



HEALTH AND WELLBEING BOARD
15 September 2016

Report of the Director of Public Health

ITEM 7

NHS Diabetes Prevention Programme Update

SUMMARY

- 1.1 Diabetes is one of the fastest growing health issues in the UK, with around 3.9 million people living with diabetes in the UK. About 90% of people with diabetes have Type 2, which is largely preventable. Type 2 diabetes is serious and can lead to devastating complications such as heart disease, stroke, kidney disease, blindness or amputation. The cost to the NHS is estimated to be around £10 billion per annum.
- 1.2 Following the announcement in the NHS Forward View that England would become the first country to roll out a National Diabetes Prevention Programme (NDPP), Derby City Council together with Derbyshire County Council and the four Derbyshire CCG's have been chosen as one of 27 first wave sites to participate in the programme which is intended to reduce the incidence of Type 2 diabetes and the associated complications.

RECOMMENDATION

- 2.1 That the report be noted

REASONS FOR RECOMMENDATION

- 3.1 To update the board on the roll out of the NDPP in Derby.

SUPPORTING INFORMATION

- 4.1 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. The cost to the NHS is estimated to be around £10 billion per annum and given the increasing prevalence of obesity this cost is expected to increase.

- 4.2 In 2015 the prevalence of Type 2 diabetes in Derby was estimated to be 7.7% (15,593 individuals) and this is estimated to rise to 8.8% (19,717 individuals) by 2030. PHE estimate that a further 11.3% (23,000) individuals aged 16 and over have non-diabetic hyperglycaemia and are at higher risk of developing Type 2 diabetes.
- 4.3 The risk factors for developing type 2 diabetes include increasing age, ethnicity (particularly South Asian, African-Caribbean, Black African and Chinese) and family history which cannot be modified. However there are also modifiable risk 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.
- 4.4 The NDPP is being led by NHS England, Public Health England and Diabetes UK that will deliver at scale an evidence-based behavioural programme focused on achieving healthy weight, increasing physical activity and improving the diet of those individuals identified as being at high risk of developing Type 2 diabetes. The long-term aims of the NHS NDPP are:
- To reduce the incidence of Type 2 diabetes and incidence of complications associated with diabetes - heart, stroke, kidney, eye and foot problems
 - Over the longer term, to reduce health inequalities associated with incidence of diabetes
- 4.5 The programme has been procured centrally by NHS England, and delivered by four providers on a national framework. Following a mini competition to call off against the national framework, Pulse Healthcare Ltd T/A Integrated Clinical Services (ICS) has been selected to deliver the NDPP in Derby and Derbyshire
- 4.6 Individuals eligible to participate in the NDPP are those aged 18 and above identified as having non-diabetic hyperglycaemia, defined as having an HbA1C reading of 42-47mmol/mol (6.0-6.4%), or a fasting plasma glucose (FPG) of 5.5 – 6.9 mmol/l. Exclusions include pregnant women, those receiving palliative care and individuals diagnosed as having Type 2 diabetes. It is anticipated that the main route for referral onto the diabetes prevention programme will be primarily via existing GP Practice registers, NHS Health Checks or opportunistic case finding. Direct recruitment of eligible individuals from BME and other hard to reach groups is currently being piloted in four areas and depending upon its success may be implemented in Derby.
- 4.7 The NDPP programme is a behavioural change programme that aims to reduce the risk of an individual developing Type 2 Diabetes. The programme consists of a minimum of 13 sessions (between 1-2 hours long) delivered over a 9 month period in groups of up to 15 participants. The programme will cover Type 2 diabetes risk factors, healthy eating, physical activity, action planning and overcoming challenges. A schematic diagram of the programme is attached at Appendix 2.

- 4.8 Sessions will be delivered from accessible community locations, close to public transport, including community halls, religious centres, leisure centres, libraries and GP practices. The sessions will be delivered in a format and at times that are appropriate to a range of diverse groups in the community and will include evening and weekend sessions to facilitate access for working people. The NDPP is free for eligible individuals who will be contacted by their GP and invited to be referred onto the programme.
- 4.9 A NDPP project board has been established that has representatives from Derby City Public Health, Derbyshire County Public Health and the four Derbyshire CCG's plus the provider ICS. The NDPP programme in Derby and Derbyshire is currently being mobilised and referrals should begin in late August/early September. The programme will run for 2 years and it is anticipated that up to 2983 individuals will be referred to the programme and based upon a capped 40% uptake, 1193 individuals could access the programme across Derbyshire. As part of the mobilisation a detailed communications plan has been developed and links are being established with other relevant local services such as Livewell.

This report has been approved by the following officers:

Legal officer Financial officer Human Resources officer Estates/Property officer Service Director(s) Other(s)	Dr Cate Edwynn, Director of Public Health Dr Robyn Dewis, Consultant in Public Health Medicine
For more information contact: Background papers: List of appendices:	darran.west@derbyshire.gov.uk Appendix 1: implications Appendix 2: Service model

IMPLICATIONS

Financial and Value for Money

- 1.1 None – the NDPP is funded by NHS England. A successful programme will reduce the prevalence of diabetes and so reduce costs to the local health and social care system.

Legal

- 2.1 None

Personnel

- 3.1 None

IT

- 4.1 None

Equalities Impact

- 5.1 The programme should over the longer term reduce health inequalities associated with incidence of diabetes

Health and Safety

- 6.1 None

Environmental Sustainability

- 7.1 None

Property and Asset Management

- 8.1 None

Risk Management

- 9.1 None

Corporate objectives and priorities for change

- 10.1 The roll out of the NDPP will support the implementation of the Council's Health and Wellbeing Strategy, especially narrowing the health inequality gap.

Appendix 2 - Overview of the ICS Service Model for the NHS Diabetes Prevention Programme

