

Healthier You:

NHS Diabetes Prevention Programme (NDPP)

Xyla Health & Wellbeing

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What is the NDPP?



Reduce incidence of Type 2 Diabetes-Mellitus (T2DM)

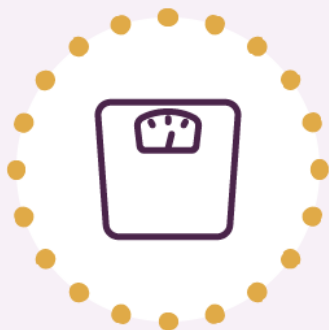


Reduce weight in overweight/obese individuals or maintain a healthy weight



Reduce blood glucose parameters

Patient Journey- What is the NDPP structure?



Initial
assessment



Group
sessions



End of programme
one to one review

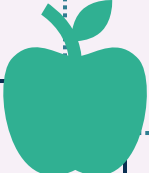


What does the NDPP cover?



Risk factors for T2DM

Beneficial long-term behaviour changes



Impact of mental and physical stress on the body and how this causes elevated levels of blood glucose

Factors contributing to elevated blood glucose levels

What to eat to achieve nutritional balance for optimal health

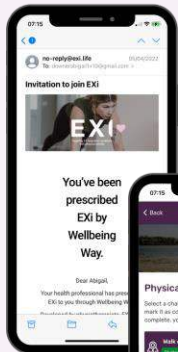
The impact of poor quality or insufficient amounts of sleep on your health



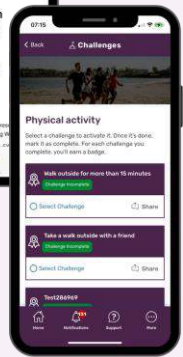
The required amount of daily movement for optimal health and how this can be achieved



