

NHS DPP Herts 2017-2018

ICS Health & Wellbeing – Liz Fowler

Regional Manager: Herts and West Essex; Essex
(Mid and South) and Berkshire

Rationale for a Prevention Programme

- Cost: 10-15% of total healthcare costs in developed countries is spent to treat T2D and its' complications. (1) (2)
- Ongoing Problem: There are 100, 000 people in the UK each year diagnosed with diabetes and 12 million are at the risk of developing T2D (Simon Stevens, NHSE, Diabetes Conference Exel Centre, London, March 14th-16th, 2018)
- Numerous clinical studies have indicated that a significant number of pre-diabetic individuals will later develop T2D with an increased risk of chronic complications, in particular, cardiovascular events. (3-9)
- The main risk factors for T2D are obesity and a sedentary lifestyle (10)
- Obesity is related to 90% of the issues – we live in an obesogenic environment and there is positive a link between the number of fast food outlet and the levels of deprivation. (Simon Stevens, NHSE, Diabetes Conference Exel Centre, London, March 14th-16th, 2018)

Programme Overview:

GP Referral

- Invite to Programme – Initial 121 Assessment with Health and Wellbeing Coach. Signposting to additional local services.
- Decline to Participate – discharge and communication

Healthy Foundations: 7 x 2 hour weekly sessions

- X-Pert Health Management Programme
- Session 2: Physical Activity (specific signposting)
- Session 7: Physical Activity and 3 month SMART goal review

Prevention Plus: 4 x 2* hour monthly sessions.

- Understanding behaviour change, how to use mindfulness and maintain long term lifestyle changes for health.
- *Session 3 is 3 hours (2 coaches) and includes 6 month review and HbA1c measure

9 Month Review

- 121 Assessment, HbA1c measure and additional signposting.

Eligibility Criteria

- 18 years old and over
- Registered with a GP Practice in Programme Area
- HbA1c between 42-47 mmol/mol (6.0%-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmol/l within the last 12 months
- Not pregnant
- (Motivation to change and commitment level of referred patients)

NDPP Model

2 Hour, weekly Group sessions for 7 weeks

- Week 1- What is pre-diabetes & diabetes
- Week 2- Physical activity session
- Week 3- Energy balance and fat awareness
- Week 4- Carbohydrate awareness
- Week 5- Food labels
- Week 6- Long-term health problems related to impaired glucose regulation
- Week 7- Physical Activity session and progress review

Videos/imagery/content/PAP/book



NDPP Model

2 Hour monthly Group sessions for 4 months

- Session 1- Barriers to change, health values, habits and goals
- Session 2- Stress, emotional eating and mindfulness
- Session 3- Habitual thoughts, triggers, inner critic and self compassion
- Session 4- Gaining control of your health, willpower and review



NDPP Model

6 and 9 Month reviews- 1:1 Assessments

- Re-test of anthropometric measurements and lifestyle scores
- Re-test of HBA1C
- Evaluation of progress
- Evaluation of service
- Signposting of other services
- Goal review and setting



Herts NHS DPP Key Highlights

We have received and processed over 9300 referrals

97% of service users rated our service as good or very good.

We have delivered over 3216 Initial assessments

We currently have a total of 113 groups throughout East and North Herts and Herts Valley with a further 28 currently planned until July 2018.

We employ 10 coaches, which include qualified nutritionists, dieticians, sport and exercise scientists, psychologists and nurses.

Data Snapshot:

- *Average Weight Loss:*
3 months: 2.49kg 6 months: 4.07kg 9 months: 3.24kg
- *% of Participants Who Lost Weight:*
3 months: 79% 6 months: 81% 9 months: 83%
- *IA: CS1 attendance: 50%*
- *% of CS1 Attenders achieving:*
3 month review: 98%
Attendance at MS1: 82%
6 month review: 57%
9 month review: 23%

Herts Valley Venues

Initial Assessments:

Dacorum:

1. Highfields Surgery HP2 5TA
2. Everest House Surgery HP2 4HY
3. South Hill Centre HP1 1LF

St Albans and Harpenden:

1. Redbourn Medical Centre AL3 7BL
2. Parkbury House Surgery AL1 3HD

Hertsmere:

1. The Natural Gateway WD6 4PT

Watford and 3 Rivers:

1. Park End Surgery WD18 7QR
2. Attenborough Surgery WD23 2NN
3. Cassio Surgery WD18 3JP

Group Venues:

Dacorum:

1. Adeyfield Community Centre HP2 4EW
2. South Hill Centre HP1 1LF
3. Boxmoor and Warners End Neighbourhood Association HP1 3QG
4. Chorleywood Health Centre WD3 5EA
5. Berkhamsted Arts Centre HP4 1EH

St Albans and Harpenden:

1. Parkbury House Surgery AL1 3HD
2. Batford Memorial Hall, AL5 5BS

Hertsmere:

1. The Radlett Centre WD7 8HL
2. Parish Hall, Borehamwood WD6 1TG

Watford and 3 Rivers:

1. Park End Surgery WD18 7QR
2. Wellspring Church WD18 7QH
3. Cassio Surgery WD18 3JP

References

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- (7) Diabetes Prevention Program Research Group. The prevalence of retinopathy in impaired glucose tolerance and recent onset diabetes in the Diabetes Prevention Program. Diabet Med 2007; 24: 137-44
- (8) Sumner CJ, Sheth S, Griffin JW, Cornblath DR, Polydefkis M. The spectrum of neuropathy in diabetes and impaired glucose tolerance. Neurology 2003;60:108-11
- (9) Plantinga LC, Crews DC, Coresh J, Miller ER, Saran R, Yee J, et al. Prevalence of chronic kidney disease in US adults with undiagnosed diabetes or pre-diabetes. Clin J Am Soc Nephrol 2010;5:673-82
- (10) WHO study Group. Diabetes Mellitus. Technical Report Series No. 727. Geneva; 1985. Report No. 727

Summary

Key Lessons Learned from Start of Contract:

Communication

Targeted, localised approach

Put a face/voice to the Service

Long Term Venue Planning

Regular Reviews of all Processes