

# NHSE Diabetes Prevention Programme (NDPP)

by Faye Senior, NDPP Facilitator for South Yorkshire & Bassetlaw

# NDPP – Background

- The NHSE Diabetes Prevention programme is a joint initiative led by NHS England, Public Health England and Diabetes UK
- Barnsley CCG, Bassetlaw CCG, Doncaster CCG, Rotherham CCG and Sheffield CCG (collectively known as South Yorkshire & Bassetlaw (SY&B) are in wave four of the programme.
- REED Wellbeing is our appointed Service Provider from the 1<sup>st</sup> of August 2019.

# NDPP –Aims

- There are currently 200,000 new Type 2 diabetes diagnoses every year. If trends persist, one in three people will be obese by 2034 and one in 10 will develop Type 2 diabetes.
- There is strong international evidence which demonstrates how behavioural interventions, which support people to maintain a healthy weight and be more active, can significantly reduce the risk of developing the condition.
- The Healthier You: NHS Diabetes Prevention Programme identifies those at high risk and refers them onto a behaviour change programme.
- It is a joint commitment from NHS England, Public Health England and Diabetes UK.

# NDPP – The Patient Journey

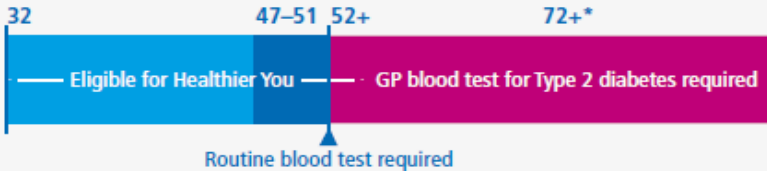
## YOUR JOURNEY STARTS HERE

Welcome to Healthier You: the NHS Diabetes Prevention Programme. This is the first step towards taking control of your prediabetes.

Over the next nine months you'll attend 13 free group sessions with us. Trained coaches will help you make a number of small but sustainable changes to your lifestyle to reduce your chances of developing Type 2 diabetes. We will support you every step of the way.

### Making sense of your assessment

Glycolated Haemoglobin (A1c) / Mmol/mol



\*Results above 72 mmol/mol in the absence of any symptoms of Type 2 diabetes are likely due to the presence of haemoglobin variants or a medical condition



NHS approved 40 week support



Group sessions



Ongoing support



Trained coaches



Simple lifestyle changes



Nutrition and activity guidance

## THE HEALTHIER YOU PROGRAMME

### WHAT TO EXPECT

#### SESSION FREQUENCY

- FORTNIGHTLY SESSIONS
- MONTHLY SESSIONS

### Getting Started

During your first session, you will meet your Health and Wellbeing Coach and your group, who will remain with you throughout the programme.

Fun and interactive support and advice sessions will help you to start your journey with us.

### Sustaining Change

You should already be starting to feel healthier!

You will find out how to make your new lifestyle changes become part of your everyday life - now and in the future.

### Moving Forwards

We finish by preparing you to continue your healthy, active lifestyle once you have completed the programme.

You will return to your GP to have another blood test and look for an improvement in your risk of developing Type 2 diabetes.

START

FINISH



# NDPP - Eligibility and Referral Criteria



***A patient meets the referral criteria if they are;***

- 18 years old and over
- Registered with a GP Practice in Rotherham, Doncaster, Barnsley or Bassetlaw
- Have a HbA1c reading between 42-47 mmol/mol (6.0%-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmols/l in the past 12 months
- Not pregnant

### 1) REFERRAL PATHWAY

- A) Inbound: Participant responds to GP letter and calls Reed Wellbeing
- B) Outbound: GP referral sent into Reed Wellbeing

### 2) REGISTRATION CALL

Who	Format	Time
Health and Wellbeing Advisers In Programme Support Team	Phone	15 mins

### 3) INDIVIDUAL ASSESSMENT

(Either at the same point as above, or at a separate agreed point in time)

Who	Format	Time
Health and Wellbeing Advisers In Programme Support Team	Phone	15 – 20 mins 30 mins max if including the Registration Call

### 4) FACE-TO-FACE PROGRAMME

Who	Format	Time
Reed Wellbeing Coaches	Face-to-face In community venues Groups of 20 max	13 x 1.5 hour sessions: Sessions 1-4: fortnightly Sessions 5-13: monthly

### OR: 4) DIGITAL PROGRAMME

Only offered after suitability and eligibility has been assessed by the provider.  
Not to be offered directly to or discussed in detail with patients.

Who	Format	Time
OurPath	9 month online programme – minimum fortnightly contact	Must have access to internet/smart device and the ability to use them

Your Reed Contacts and Numbers

Health & Wellbeing Manager

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email address: \_\_\_\_\_

Programme Support Services Team

Phone Number: 0800 092 1191



# NDPP - The Programme Overview

## NDPP – The ask

- Practices to encourage patient participation by:
  - ✓ Offer intervention to those identified through Health Checks
  - ✓ Retrospective search of NDH register to identify patients with an elevated glucose blood test that meet the eligibility criteria
  - ✓ Opportunistic case finding

# NDPP – How to refer?

- Referrals can be made directly to the Service Provider by **both Practices and Patients**
  - **Practices** – completion and e-mail of the pre-populated referral form on your clinical system to [healthieryou.syandb@nhs.net](mailto:healthieryou.syandb@nhs.net)
  - ***via a secure nhs.net account only***
  - **Patients** – patients informed of the required blood test results can self-refer, via telephone 0800 092 1191



# NDPP – Next Steps

- Once a referral has been submitted to REED Wellbeing, they will then take responsibility for all patient contact and arrangements so there is no more for you to do from that point onwards. Once a patient completes or leaves the intervention, you will be notified by REED Wellbeing so that you may continue to monitor them going forward.
- Performance update reports are also shared quarterly with each practice.

# NDPP – Resources available

- All user information and promotional materials, including patient leaflets, are available on your CCG Website with translated resources to follow shortly.
- Please do not hesitate to contact Faye Senior regarding any resources queries via [faye.senior@nhs.net](mailto:faye.senior@nhs.net)

# Patient Story – What difference can the programme make?

- Hansa's Patient Experience of the programme;  
<https://www.youtube.com/watch?v=k1ZVPAiunC8>

# NDPP – Useful contacts

For further information or support:

- SYB NDPP Facilitator – Faye Senior on **01777 862391**  
[faye.senior@nhs.net](mailto:faye.senior@nhs.net)
- Service Provider – REED Wellbeing on **0800 092 1191**  
[healthieryou.syandb@nhs.net](mailto:healthieryou.syandb@nhs.net)
- For further information on REED Wellbeing and their services  
- <http://reedmomenta.co.uk/healthieryou/>
- For further information on the NHS England Diabetes Prevention Programme please click on the following video –  
[https://www.youtube.com/watch?v=7S21NH\\_sDQI](https://www.youtube.com/watch?v=7S21NH_sDQI)