Ahold supermarket group
- Former health chair of Consumer Goods Forum
- IT, nutrition, business and data geek



Voeding Liefert and Reverse Diabetes2 Now

- Voeding Liefert founded in 2011
- Develops and implements lifestyle programmes
- Reverse Diabetes 2Now - 2 year programme with nutrition and behaviour change support plus medical support to de-prescribe medication
- First pilots in 2014 - this year 5,000 participants
- From 1st Jan 2024 included in Dutch basic health insurance program

Multiple
Sclerosis

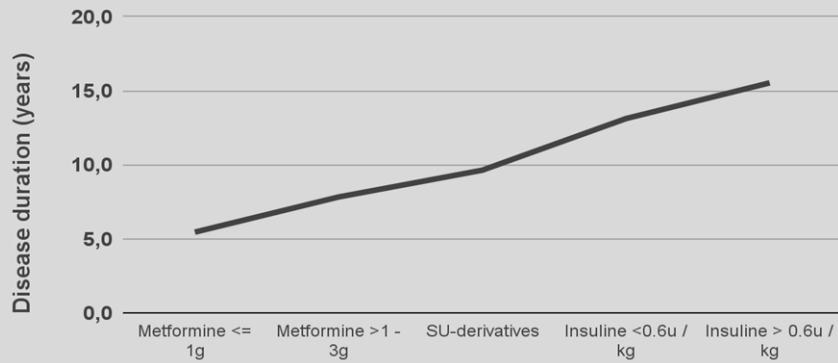
Arthritis

Type 2
diabetes

Inflammatory
bowel disease

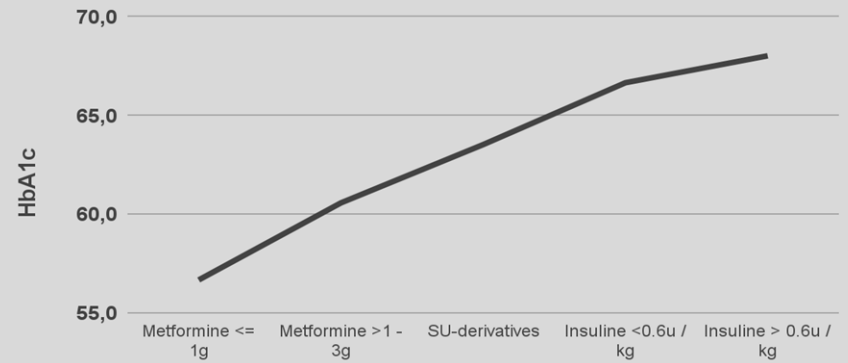
Bladder and
breast cancer

Disease duration versus medication



Medication

HbA1c versus Medication



Medication

Example participants



"Marjo took part in the programme in 2016 and was on insulin and at 62 felt much older than she was"

- 102 units insulin - stopped in 2016
- She now uses 500g Metformin



"Nutrition exercise, relaxation and enough sleep have helped me find a healthy way to address my diabetes. And that is no punishment - I am enjoying every day of my new lifestyle - Shagita"

- 5 kg weight loss, 6 cm waist circumference in 6 months
- Metformine stopped in 2018

Published results after 24-months



28% no longer using diabetes medication



majority can stop using insulin or SU-derivatives



average 7 kg weight loss



significant improvement in quality of life

Han took part in the programme in 2016

“I lost 16 kg and stopped using insulin. I feel like a young man again”



