



Newsletter

National Diabetes Prevention Programme



Healthier You NHS Diabetes Prevention Programme

The Healthier You NHS Diabetes Prevention Programme, also known as the Healthier You Programme, identifies people at risk of developing Type 2 Diabetes and refers them onto a nine-month, evidence-based lifestyle change programme. It is a joint service from NHS England and Diabetes UK.

Gestational Diabetes

NICE guidance indicates that patients with Gestational Diabetes should have a glucose test no more than 13 weeks after birth, if their blood glucose remains high, they should be tested for Type 2 diabetes. If their blood glucose has returned to non-diabetic levels, they do not have diabetes but women with a history of gestational diabetes have a seven-fold increased risk of developing type 2 diabetes later in life, and the pathway for those people, is to refer them onto the National Diabetes Prevention Programme. There is a separate referral letter and information leaflet on [SystemOne](#).



Primary Care Lunch & Learn Session

LWTC has delivered 6 Primary Care Lunch & Learn Sessions encompassing 16 PCN's since January 2023, which were tailored specifically. The sessions provided an opportunity for Primary Care staff to come together as a Team to gain a deeper understanding of the programme, the referral process and maximise uptake for people with a diagnosis of pre-diabetes.

Patient Webinars

Four Webinars have been delivered to date. LWTC held a patient webinar in July with 131 patients signed up and 74 patients attending and to date, 21 patients signing up to the programme. Following on from the success of July's event, Living Well Taking Control have set up a further event in October and in January. On Your Way to Preventing Type2 Diabetes 31st January 2024 @ 13:00-13:40 [Register on Eventbrite](#)

Please can you help raise awareness of the webinar by sharing the link with colleagues and people with pre-diabetes by uploading onto social media, websites, notice boards, TV screens, and any other available platforms.

Patient Participation Group in Weymouth & Portland

The PPG Group hosted an event at the Bridges Surgery in Weymouth, inviting people identified with pre-diabetes to an [informative event in July](#)

Training for the Learning Disabilities Group

Diabetes is a significant public health concern affecting millions of people worldwide. Regrettably, patients with learning difficulties often face barriers in accessing necessary healthcare services, including diabetes preventative measures. Offering the NHS Diabetes prevention programme to these patients would not only improve their quality of life but also serve as a testament of our commitment to inclusivity and equal healthcare opportunities for all.

Julia Bennett (LWTC health coach), and Roxanne Botha (GP Compliance and Liaison Officer) have undergone additional level 2 training to equip them in supporting patients with learning difficulties, ensuring patients have appropriate access to the programme, tailored to their needs.

Roxanne and Julia were invited to deliver a talk on diabetes awareness to patients with learning disabilities by People Forum.



Members have said they learnt so much and have been full of praise of how it was delivered in a way that they could understand.



GP Intranet

A [Resource Library](#) has been developed on the Intranet relating to how to identify patients and refer them onto the programme. There is also promotional literature and resources

Dorset Insight and Intelligence Service (Diis)

The Diis BI Team at NHS Dorset, have been hard at work behind the scenes to bring a new report for pre-diabetic patients to the Diis App. This will allow Primary Care to monitor both patients whose latest HbA1c or Fasting Plasma Glucose levels are within the NICE guidance for pre-diabetes and those that have been diagnosed as pre-diabetic. The centrepiece of the report will be a Risk Segmentation tool to aid you in finding the patients most at risk of developing Type 2 Diabetes for immediate action, due to be launched early in 2024.



Standard Operating Procedure (SOP)

NHS Dorset has been working with 3 PCNS to develop a systemwide SOP to detail the process for identifying patients with a new diagnosis of pre-diabetes. They are then invited to attend the NDPP and signposted to further information and support to improve their health and wellbeing. The ambition is to complete the final version by the end of the year and circulate a copy to Primary Care, with the recommendation to adopt the document.

Patient Story

Below is a firsthand account of a patient who has actively participated in the NDPP program, while also engaging in Slimming World, recommended by LiveWell Dorset. Discover her accomplishments and gain insights and advice for those embarking on their health journey.

How did you feel when you found out you were at high risk of developing diabetes?

Terrified of its complications and dying.

What was your most important goal you wanted to achieve? What setbacks did you go through and how did you overcome them?

I wanted to go from being prediabetic [score 43] to a normal range score. My cholesterol was also high at 6.5 and I wanted to reduce this to the normal range. My weight was far too high and I needed to reduce that too. I was very strong willed and was determined to get results. I am not sure where the willpower came from as I've always struggled in the past to keep to diets etc. Perhaps it started from a terrified position and I knew that I had to do something asap.

What outcomes have you achieved so far?

