

Healthier You: The National Diabetes Prevention Programme

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<https://preventing-diabetes.co.uk>

Eligibility criteria



18+

18 years old and over



Registered with a GP
Practice in your CCG
area



HbA1c between 42-47
mmol/mol (6.0%-6.4%)
or Fasting Plasma
Glucose between 5.5-
6.9 mmols/l within the
last 24 months



Not pregnant

Please also bear in mind the motivation to change and commitment level of patients when referring!

‘T2DM has been identified as a risk factor for those with COVID-19’

- March 30th: the face-to-face service changed to remote delivery, via a group dial in facility.
- Benefits: Increased session choice for time and days – previous barriers of time and venue location removed.
- From July 13th: Groups delivered as MS Teams and sessions now 1 hour – aligns to ‘returning to work’ population, plus dial in option continues.

COVID-19 and Pre-diabetes: Why Refer?



The latest research emerging highlighting the links between COVID and T2D



Patients changing behaviours during the pandemic



COVID has highlighted the importance of digital work and technology skills



NDPP can help with removing burden from the nursing teams in practices



Why now?
Increased awareness for self management of health and risk of T2D

What does this mean for referral?

A **quality referral** can make all the difference

- GP is in a pivotal position
 - Trust in GP is high
 - Holistic approach to care
 - Long term relationships
 - Trusted and relied on for information

Direct offer of referral from a trusted healthcare professional likely to have greatest impact for engagement.



Key Messages when Referring:

- T2D risk still remains
- The remote programme is an opportunity to take control of your health from the comfort of your home.
- Barriers including transport access and time are removed – remote delivery offers increased choice of times and days.
- No change to content; peer and group support remains and you can be a passive or active participant, whichever suits them best.



How to Refer to NDPP



- Primary Care

Embedded in Clinical System: EMIS, System One, DSX:

<https://preventing-diabetes.co.uk/referrers>

- Self-refer

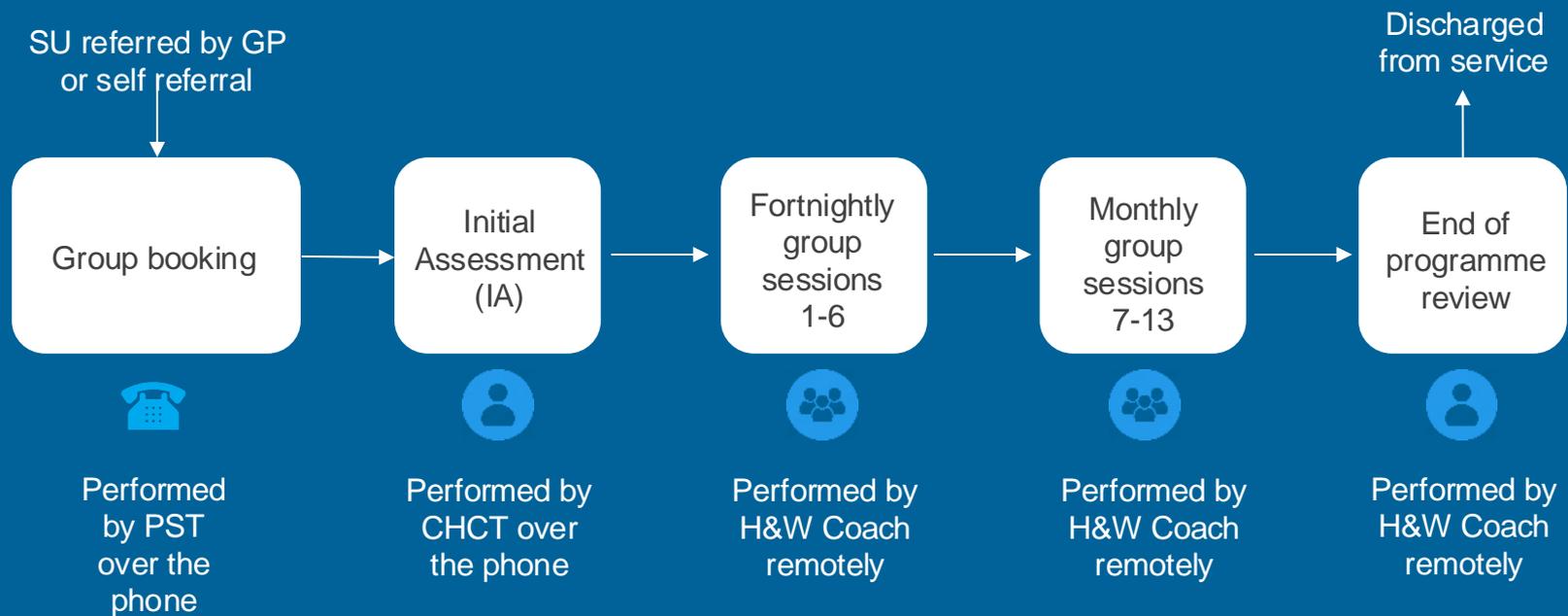
<https://preventing-diabetes.co.uk/self-refer>

- HbA1c mmol/mol (within last 24 months old)
- NHS number

- Other Referral Sources: Social Prescribers, Community Pharmacists.

