

National Diabetes Programme

Key priorities for primary care

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March 2023

Introduction

- My name is Karen Kennedy and I'm Deputy Director within the National Diabetes Programme.
- The diabetes programme has a leadership role, supporting systems across the NHS to reduce the incidence of Type 2 diabetes in their populations and improve treatment and care for people with all types of diabetes.
- We do this through:
 - Developing clinically led, evidence-based policy for implementation across the NHS
 - Securing national investment for diabetes transformation
 - Ensuring diabetes data is collected and shared with local systems
 - Sharing good practice through our diabetes clinical networks and regional teams

Thank you so much for inviting me to present today at your Humber & North Yorkshire ICB diabetes event for primary care.

It is a great opportunity for me to tell you about some of our key focus areas in primary care. I'd like to talk to you about the Healthier You Diabetes Prevention Programme, the NHS Type 2 diabetes Path to Remission Programme, structured education and diabetes care process delivery.

I also want to reflect on opportunities for Humber & North Yorkshire ICB and give some top tips for you as local clinicians and leaders.

Diabetes Prevention Programme

- The Healthier You NHS Diabetes Prevention Programme identifies people at risk of developing T2D and refers them to a 9 month evidence based lifestyle change programme. A GP referral to the programme is required based on an eligible blood reading.
- This programme is operating at scale around the country – we have had 1.2m referral into programme so far.
- There has recently been an NIHR funded evaluation of the programme.
- For people that join the programme and complete it they will reduce their chance of developing T2D by 37%
- More surprisingly, we reduce population incidence of diabetes by 7% which is very significant. This really will make a difference to population health in your system.
- More recently, you may have seen in media that anyone who is referred into the programme reduces their risk of T2D by 20%.
- The pandemic created challenges in meeting our original target of 200,000 people supported on to the programme, but the good news is that general practice has done a marvellous job of getting referrals back to previous levels and we have another 2 years of funding.
- General practice is really good at targeting those at highest risk of developing T2D.
- We are getting more people from higher risk categories - particularly people from deprived and black and south asian ethnicity.
- We can see that there has been a significant improvement in Humber and North Yorkshire from January 2022 versus the previous year – this means you are reaching more of your population to reduce their risk of Type 2 diabetes – keep up the good work!
- Humber and North Yorkshire ICB will soon receive revised figures for the number of referrals the system should be aiming for in 2023/24.
- There is information in the accompanying slides about how you can access data on your practice, PCN, locality or ICB.

NHS Type 2 Diabetes Path to Remission programme

- Type 2 Diabetes Path to Remission Programme provides a low calorie diet treatment for people who are overweight and living with Type 2 diabetes.
- The programme is based on two large studies that showed that the programme can improve diabetes control, reduce diabetes related medication and in some cases put Type 2 diabetes into remission.
- The programme used to be called Low Calorie Diets, but we have recently changed the name following feedback from participants.
- We have secured national funding for 2 years available across the country and all services will be live across the country by April 2024.
- An early evaluation of outcomes for people on the programme suggests that weight loss is on par with the randomised control trials, which demonstrated reduced medication, good weight loss and in about half of the participants remission from T2D.
- Congratulations to Humber and North Yorkshire for your very successful piloting of this service. Please keep the referrals coming in. Ensuring the referrals meet the eligibility criteria is key of course.
- Your current Path to Remission provider is Oviva and they offer a digital solution.
- We know that different people prefer to take their intervention in different ways. The new framework, available from June, will offer a choice of channel, plus it builds on lessons learned from delivering the first wave.

Healthy Living

- [Healthy Living for people with type 2 diabetes](#) (Healthy Living) is a web-based structured education programme that provides information about type 2 diabetes and its management, alongside support with adopting and maintaining healthy behaviours and psychological wellbeing. The Healthy Living programme:
 - is QISMET accredited
 - has randomised controlled trial evidence for improving HbA1c
 - is fully funded by NHS England and free-of-charge to participants
 - is suitable for people with type 2 diabetes at any point after diagnosis
 - Healthy Living is a choice option and is not designed to be a replacement for face to face structured education commissioned locally.
- It is available for all people with type 2 diabetes in England and can be accessed through self-referral or direct referral from GP practices.
- You may not have heard about Healthy Living, so we are delighted to share more information with you today and hope to see more referrals coming through from Humber and North Yorkshire.
- Details about how you can refer are included in the slide pack.

Diabetes care processes

- The COVID19 pandemic meant that **fewer people with diabetes** received their routine care checks.
- We also know that fewer people **were diagnosed with type 2 diabetes**, particularly in the older age groups.
- Evidence shows that **receipt of the nine diabetes care processes is associated with** reduced mortality, reduced emergency admissions and readmissions, reduced amputations and reduced diabetic retinopathy.
- The diabetes programme has therefore focused on supporting systems to **recover the number of people who receive all 8 diabetes care processes**.
- We can see that the proportion of people receiving all 8 diabetes care processes is recovering to pre-pandemic levels in the latest data, but **a key national ambition is to continue to improve this further, and to surpass pre-pandemic levels**.
- We know that many GP practices around the country are **proactively reviewing their practice lists**, with a particular focus on seeing people who have **not had their diabetes care processes for the longest period, or who may be at higher risk of complications**.
- They are also using GP practice system tools that to support **prioritisation and risk stratification**.
- The **Diabetes Programme has made data on this more readily available through our Diabetes Data Hub. The National Diabetes Audit now has an interactive dashboard too. Further details on how to access these tools is included in the slides.**

In summary

The key national priorities for diabetes in primary care are:

- To increase the number of people referred to the Healthier You Diabetes Prevention Programme
- To increase the number of people referred to the Type 2 Diabetes Path to Remission Programme
- To increase the number of people signposted to Healthy Living for Type 2 diabetes or local structured education programmes
- To increase the number of people receiving all 8 diabetes care processes

Alongside these nationally funded programmes, all systems will receive funding for diabetes clinical leadership in 2023/24.

They will also receive funding to support the implementation of the Type 2 Diabetes Path to Remission Programme.

We will also work to improve how we publish data and make it available to support local improvement and continue to fund diabetes clinical networks.

I know you will be hearing more about these and other initiatives today and hope you all have a really good session. Many thanks for your continued support and please reach out to us using the contact details in the slides for any queries.