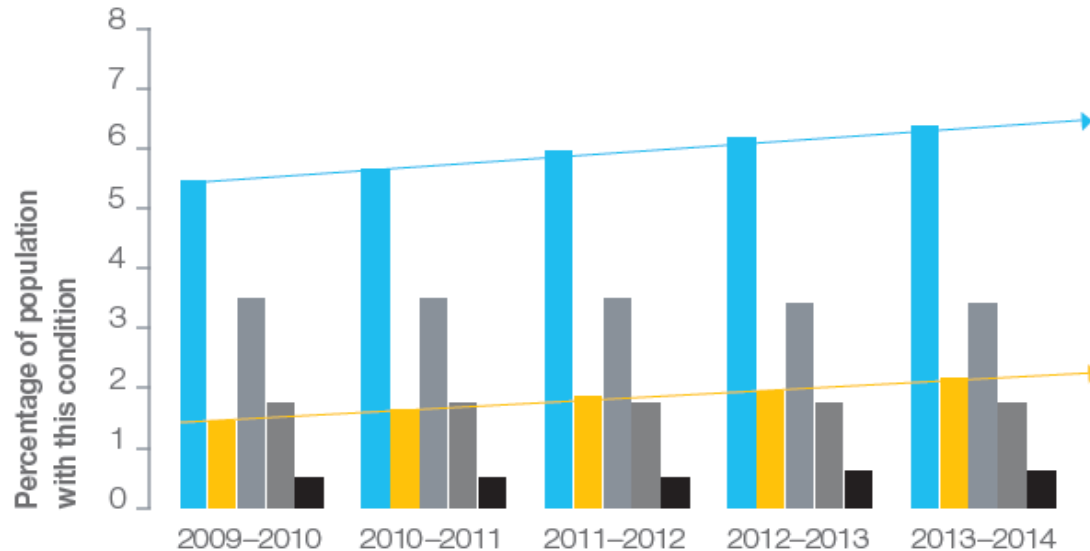


# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Preventing type 2 diabetes in England

# DIABETES: THE FASTEST GROWING HEALTH ISSUE



- Diabetes
- Cancer
- Coronary heart disease
- Stroke and mini stroke
- Dementia
- Future diabetes projection
- Future cancer projection

Source: Quality and Outcomes Framework prevalence data, 2009-2014

# EXPECTED BENEFITS: PHE EVIDENCE REVIEW

PHE commissioned an evidence review to assess the effectiveness of 'real-world' DPPs:

- 36 included studies
- When compared with usual care:
  - On average, 26% lower incidence of diabetes
  - Average 1.57kg weight loss
- More intensive interventions were more effective
- 3.24kg in those that adhered to the most NICE guidance

# AN EVIDENCE BASED INTERVENTION

- The NHS DPP behavioural intervention will be underpinned by three core goals:
  - Weight loss
  - Achievement of dietary recommendations
  - Achievement of physical activity recommendations
- The intervention will be long term, made up of at least 13 sessions, spread across a minimum of 9 months.
- Set and achieve goals and make positive changes to their lifestyle.

# REFERRAL PATHWAY

- Will be available nationally on roll-out to all adults at risk of Type 2 diabetes with referral routes through:
  - Existing GP Practice registers and opportunistic case finding
  - NHS Health Checks
  - Exploring Direct Recruitment
- To be eligible participants will have a blood test indicating Non-Diabetic Hyperglycaemia within the last 12 months (HbA1c 42-47mmol/mol (6.0%-6.4%) FPG 5.5-6.9mmol/l)

# BENEFITS AND RETURN ON INVESTMENT

- Impact analysis<sup>1</sup> (IA) described the financial savings and health benefits gain if 390,000 people receive the NHS DPP intervention over 5 years.
- The revised ROI analysis shows that:\*
  - Approximately £1.1bn of monetised health benefits
  - 12,000 – 18,000 cases of Type 2 diabetes prevented or delayed by Yr 8 (which is on average 58-88 per CCG)
  - By year 12, the programme will become cost saving
- Visit the new ROI calculator: <https://dpp-roi-tool.shef.ac.uk/>

# NATIONAL PROCUREMENT

- NHS England ran a procurement to appoint four providers to a national framework. This maximised NHS England's purchasing power and enabled us to ensure fidelity to the evidence and national scalability. These providers are:
  - Reed Momenta
  - ICS Health and Wellbeing
  - Health Exchange CIC
  - Ingeus UK Limited
- Estimate delivering up to 15,000 interventions in 2016/17.

# PERFORMANCE – FRAMEWORK PROVIDERS

- First referrals into the national service were generated in June 2016, and All 27 Year 1 sites are now live and referring.
- Referrals to the programme continue to increase month on month, with 13,383 people referred to end of November, on target
- 3,119 people have now taken up the programme (*same time period*)



# LESSONS LEARNT

1. Primary care engagement has to be local, and use strong narrative alongside “the case for action”, national influence, local implementation;
2. Difficult to get joint ownership between CCGs and LAs and this varies depending on leadership. LAs have struggled to engage primary care when leading partnerships, the role of STPs;
3. Integration with wider services paramount to successful implementation and delivery;
4. Clinical and service user engagement is critical to local change management and successful mobilisation;
5. Consideration of delivery across high density urban areas and low density rural areas using the same service specification generates a challenge for group based activity;
6. Step change requires investment in implementation, providing the intervention isn't enough on its own.

# KEEPING IN TOUCH

- For more info and to sign up to our regular e-bulletin <https://www.england.nhs.uk/ndpp>
- For any questions email: [diabetesprevention@phe.gov.uk](mailto:diabetesprevention@phe.gov.uk)