Open access

Original research

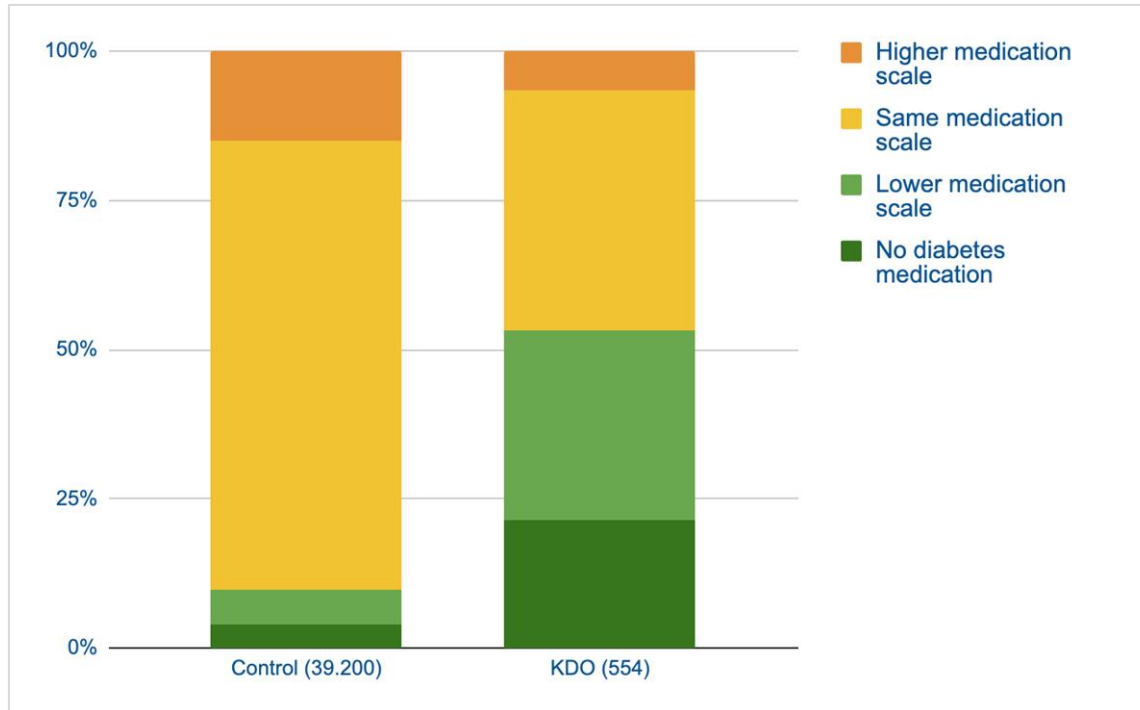
BMJ Nutrition,
Prevention & Health

Lifestyle medicine for type 2 diabetes: practice-based evidence for long-term efficacy of a multicomponent lifestyle intervention (Reverse Diabetes2 Now)

Gerda K Pot ^{1,2}, Marieke CE Battjes-Fries, ¹ Olga N Patijn, ¹ Nynke van der Zijl, ³ Hanno Pijl, ⁴ Peter Voshol ¹

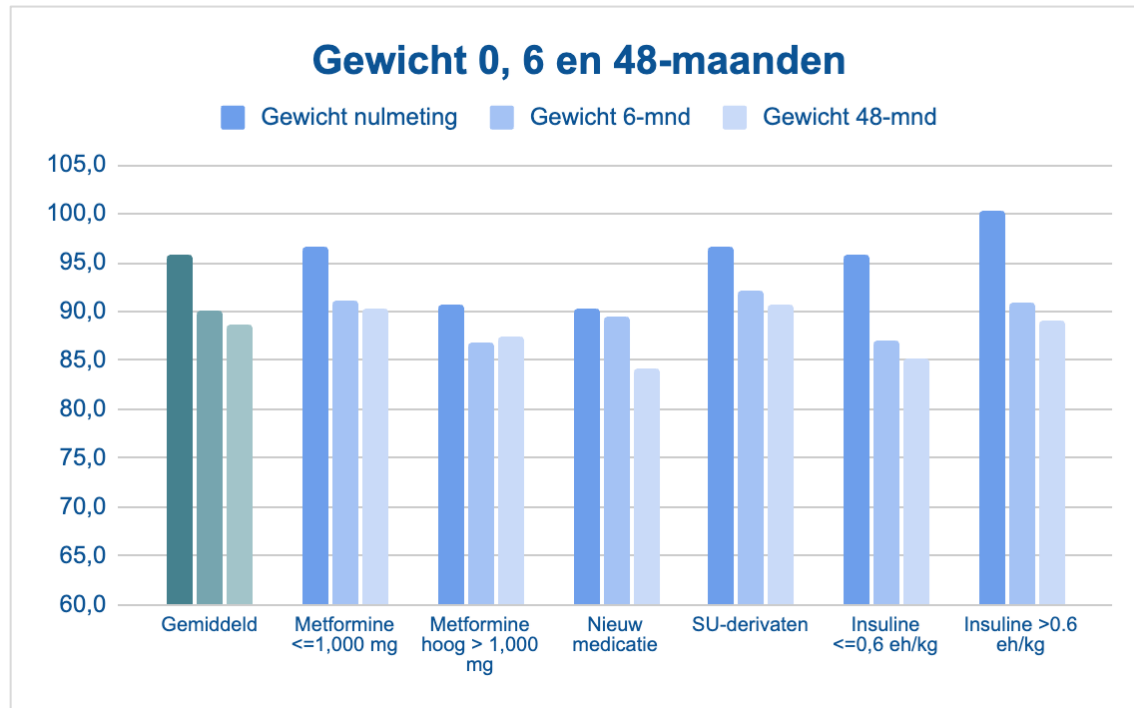
Comparison with insurance company declarations

- **39,200** standard medication declarations versus **554** KDO medication declarations after 2 years



Longer term results (n = 242)

- Weight loss after 4-years - participants that started in 2017



We know lifestyle works, the question now is how do we make it work?

For more information:

voedingleeft.nl

emma@voedingleeft.nl



KEER
DIABETES2
OM