

Experiences Developing and Implementing the NHS England Diabetes Prevention Programme

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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”



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NHS England Diabetes Programme:

- Healthier You: NHS Diabetes Prevention Programme
- Diabetes Treatment and Care Programme
- Digital Diabetes Programme



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Healthier You: NHS Diabetes Prevention Programme



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Evolution

Financial Year 2015/2016

- Demonstrator sites – 7 local health economies
- Evidence review – real world translations
- Expert Reference Group
- Service Specification
- Consultation – public, potential providers, potential participants
- Procurement
- Appointed 4 providers to a national framework
- Local areas call off the national framework



Evolution

Financial Year 2016/2017

- First wave of national roll-out
- 27 local health economies – 50% coverage of England
- 43,000 referrals, 59% conversion to attendance




DIABETICMedicine

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Short Report: Epidemiology

Progress of the Healthier You: NHS Diabetes Prevention Programme: referrals, uptake and participant characteristics

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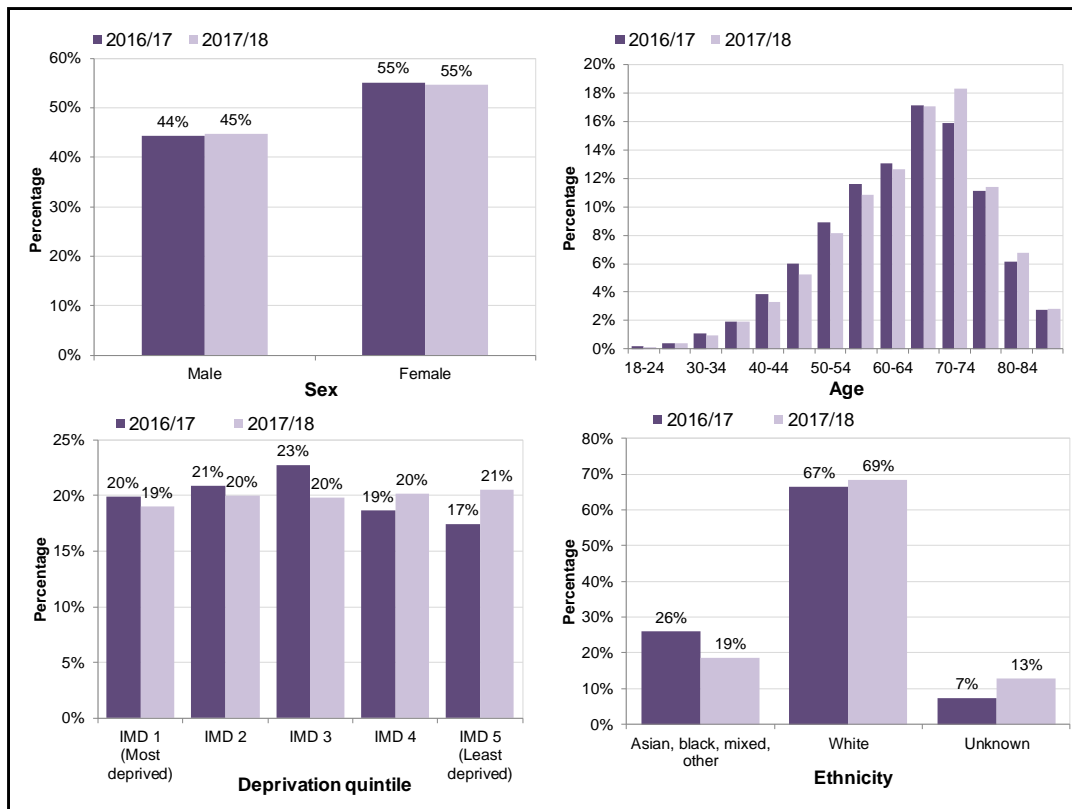
Evolution

Financial Year 2017/2018

- Second wave of national roll-out
- 13 larger geographies - 75% coverage of England
- 182,000 referrals, 78,000 attended initial assessment



Characteristics of participants, 2016/17 and 2017/18





Initial analysis of participants completing the NHS DPP up to end of March 2018

- 52% of participants attended 8 sessions or more (out of 13 sessions)
- Mean weight change for completers -3.2kg (-3.1 to -3.4kg)
Mean weight change for all (intention-to-treat, last observation carried forward) -2.3kg (-2.2 to -2.4kg)
- Percentage mean weight change of -3.8% (-3.6 to -4.0%)
Mean weight change for all (intention-to-treat, last observation carried forward) -2.7% (-2.5 to -2.8%)



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Evolution

Financial Year 2017/2018

- Second wave of national roll-out
- 13 larger geographies - 75% coverage of England
- 182,000 referrals, 78,000 attended initial assessment
- Launched the Digital Diabetes Prevention Programme



Evolving the Healthier You NHS Diabetes Prevention Programme

Opportunities for Digital Health
Interventions



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Evolution

Financial Year 2018/2019

- Third wave of national roll-out
- Universal coverage of England by Summer 2018
- 70th Birthday of the NHS – 5th July 2018
- Re-procuring the Provider Framework

70
YEARS
OF THE NHS
1948 - 2018

Evaluating the NHS Diabetes Prevention Programme (NHS DPP): the DIPLOMA research programme

**Diabetes Prevention – Long term
Multimethod Assessment**

The Childhood Obesity Plan



HM Government

Childhood obesity: a plan for action

August 2016

Headline interventions

- Levy on sugar-sweetened beverages – 6th April 2018
- Reformulation - 20% reduction in sugar by 2020
(in food products that contribute significantly to childrens' intakes)

The Childhood Obesity Plan



HM Government

Childhood obesity: a plan for action

Chapter 2

25th June 2018

<https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action-chapter-2>

Childhood Obesity: a plan for action



HM Government

Chapter 2

- **Sugar reduction**
- **Calorie reduction**
- **Advertising and promotions**
- **Local areas**
- **Schools**

Prevention Taking Centre Stage – Type 2 Diabetes

- **Primary prevention** - population level interventions to prevent Type 2 diabetes
- **Secondary prevention** – interventions in those at high risk of developing Type 2 diabetes
- **Tertiary prevention** – interventions to prevent the complications of diabetes in those that already have Type 2 diabetes



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Keeping in touch

- For more information:
 - visit <https://www.england.nhs.uk/ndpp>
 - for any questions or to sign up to our regular e-bulletin email diabetesprevention@phe.gov.uk