I have joined Slimming World and have lost 2 stone 8 pounds so far which is more than 10% of my body weight. So therefore my diet has changed completely. I have joined the walking for health group and now do walks with them twice a week which has given me courage to do more walks on my own. I am taking part in the prediabetic course which has been brilliant for me and has helped with all aspects of my life. A week ago my doctor sent me off for some more blood tests to see how I was doing so far. The results were fantastic. My doctor was so pleased to see me and she said I had made her day.

Have other people (for example family and friends) benefitted from you joining the programme? If so, how?

My husband has been on a Slimming World diet too and has lost a stone so far. He has increased his walking every week and is now doing walking football. Some of my friends have been seeing how well I'm getting on with Slimming World and have now joined too.

Is there any advice you would give to someone looking to start the programme now?

Do it now - you can change your life around. There is so much help out there, grab it by the hand and let them help you. Live well Dorset is a fantastic organisation with help for many problems you may have. They have certainly helped me and without them I wouldn't be where I am today. I've had diet vouchers for Slimming World to get me started on the weight programme, a counsellor for my overall wellbeing and advice, an introduction to the walking group that is appropriate for me and brilliant service from my doctor who referred me in the first place. And last but not least is the course itself and the brilliant work done by Kathy trying to put right years of bad eating habits. Thank you Kathy. I've loved your talks and have gained so much knowledge over the weeks.



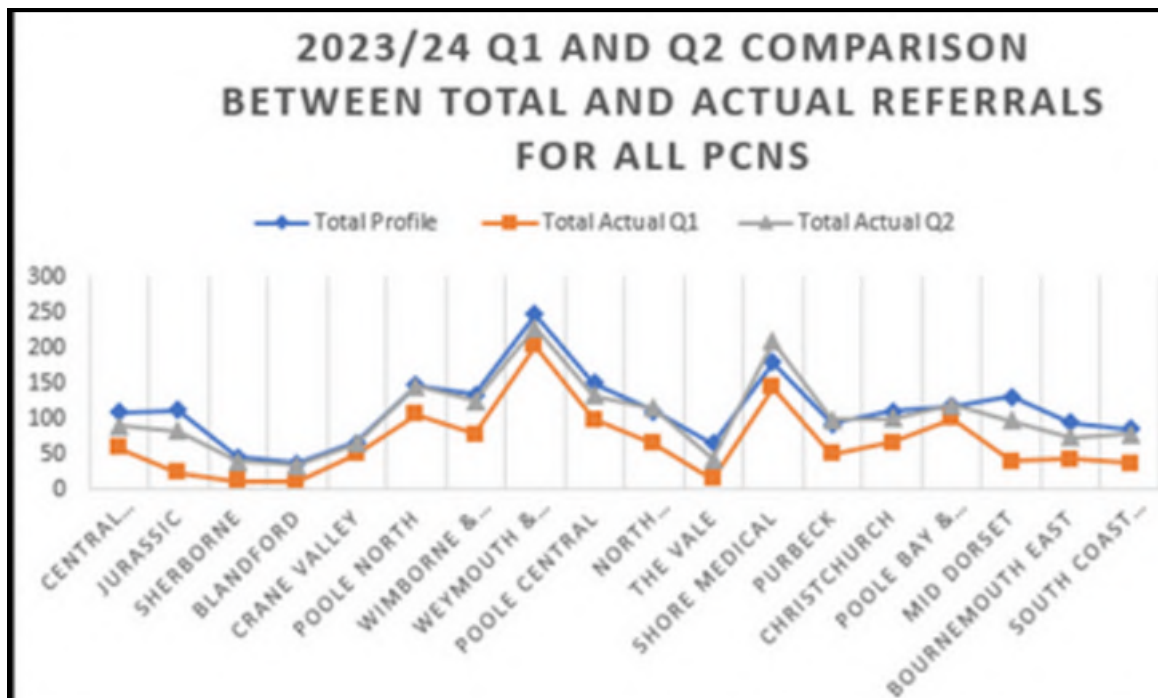
Dorset ICS Referrals

These figures show the profile numbers for referrals agreed by NHSE compared to the actual total number of referrals achieved by PCNs across Q1 and Q2 2023/2024.

Q1 Profile Total	Q1 Actual Total
1026	1194

Q2 Profile Total	Q2 Actual Total
1026	1578

PCN Referrals



NDH Referral Pathway

Living Well Taking Control (LWTC), the current provider of the National Diabetes Prevention Programme, is introducing an additional pathway to assist the Integrated Care Board (ICB) in Dorset. The main objective of this pathway is to identify and register patients who fall within the Non-diabetic Hyperglycaemic (NDH) range. LWTC will take the initiative to make initial contact with these eligible patients on behalf of the General Practices, and if they agree, enroll them in the service. This pathway has been implemented to alleviate the workload on General Practices with limited capacity and lower referral rates. Initially, the pathway will be tested with a small group of practices, and if it proves effective, it will be expanded to practices throughout Dorset.

We anticipate that this pathway will help support General Practitioners (GPs) and boost the number of referrals to LWTC.