

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Preventing type 2 diabetes in England

THE CONTEXT

- Diabetes is the fastest growing health issue of our time, and in line with rising obesity, prevalence is projected to continue rising.
- The NHS Five Year Forward View made a commitment that we would become the first country to deliver an at scale national Type 2 diabetes prevention programme.
- The NHS Diabetes Prevention Programme (NHS DPP) supports those at risk of Type 2 diabetes by offering a referral option into a high quality and evidence-based lifestyle interventions.

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

BENEFITS AND RETURN ON INVESTMENT

- Impact analysis¹ (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 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
- ROI estimates are dependent on local intervention costs – the lower the cost the higher the ROI
- Visit the new ROI calculator: <https://dpp-roi-tool.shef.ac.uk/>

PERFORMANCE – FRAMEWORK PROVIDERS

- We pushed framework providers to mobilise services at pace and they responded by bringing services on line in between 6 – 12 weeks
- 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 being referred to the NDPP
- 3,119* people have now taken up the programme

LESSONS LEARNT – PRIMARY CARE ENGAGEMENT

- Clear from first wave sites that joint commitment to delivery from primary care and public health is key
- To achieve scale we need to a range of referral and identification routes, with the NHS Health Check and auditing of practice registers key
- Service offers an end to end service for at risk individuals outside of primary care, many who were being identified without a referral option
- Providers are working closely with primary care to minimise the burden of referral and data entry, including standardising coding and looking at e-referral options

LESSONS LEARNT – METHOD OF REFERRAL

- Learning from demonstrator sites suggests that uptake of around 50% following referral is achievable
- Face to face referral pathways, that are motivational and informative, such as the NHS Health Check can achieve uptakes of 70 - 90%
- “Remote” referrals pathways, for instance doc mail out to known individuals asking them to contact the provider if willing to take up the referral offer achieve uptake rates of 10 – 30%

LESSONS LEARNT – CROSS ORGANISATIONAL GOVERNANCE

- There are significant economies of scale for providers and health economies in providing services across larger areas
- Providing cross organisational governance across health economies is key to successful delivery, in particular joint working between local authorities and CCGs
- Sustainability and Transformation Partnerships offer an opportunity to work across boundaries, and link plans for the NHS DPP with wider activity on prevention and diabetes

EVALUATION

- A comprehensive evaluation is being conducted to understand effectiveness, cost effectiveness and implementation factors associated with success
- In-house service evaluation using routine programme monitoring data
- Externally funded evaluation:
 - The Department of Health has commissioned evaluation examining implementation in demonstrator sites and early learning from in Year 1 undertaken by the NIHR School for Public Health Research
 - The National Institute for Health Research recently published a call for applications for a longer term evaluation of the programme. The selected evaluator will be announced in due course.

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