

Table 4: Average Changes Insulin Resistance/Sensitivity and β -Cell Function by HOMA2

Study	Diabetes Duration (years)	Diet Duration (weeks)	HOMA2-IR		HOMA2-%B		HOMA2-%S		Change in diabetes treatment
			Baseline	After Diet	Baseline	After Diet	Baseline	After Diet	
Jonker <i>et al</i> , 2014 (6)	9.4	16	3.61	1.42	43.6	47.5	27.7	70.2	All diabetes medication & insulin stopped
Snel <i>et al</i> , 2012 (8)	n.r.	16	3.75	1.8	43.8	58.0	26.7	55.5	all diabetes medication & insulin was stopped
Snel <i>et al</i> , 2012 (+exercise) (8)	n.r.	16	3.75	1.22	52.8	60.2	26.7	82.2	all diabetes medication & insulin was stopped
Hammer <i>et al</i> , 2008 (14)	n.r.	16	5.75	1.38	71.2	63.7	17.4	72.6	all diabetes medication & insulin was stopped
Lim <i>et al</i> , 2011 (11)	<4	8	3.15	1.22	62.7	104.4	31.7	82.1	all diabetes medication was stopped
Laferrère <i>et al</i> , 2008 (15)	2	8*	3.83	2.14	100.1	99.3	26.1	46.7	reduced diabetes medication
Plum <i>et al</i> , 2011 (12)	8	4.4*	2.51	2.17	38.6	58.6	39.9	46.1	reduced diabetes medication
Jackness <i>et al</i> . 2013 (4)	5.7	3†	2.04	0.92	43.6	58.7	49.1	108.2	n.r.
Urbanová <i>et al</i> , 2014 (3)	n.r.	2	5.32	4.93	99.8	163.4	18.8	20.3	insulin and/or sulphonylurea doses were reduced.
Mraz <i>et al</i> , 2011 (10)	n.r.	2	4.90	3.88	103.8	153.5	20.4	25.8	n.r.
Dostalová <i>et al</i> , 2009 (13)	n.r.	2	2.93	1.70	51.5	62.0	34.1	58.8	n.r.
Malandrucco <i>et al</i> , 2012 (9)	5.2	1	1.56	1.39	52.2	60.1	64.1	72.1	all diabetes & blood pressure medication stopped

* These studies compared bariatric surgery to very low calorie diets, and they did this by matching the weight reduction of surgery patients with that of the diet only patients, so the diet duration is just the average time it took volunteers to experience the required weight reduction with some needing more time than others less.

† This study had allowed volunteers to choose how long they stayed on the very low calorie diet. Three weeks was the average duration, but the range was 14–24 days.

Keep the duration of the different studies in mind as you compare findings, some of these studies were not done to try to reverse type diabetes, but for other reasons and so only gave people a very low calorie diet for a few days. Lastly, some results may not seem as impressive until you look at the reduction or removal of insulin therapy and/or other treatment.