

HEALTH AND WELLBEING BOARD

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NATIONAL DIABETES PREVENTION PROGRAMME

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Summary

Medway Council and Medway CCG have been selected as a demonstrator site for the implementation of the National Diabetes Prevention Programme. This report updates the Board with the development of the programme.

1. Budget and Policy Framework

- 1.1. The NHS Five Year Forward View published in October 2014 by NHS England acknowledged that the future health of millions of children, the sustainability of the NHS, and the economic prosperity of Britain all now depend on a radical upgrade in prevention and public health.
- 1.2. It noted that whilst 3 million people in England are living with diabetes and another 7 million are at risk, the NHS spends more on bariatric surgery than on a national roll-out of intensive lifestyle intervention programmes that were first shown to cut obesity and prevent diabetes over a decade ago
- 1.3. It stated a joint ambition with Public Health England over the next five years to be the first country to implement at scale a national evidence-based diabetes prevention programme

2. Background

2.1. Diabetes

- 2.1.1. It is estimated by Diabetes UK that the NHS spends £10billion pounds a year on diabetes. The long term complications of diabetes include stroke, loss of vision and gangrene leading to amputation of parts of the leg. These also have a significant impact on the need for social care.
- 2.1.2. Approximately 15,000 people in Medway have diabetes and of these about 10% have type 1 diabetes and 90% type 2 diabetes. This paper relates to type 2 diabetes.

2.1.3. The risk factors for developing type 2 diabetes include increasing age, ethnicity and family history which cannot be modified. However there are also modifiable risks factors including maintaining a healthy weight, having a healthy diet and being physically active. It is estimated that up to 80% of cases of type 2 diabetes could be delayed or prevented by changing lifestyle related risk factors.

2.1.4. The National Institute for Health and Care Excellence (NICE) has published: Preventing type 2 diabetes: risk identification and interventions for individuals at high risk which describes the evidence based interventions for reducing the risk of diabetes.

2.2. National Diabetes Prevention Programme

2.2.1. NHS England invited expressions of interest from local areas that have made greatest strides in developing preventative diabetes programmes to register their interest as partners to co-design a new national programme led by Public Health England, NHS England and Diabetes UK.

2.2.2. Medway Council and Medway CCG submitted a joint expression of interest and were selected as one of seven national demonstrator sites.

2.2.3. Our proposal built on existing initiatives within the CCG and Council to identify people at high risk of diabetes and offer them intensive lifestyle change programmes. This included:

- Promoting on line assessment of diabetes risk
- Use of Audit + in general practice to identify from patient records those who are at high risk of diabetes
- Provision of HbA1c blood test to assess risk of diabetes
- Provision of intensive lifestyle programme based on Let's Talk Weight which is provided by the Public Health Directorate

2.3. Next steps

2.3.1. All demonstrator sites were asked to submit an outline plan of the number of people at high risk of diabetes who could be initiated on a lifestyle change programme by March 2016 and the funding that this would require.

2.3.2. A meeting is being held on June 26 with all demonstrator sites when further information on the development of the programme will be available.

3. Risk management

Risk	Description	Action to avoid or mitigate risk
Increasing incidence of diabetes with adverse impact on health outcomes and consequent costs to NHS and local authority	Failure to implement National Diabetes Prevention Programme at scale and effectively	Implement National Diabetes Prevention Programme as a demonstrator site

4 Financial and legal implications

4.1 There are no direct financial or legal implications of this report

5. Recommendations

5.1 The HWB are asked to consider the information provided in this report.

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Background papers

Five Year Forward View NHS England

Appendices

None