

## Low Carb GP wins National NHS Innovator of the Year Award

The National NHS Leadership Recognition awards 2016 were held in London last week. Unusually a GP combining the benefits of patients' hopes for a better future with a low-carb diet was the winner of 'Innovator of the Year' out of ten regional finalists on the night.

Dr David Unwin A GP for over thirty years from the Norwood Surgery in Southport, Merseyside has spent three years working on a novel approach combining the low carb diet with a psychological model that taps into patients best hopes. Working to help patients with diabetes his practice spends £45,000 less each year on drugs for diabetes than is average for his area.

Presenting the award Susie Bailey, Development Director at Monitor said:

*“The winner of this award exceeded expectations. It was clear to see how his interventions have driven value, with improved experience of service users and patients as well as making significant savings.*

*In addition, he is passionate about sharing knowledge to achieve a healthier world.*

*The results of his work are outstanding, Ladies and gentleman, the winner is David Unwin.”*

Speaking afterwards Dr Unwin commented:

“This great result helps show what a rewarding job general practice can be when we work together with our patients for better health. Diabetes is a national emergency, my patients have shown that many will choose healthy living over lifelong medication and that the low carb diet is one way to achieve that goal”

Dr David Unwin FRCGP

RCGP National Champion for Collaborative Care and Support Planning in Obesity & Diabetes

Norwood Surgery

11 Norwood Ave, Southport

@lowcarbGP

