

NHS England Diabetes Programme Update July 2018

Professor Jonathan Valabhji

**National Clinical Director for Obesity and Diabetes, NHS England
Consultant Diabetologist, Imperial College Healthcare NHS Trust
Adjunct Professor, Imperial College London**



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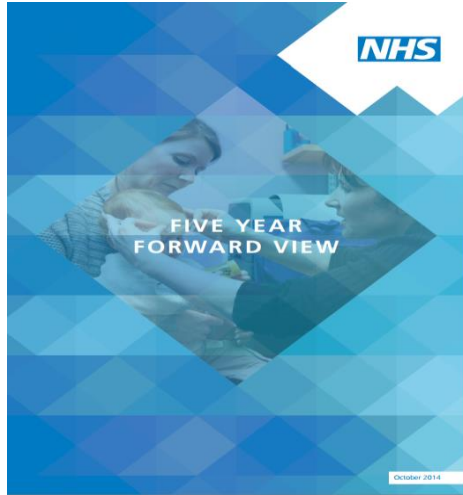
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NHS England Diabetes Programme:

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

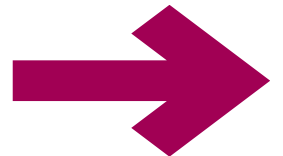
5 Year Forward View

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”



Type 2 Diabetes – Prevention Taking Centre Stage

- **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
- **Quaternary prevention** – interventions that protect a group at risk of over-medicalisation, thus protecting them from unnecessary invasive medical interventions and providing them with ethically acceptable care.

Strain WD, Hope SV, Green A, Kar P, Valabhji J, Sinclair AJ.

Type 2 diabetes mellitus in older people: a brief statement of key principles of modern day management including the assessment of frailty. A national collaborative stakeholder initiative.

Diabetic Medicine. 2018. Apr 7. doi: 10.1111/dme.13644

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**



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1. Healthier You: The NHS Diabetes Prevention Programme

Programme Update

June 2018






Evolution

Financial Year 2016/2017

- First wave of national roll-out
- 27 local health economies – 50% coverage of England



- **Short Report: Epidemiology**
- **Progress of the Healthier You: NHS Diabetes Prevention Programme: referrals, uptake and participant characteristics**

E. Barron¹ , R. Clark¹, R. Hewings², J. Smith¹ and J. Valabhji³

¹Public Health England, ²Diabetes UK and ³NHS England, UK

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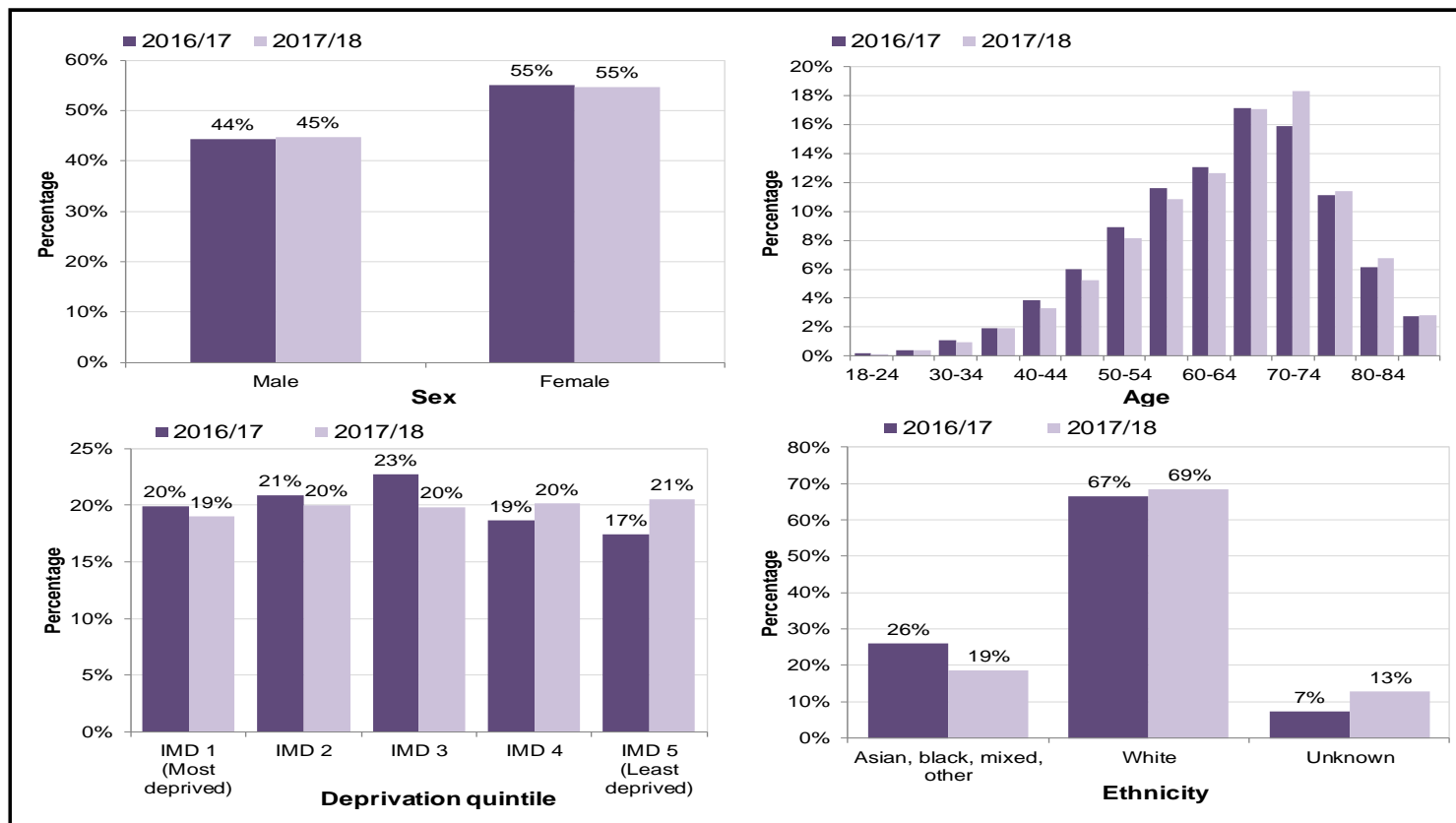
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Evolution