- Direct to Consumer Marketing – launching July 2020

Service model for NDPP2



Stage 1: Group Booking and Initial Assessment



1 hour 1:1 appointment with trained Health Coach

- Anthropometric measurements*
- Smoking status
- Wellbeing measure
- Goal setting
- Signposting onto other services



*Remote delivery: Currently patients are instructed on how to self-monitor.

Group session breakdown



5x Eating Well

Nutrition based content
1 hour 15 minutes with 30-
minutes for questions



2x Physical Activity for NDPP1

4x Physical Activity for NDPP2

Physical activity based
content
45 minutes with 30-minutes
for questions



4x Taking Charge

Behaviour change based
content
1 hour 15 minutes with 30-
minutes for questions

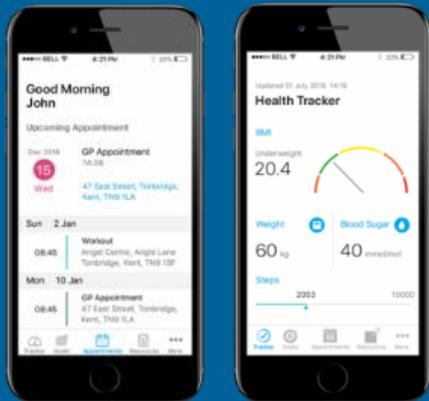
Fortnightly group sessions

Session number	Programme Element	Session Title	Week
1	Eating Well	Understanding Diabetes	1
2	Eating Well	What is a balanced lifestyle?	3
3	Moving More	Thinking about getting active	5
4	Eating Well	What is a healthy diet?	7
5	Eating Well	Practical solutions for a healthier you	9
6	Moving More	Enjoying my physical activity	11

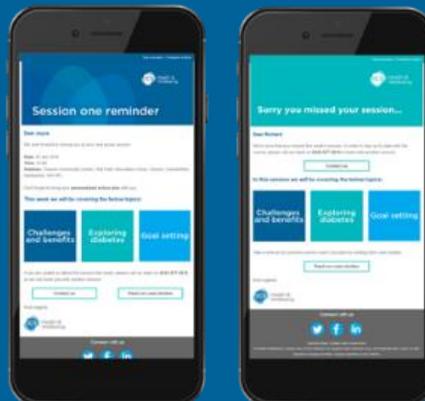
Monthly group sessions

Session number	Programme Element	Session Title	Week
7	Eating Well	Know your health	15
8	Taking Charge	Values and obstacles	19
9	Taking Charge	Stress, mindfulness and mindful eating	23
10	Moving More	Physical activity within my community	27
11	Taking Charge	Habits, self-compassion and visualisation	31
12	Taking Charge	Sleep and creating your health blueprint	35
13	Moving More	Designing my physical activity plan	39

Service users have access to:



ICS H&W app



Email reminders / e-learning



Physical activity video

Local signposting pack



E-learning platform

5 handbooks available in varying languages



E-resources



ICS Health & Wellbeing

Healthy Futures

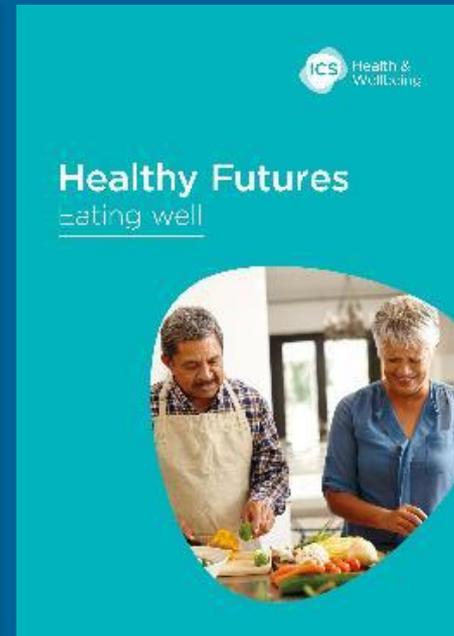
Taking charge



ICS Health & Wellbeing

Healthy Futures

Moving more



ICS Health & Wellbeing

Healthy Futures

Eating well



Stage 4: End of Programme Review

45 minute 1:1 appointment with trained Health Coach

- Re-test of anthropometric measurements
- Evaluation of progress
- Goal setting and review of previous goals
- Evaluation of service
- Signposting of other services: <https://preventing-diabetes.co.uk/uploads/content/files/Signposting/2019/December/Herts%20West%20Essex%20Signposting%20Manual.pdf>

Digital offer

- Patients have the opportunity to access the DPP via our digital provider, Oviva.
- Telephone sessions are scheduled to meet SU needs/preferences (e.g. shift -work/evenings/weekends). Approaching peer-support does not require scheduled times.
- This ensures individual-needs accommodated e.g. delivery in service user's language/text only, people who can't attend f2f, people with learning difficulties/mental health issues
- Access via web-portal/landline phone for SU's without a smartphone/need larger screen



Direct to consumer pilot: Marketing pathways



DiABETES UK

DUK Know Your Risk
redirects
Service users scoring 20 +
(moderate risk)



ICS Health & Wellbeing

Social media campaigns



NHS

Targeted search
campaign/drive users
straight to KYR score

Thank You – Any Questions?



Website: <https://preventing-diabetes.co.uk/hertfordshire-west-essex/>

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Thank you.