

Reversing type 2 diabetes through effective lifestyle treatment

More than 500 million people are currently living with diabetes worldwide, including men, women, and children of all ages in every country. That number is projected to more than double to 1.3 billion people by 2050, with every country seeing an increase [1]. While the overall burden of this non-communicable disease is on the rise, medical research has shown that most instances of prediabetes and type 2 diabetes can be prevented through diet and lifestyle changes [2].

Teaming up with Voeding Leeft, Philips Foundation supported a pilot program in the Netherlands called 'Reverse Diabetes2 Now'. Under the guidance of a nurse, dietician and coach, participants made lifestyle changes over a six-month period.

During the program they learned to take control of their lifestyle to see what works best for their health. The program offers both off- and online interactive support through an integrated mobile app.

Following its successful pilot, the program is now officially part of the standard health insurance package in the Netherlands. Based on the results and status of the app updates, further rollout will follow, with the goal to create a path to support larger populations.



"Facing the alarming reality that over 500 million people globally suffer from diabetes – a number expected to more than double by 2050 – Voeding Leeft, in collaboration with the Philips Foundation, has proudly pioneered the 'Reverse Diabetes2 Now' program."

Emma Coles, Director at Voeding Leeft