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



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

**Diabetes Prevention – Long term
Multimethod Assessment**



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2. Diabetes Treatment and Care

Programme Update

June 2018





Where we are now (at end of Q4, 2017/18)

176 projects funded across England

- **110 projects are fully operational**
- **Further 57 reported to have some staff in place at this stage** with the majority confirming all staff will be in place early in 2018/19
- **72 projects completed all year 1 milestones** (for the majority of those who haven't completed all milestones this relates to the late start arising from the delay in securing final agreement for the release of funding)

A small number of sites are yet to report their end of year progress position. Regional teams are working to confirm their positions.



What it looks like

- **41 new or expanded MDFTs**
 - **123 WTE** new staff in place
 - **19 WTE** new staff still to be recruited
- **31 new or expanded DISN services**
 - **70 WTE** new staff in place
 - **28 WTE** new staff still to be recruited
- **57 new or expanded structured education services**
 - **36 are fully operational** and 15 partly operational
 - **78 WTE** additional staff are in place
 - **16 WTE** new staff are still to be recruited
- **47 treatment target projects**
 - **23 projects fully operational** and 21 partly operational
 - **56 WTE** additional staff are in place
 - **21 WTE** new staff are reported as still to be recruited

2017/18 planned and actual expenditure

Intervention funded	Allocated during bidding process for 2017/18 (£m)	Final amount allocated in 2017/18 (£m)
Improving uptake of structured education	11.2	10.2
Improving achievement of the 3 NICE recommended treatment targets	14.9	14.2
New or expanded Multi-disciplinary Footcare Teams (MDFTs)	9.8	9.6
New or expanded Diabetes Inpatient Specialist Nursing teams (DISNs)	5.0	5.4
TOTAL	40.8	38.2

As far as possible, allocations were adjusted quarterly so that over the year the allocations made to sites reflected actual expenditure on the programme (within the limits of the amounts originally allocated)

2018/19 Funding

Budget available = £39.3m

Intervention funded	North	South	Midlands	London	TOTAL
Improving uptake of structured education	2.8	3.3	2.9	1.5	10.5
Improving achievement of the 3 NICE recommended treatment targets	2.3	3.6	4.9	2.8	13.6
New or expanded Multi-disciplinary Footcare Teams (MDFTs)	2.8	1.7	3.6	1.5	9.6
New or expanded Diabetes Inpatient Specialist Nursing teams (DISNs)	2.4	0.9	1	1.1	5.4
TOTAL	10.4	9.5	12.4	6.9	39.2

All of the above shown in £m and rounded to the nearest £100,000



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3. Digital Diabetes Workstream

Programme Update

June 2018





Evolving the Healthier You NHS Diabetes Prevention Programme

Opportunities for Digital Health
Interventions



Self Care T2DM – HeLP Diabetes

- Online self-management programme which was developed by UCL with £2m of grant funding from NIHR;
- Low cost and an RCT has shown lower health service use equivalent to cost savings of £111.00 per person, compared to usual care;
- We plan to license HeLP and then centrally invest to improve usability;
- We then propose to make it available for free to all CCGs across England;
- HeLP Diabetes is fully self-directed and therefore the marginal cost of each user is very low.
- We have submitted a proposal to The Department of Health and Social Care (DHSC) research needs panel to evaluate a national roll-out of HeLP.

Murray E et al. Web-based self-management support for people with type 2 diabetes (HeLP-Diabetes): randomised controlled trial in English primary care. *BMJ Open* 2017 Sep 27;7(9):e016009. doi: 10.1136/bmjopen-2017-016009.





Self Care T2DM - Test Beds

- £1.5m invested in the Test Bed programme for a specific challenge around self-management and support for people with Type 2.
- Programme will enable robust evaluation of both implementation and outcomes;
- Should enable us to assess the potential to expand the range of products (in addition to HeLP Diabetes) that will be available on the NHS.
- Selection process during Summer 2018 and evaluation expected during 2021.





Type 1 Information Provision

- In partnership with NHS Digital we have recently launched a new website for people with Type 1 Diabetes on nhs.uk.beta.
- We are currently receiving feedback from the public before an official launch in July. The resource will include:
 - ✓ a hub page designed to help users find information simply and quickly;
 - ✓ content to help people understand what they need to do after diagnosis;
 - ✓ how to videos;
 - ✓ content to help people understand what care they should expect;
 - ✓ content to help people get support - including links to IAPT;
 - ✓ links to known social media groups to access peer support;
 - ✓ promotion of validated on-line education materials.

