

Healthier You: The National Diabetes Prevention Programme

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

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Service provided by

 **Independent
Clinical Services**
Health & Wellbeing

Referrer Information

- Direct referrals using EMIS, System One, DSX
- Patients can also self refer from the website if they have their HbA1c or FPG results and these are no more than 12 months old.
- Marketing: GP and patient information sheets and sample referral sheet and instructions available. Please email: Biljana.cancar@icshealth.co.uk
- More local information: <https://preventing-diabetes.co.uk/essex>

Eligibility criteria

- 18 years old and over
- Registered with a GP Practice HbA1c between 42-47 mmol/mol (6.0%-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmols/l within the last 12 months
- Not pregnant
- Motivation to change and ability to participate in physical activity (adapted depending on ability)

Service Model

Commitment to a 9 month long programme



STAGE 1
Initial Assessment



STAGE 2
Nutrition and physical activity sessions



STAGE 3
Build on sustaining lifestyle changes



STAGE 4
Six and nine month one-to-one review

A 9 month Programme

- 25 hours divided over 9 months, so think of it as just over 40 minutes a week....



Initial Assessment

1 hour 1:1 appointment with trained Health Coach

- Anthropometric measurements
- Test HbA1c (POCT)
- Smoking status
- Wellbeing measure
- Goal setting
- Signposting onto other services
- Opportunity to book onto the weekly course



Core: Healthy Foundations

7 x weekly group session (2 hours each) – 18 patients

Week 1 - What is pre-diabetes & diabetes

Week 2 - Physical Activity (chair based resistance exercises)

Week 3 - Energy balance and fat awareness

Week 4 - Carbohydrate awareness

Week 5 - Food labels

Week 6 - Long-term health complications related to impaired glucose regulation

Week 7 - Physical Activity session and progress review

Maintenance: Prevention PLUS

4 x monthly group sessions (2 hours each*)

Session 1 - Barriers to change, health values, habits and goals

Session 2 - Stress, emotional eating and mindfulness

Session 3 - Habitual thoughts, triggers, inner critic and self compassion and 1:1 review with HbA1c measure

Session 4 - Gaining control of your health, willpower and review

**Session 3 is a 3 hour session which include their 1:1 review*

9 Month 1:1 Review

1 hour 1:1 appointment with trained Health Coach

- Re-test of anthropometric measurements and lifestyle scores
- Re-test of HbA1c (POCT)
- Evaluation of progress
- Evaluation of service
- Signposting of other services
- Goal setting and review

Thurrock Referrals and IAs 2018/19:

- Total Referrals: 211
- Total IA: 90
- Conversion %: 43%

IA and Group Venues

- College Health, Dell Road, Grays RM17 5JY
- Purfleet Care Centre, Tank Hill Road, Purfleet, RM19 1SX

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Outcome Date YTD: Thurrock

Weight:	
Average Weight change from IA to 3 months	-3.29
Average Weight change from IA to 6 months	-5.12
% of individuals who reduced weight from IA to 3 months	77.8
% of individuals who reduced weight from IA to 6 months	91.67

Outcome Data Thurrock Continued:

BMI	
Average BMI change from IA to 3 months	-0.88
Average BMI change from IA to 6 months	-1.74

Thank You – Any Questions?

Website: <https://preventing-diabetes.co.uk/essex>

Tel: 03335773010 – Programme Support Team

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(Regional Manager)

Biljana Cancar: Biljana.cancar@icshealth.co.uk (Senior Service Coordinator)