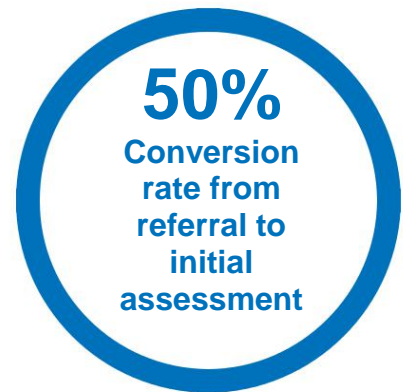


NHS Diabetes Programme

Healthier You: NHS Diabetes Prevention Programme

The Healthier You: NHS Diabetes Prevention Programme (NHS DPP) supports patients identified at high risk of developing Type 2 diabetes through a behaviour change programme. Over the course of 9 – 12 months, group sessions help patients achieve a healthy weight, improve nutrition and increase their levels of physical activity.

- The Programme is nationally funded by NHS England to ensure the service is available across the country without variation in access.
- The Programme, will have 100 % coverage across England this year (2018/19).
- The Programme is designed with the NHS in mind, to lessen current and future workloads, by providing an end to end behaviour change programme outside of primary care, and reducing the future prevalence of Type 2 diabetes through the delivery of an evidence-based intervention.
- Figures show that, nationally, we are exceeding targets for both referrals into and people onto the Programme.
- In addition, the Programme is achieving a higher rate of uptake as the conversion rate from referral to initial assessment is at 50%, higher than the originally modelled 40%.
- Data describing the characteristics of participants shows the Programme is reaching groups who are most at risk. For example in year 1, 25% of patients were from BME groups, and 45% were under the age of 65, providing an early assessment of health equity.
- Data also found that just under half (44%) of those taking up the Programme are men – a much higher proportion than typically attend commercial weight loss programmes.
- Early outcomes data and our provisional analyses suggest that over 50% of those that start the interventions will attend at least 60% of the programme and achieve an average weight loss of 3.7kg. Our original evidence review and impact analyses suggested we should expect an average weight loss of 2.5kg, so outcomes are exceeding expectations.
- These early programme insights show a promising start, in terms of referral volumes, levels of uptake, characteristics of participants and weight loss.



Find out more about the NHS Diabetes Prevention Programme at www.england.nhs.uk/diabetes or email england.ndpp@nhs.net