

HEALTH AND WELLBEING BOARD

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NATIONAL DIABETES PREVENTION PROGRAMME

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Summary

Following the announcement in the NHS Forward View that England would become the first country to roll out a National Diabetes Prevention Programme (NDPP), Medway CCG and Medway Council were awarded demonstrator site status in July 2015. As one of seven sites, Medway's proposal to scale up its existing case finding work in primary care and evolve its tier 2 weight management programme, was accepted by the national team. They in turn would use the learning from this to inform the content of the national programme.

The following paper provides an update on the successes to date and plans for year 2 of the programme.

1. Budget and Policy Framework

- 1.1 Medway CCG and Medway Council were awarded £220,000 to deliver the 2015/16 pilot, by NHS England.
- 1.2 Preventing Type 2 Diabetes supports two of Medway Health and Wellbeing Board's strategic priorities;
 - Prevent early death and increase years of healthy life
 - Improve physical and mental health and wellbeing

2. Background

- 2.1 Type 2 diabetes is serious and can lead to devastating complications such as heart disease, stroke, kidney disease, blindness or amputation. Compared to the general population, people with diabetes; have twice the risk of developing a range of cardiovascular diseases, have reduced life expectancy (an average of 6 years for someone diagnosed with Type 2 diabetes in their 50s) and are 30 times more likely to have an amputation compared with the general population. In the UK, there are 11.5 million people at increased risk of

developing Type 2 diabetes due to their waist circumference or being overweight.

- 2.2 The approximate cost to the NHS for treating Type 2 diabetes is 10% of the overall NHS budget (£10bn).
- 2.3 The following factors increase the risk of someone developing Type 2 diabetes;
 - Overweight or have a high Body Mass Index (BMI)
 - Large waist (more than 80cm/31.5 inches in women, 94 cm/37 inches in men or 90cm/35 inches in South Asian men)
 - African-Caribbean, Black African, Chinese or South Asian background and over the age of 25
 - Another ethnic background and over the age of 40
 - Parent, brother or sister with diabetes
 - History of high blood pressure, a heart attack or a stroke
 - History of polycystic ovaries, gestational diabetes or have given birth to a baby over 10 pounds/4.5kg
 - Suffer from schizophrenia, bipolar illness or depression, or you are taking anti-psychotic medication
- 2.4 Obesity is believed to account for 80-85% of the risk of developing Type 2 diabetes. Improving the modifiable risk factors (overweight, waist circumference and blood pressure), through eating better and moving more can have a big impact on reducing an individual risk.
- 2.5 The NDPP aims to identify people at high risk from diabetes and offer them an evidence based intensive behavioural change intervention to support them to lose weight, eat a healthy diet and be more physically active.
- 2.6 Medway was chosen as a demonstrator site, due to its comprehensive range of weight management services, strong links between CCG and Local Authority, audit+ tool in place in GP surgeries and ongoing strategic work to tackle obesity. Medway was tasked with supporting 600 high risk clients through the prevention programme by 31 March 2016.

3. Medway NDPP Intervention

- 3.1 Medway modified its existing tier 2 weight management programme (Let's Talk Weight), so that it was in line with the evidence review and best practice guidance for diabetes prevention. This meant including specific diabetes prevention and stress management content, to make the group based programme 12 weeks, with 6, 12 and 18 month follow up sessions.
- 3.2 Facilitators are identified, trained and supported to deliver the programme in a range of community venues, with sessions delivered at times that suit participants. A quality assurance framework is being developed to ensure all facilitators are delivering a service that meets the required standards.
- 3.3 The content of the intervention includes education on healthy eating, food labelling, the eatwell plate, physical activity opportunities, goal setting and how to be aware of own triggers and barriers. The facilitator and peer support

allows individuals to work to and set their own lifestyle and weight loss goals. The target of the programme is for 75% of clients to complete the 12 weeks, and 75% of these to achieve a 5% weight loss.

4. Medway NDPP Client Recruitment

- 4.1 Three main recruitment methods are in place to recruit the necessary 600 clients. The first is the existing healthy weight referral pathway. The Public Health Directorate receive around 100 referrals a month for overweight clients with a weight loss goal, this will include some people who are at high risk of diabetes and so are eligible for the NDPP. The second method is a case finding nurse working across Medway GP surgeries using the Audit+ tool to identify individuals who are at high risk, according to the Leicester risk score. These patients will be invited into the surgery for a blood test to confirm their risk status and receive a gold standard brief intervention if appropriate to encourage them to enrol on the NDPP. The third recruitment method is a visible marketing campaign encouraging people to log on to the www.medwaydiabetes.co.uk website and take the online risk score. High risk individuals will then be signposted to the programme.
- 4.2 The marketing campaign includes some print media adverts (Medway Matters), outdoor campaigning (rail and supermarket billboards), Diabetes UK roadshow at Chatham and Hempstead valley (22 and 23 January) and a range of digital marketing and online activity.
- 4.3 High risk clients will attend the support groups alongside medium and low risk individuals, as the programme content is relevant to all. However, it is the high risk numbers that we have been primarily tasked with supporting by the national team. Since the formal launch of the programme in November, 121 people of any risk group have booked onto the programme. 27 of these are classified as high risk by the Leicester risk score, so blood tests have been initiated confirm their classification. 12 programmes have been scheduled to start over the next 4 weeks, with more to be added at the end of February and beginning of March. The medwaydiabetes.co.uk website has had 787 views with over 200 people submitting their risk score. 18 people have booked a programme directly through the website. We are anticipating this rising considerably, as the online marketing increases during January.

5. Future of NDPP

- 5.1 The procurement process for the national rollout of the lifestyle intervention programme is underway. Four national providers are being sourced to deliver the programme.
- 5.2 After a national call for expressions of interest 10 areas have been identified by NHS England for wave 1 of the programme. This includes the proposal put forward on behalf of the CCGs and local authorities in Kent, Surrey and Sussex. Learning from the Medway programme will be important in supporting this development.
- 5.3 Medway is submitting a proposal to retain its demonstrator site status beyond March 2016. We are expecting a decision from NHS England on our ongoing involvement, once they have completed their overall funding review.

6. 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

7. Financial and legal implications

7.1 All funding for the programme is from NHS England. 2015/16 funding was for £220,000 to support 600 clients in year. 2016/17 proposal is for £135,000 to support 300 high risk clients.

7.2 There are no legal implications arising from the report

8. Recommendations

8.1 It is requested that the Health and Wellbeing Board note the progress in delivering the NDPP locally and continue to support the project board, in delivering the programme objectives.

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Appendices

None

Background papers

[NHS 5 Year Forward View](#)

[A systematic review and meta-analysis assessing the effectiveness of pragmatic lifestyle interventions for the prevention of type 2 diabetes mellitus in routine practice](#)

[Sugar Reduction – The evidence for action](#)

[NHS Diabetes Prevention Programme \(NHS DPP\) Non-diabetic hyperglycaemia](#)