

**Thames Valley SCN
Diabetes Reference Group**

The NHS Diabetes Prevention Programme

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Obesity and Diabetes**

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Diabetes in England

- 2.8 million people diagnosed
 - 2,550,000 (91%) Type 2 DM; 250,000 (9%) Type 1 DM
- Further 500,000 with undiagnosed Type 2 DM
 - (5:1 diagnosed: undiagnosed Type 2 DM)
- Impact of Ethnicity eg. 1 in 8 of all people with diabetes in the UK are of South Asian origin
- Cost approx. £10 billion / 10% of NHS budget
 - 80% spent on the complications

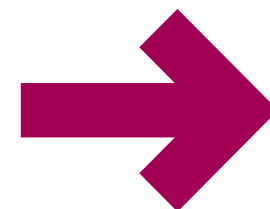
5 Year Forward View

Getting serious about prevention



5 Year Forward View 2014

“The future health of millions of children, the sustainability of the NHS, and the economic prosperity of Britain all now depend on a radical upgrade in prevention and public health”



Five Year Forward View – October 2014

Prevention – “National diabetes prevention programme”

Employer responsibility for employee health

Integrated care

- Multispecialty Community Providers (MCPs)
- Primary and Acute Care Systems (PACS)



Public Health
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DiABETES UK
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NHS
England

NHS DIABETES PREVENTION PROGRAMME:

Preventing Type 2 Diabetes in England



Public Health
England

DiABETES UK
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NHS
England

Who we are

- **Public Health England (PHE)** is an executive agency of the Department of Health. We protect and improve the nation's health and wellbeing, and reduce health inequalities.
- **NHS England (NHSE)** is an executive non-departmental public body of the Department of Health. Our mission is to secure high quality care for all, and to improve the health outcomes for people in England.
- **Diabetes UK** is the UK's leading diabetes charity. We care for, connect with and campaign on behalf of all people affected by, and at risk of, diabetes, reaching people with diabetes in local communities across the UK.



Demonstrator sites

We are currently working with seven local areas, known as demonstrator sites, to learn practical lessons from delivery. These sites were selected to work with us to co-design the service model and support us in developing and implementing the national programme.

The demonstrator sites are:

- Birmingham South and Central CCG
- Bradford City CCG
- Durham County Council
- Herefordshire CCG/LA
- Medway CCG/LA
- Salford CCG/LA
- Southwark Council and CCG



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, each lasting between 1 and 2 hours.
- People will be supported to set and achieve goals and make positive changes to their lifestyle in order to reduce their risk of developing Type 2 diabetes.
- Sessions will be delivered predominantly in groups and will be 'face-to-face' unless there is a strong rationale for an alternative approach.



Timeline for next steps

2015/16

- Identify areas for first wave of national roll-out
- Implement and evaluate demonstrator plans, feeding learning into national programme
- National procurement of provider(s) to deliver behaviour intervention

2016/17

- Deliver between 10,000 and 30,000 interventions across CCGs identified through expression of interest exercise

2017/18 and beyond

- Scaling up



Keeping in touch

- We're keen to involve range of stakeholders, providers and partners in developing and delivering the programme
- For more info:
 - visit <https://www.england.nhs.uk/ndpp>
 - for any questions or to sign up to our regular e-bulletin email diabetesprevention@phe.gov.uk