Service users have access to



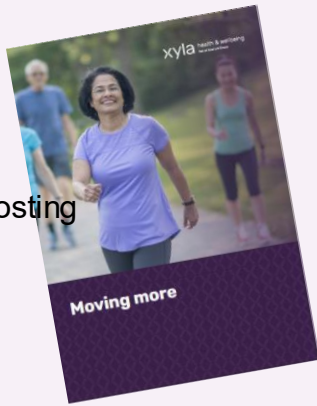
Wellbeing Way app with EXi integration



Physical activity video

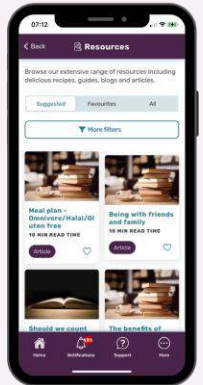


SMS/email reminders



Local signposting pack

e-Learning platform



Taking charge

5 handbooks available in 16 different languages

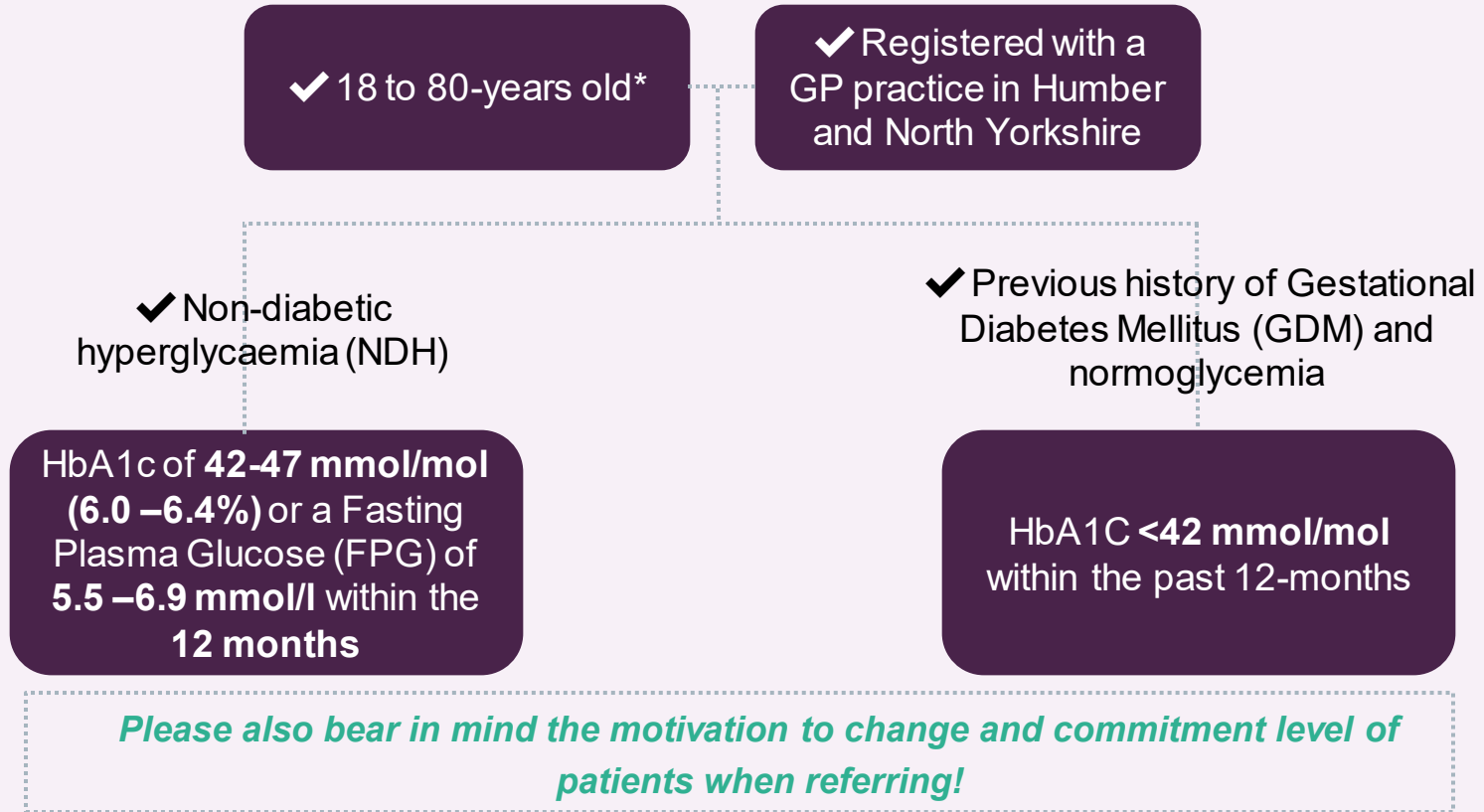


Why is NDPP important?

- Someone is diagnosed with Type 2 Diabetes every 2 minutes
- 80% of Type 2 Diabetes is lifestyle related
- It is predicted that there will 5.5 million people with Type 2 by 2030
- 3 out of 5 cases could have been prevented

<https://www.diabetes.org.uk/professionals/position-statements-reports/statistics>

Eligibility criteria



*GPs of service users (SUs) >80-years-old must provide written confirmation that they perceive the benefits to attending outweigh the risks

NDPP referral pathway

Primary Care and other Healthcare Professionals

Opportunistically through direct referral

Referral form embedded in clinical system
(<https://preventing-diabetes.co.uk/referrers/>)

Email to: scwcsu.hcv-ndpp@nhs.net

Retrospectively

Through retrospective searches of NDH registers spanning the last 12 months

Self-referral (blood test reading required)

Following notification of blood tests, patient must have:

- HbA1c or FPG within the last 12 months
- NHS number

(<https://preventing-diabetes.co.uk/self-referral/>)

The referral form and more information can be found at:

<https://preventing-diabetes.co.uk/referrers/>

Service user outcomes



Of service users who are overweight or obese lose weight



Of completers lose a minimum of 5% of their body-weight



Difference in completion rates between ethnic minority groups compared to white ethnic groups



Mean weight change from programme start to end

I am **here**
to **help**



Supporting Primary Care

Resources

- Online resource pack
 - Letter invite templates
 - SMS invite templates
 - Information leaflets
 - Waiting room poster/video
- Support guide for retrospective searches and bulk invitations
- Service user workshops
- Newsletters
- Referral training
- Opportunity to shadow sessions

Advice

- Referral history
- What incentives are available to your practice
- Support in overcoming barriers
- Share best practice – what's worked well in other practices

Additional Support

- Review your invitation letters
- Attendance at meetings



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