



Glucose Lowering through Weight Management

2023

Newsletter

The latest news from the GLoW trial

Welcome to the Glucose Lowering through Weight Management (GLoW) trial's fourth newsletter. For more information about the study, visit our website

<https://www.mrc-epid.cam.ac.uk/research/studies/glow/>

The GLoW trial is complete!

**577 people
randomised**

**358
completed
6 month
assessment**

**398
completed
12 month
assessment**

**Analysis +
Results
(Autumn
2023)**

We are delighted to let you know that data collection for the GLoW study is now complete. Starting in the Summer of 2018, we recruited 577 adults residing in the UK living with overweight and obesity who had been diagnosed with type 2 diabetes within the last three years.

Using data collected from questionnaires, blood samples, activity monitors and GP records, we measured clinical outcomes (such as blood glucose and body weight), diet and physical activity behaviours, and use of medications and other health care resources over three time points (0, 6 and 12 months).

We couldn't have done it without you

Thank you for taking part in this important trial. This work would not be possible without your vital contributions to helping us learn more about how to support people living with type 2 diabetes.

Activity monitors still missing!

Over 100 monitors sent out during the study are still missing. Returning these monitors enables us to continue to conduct other important research studies.

If you still have one at home, please get in touch with us, and we will send you a pre-paid, addressed envelope. All you need to do is pop it in a postbox.



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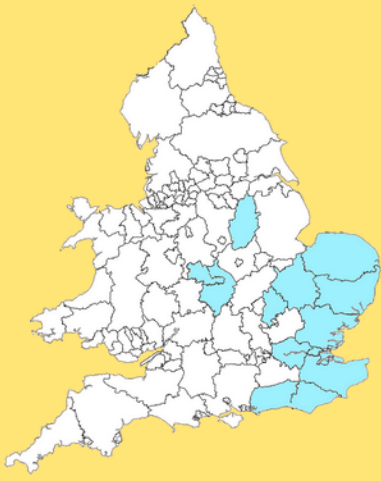
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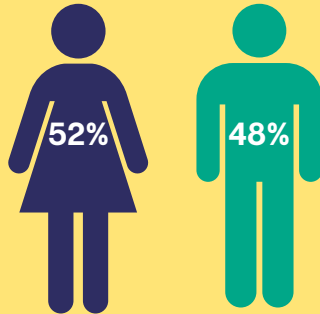
National Institute
for Health Research

Who else took part in the study?



577 participants were recruited from 11 counties in England, found via 156 GP surgeries.

Participants came from Cambridgeshire (35%), Suffolk (25%) and Norfolk (16%), with the final 24% being spread across London, Nottinghamshire, East and West Sussex, Bedfordshire, Kent, Warwickshire and West Midlands.



303 (52%) identified as female, and the remaining 274 (48%) as male.

The average age was 60, ranging from people in their early twenties to early nineties.

What's next?



We have collected a HUGE amount of information over the last five years from many different sources, including changing data collection from face-to-face to remote methods due to the pandemic. We have to do a lot of work before we can start to make sense of all the different data sources. The analysis is now underway and almost complete. We aim to have results available by Autumn 2023. We will be in touch with you then to share those results.

Future work and your data

When you agreed to participate, many of you consented for us to collect personal and health-related data from NHS Digital (now NHS England) and other national health and social care registries for up to 15 years following the end of the study, which is then linked to your study data. To do this, a small amount of your personal data (e.g. name, date of birth, address, GP) needs to be provided to these organisations. By doing this, we are able to understand the impact of the GLoW trial on longer-term outcomes. We did not previously ask you to give permission to the National Diabetes Audit (NDA), but we feel that this data is very appropriate for the aims of our study. Please get in touch with us if you do not consent to us obtaining data from the NDA to link to your study data.

So that we can update you on study results and any relevant future work please let us know if you move or change your contact details.

You can contact us at...



0800 783 4611 (Freephone)



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Keeping your information safe. For details of the information we collect and how we keep it secure, see our website: www.mrc-epid.cam.ac.uk/research/studies/glow - if for any reason you decide you no longer want us to use your information in the research, please contact us to discuss withdrawing your consent.