

# NHS Diabetes Prevention Programme (NDPP)

Project Manager- Elizabeth Friend



# NDPP Background

- England-wide, evidence-based, behavioural intervention to prevent or delay Type 2 Diabetes in adults identified to be at high risk
- Joint commitment: NHS England, Diabetes UK and Office for Health Improvement & Disparities (OHID)
- Available in HIOW GP Practices since 2017
- Current Provider: Xyla Health and Wellbeing
- Free of cost to patients

# NDPP Background

- Content:
  - understanding Diabetes and Type 2 Diabetes risk factors
  - eating well & taking charge
  - moving more
- Programme length: 13 sessions over 9 months
- Delivery
  - group-based face to face or tailored remote (british sign language, visual impairment, previous Gestational Diabetes, cultural and language tailoring- eg, Urdu, Bengali, Gujarati
  - digital app in 30 languages with 1:1 online support from dietician

# NDPP National Evidence

Behavioural interventions: support people to maintain a healthy weight and be more active, reduce risk of developing the condition.

- **Reduction in weight and Hba1c** with likely reductions in Type 2 Diabetes incidence: review of first 2.5 years of NHS DPP activity (Valabhji J et al. Early Outcomes From the English NHS DPP. Diabetes Care. 2020).
- NDPP associated with **decrease in Type 2 Diabetes incidence** (Population level impact of the NHS Diabetes Prevention Programme on incidence of type 2 diabetes in England: An observational study - The Lancet Regional Health – Europe).
- **Digitally delivered DPP achieved clinically significant HbA1c and weight reduction** (Uptake and impact of the English National Health Service digital diabetes prevention programme: observational study-BMJ 2022).

# NDPP: Eligibility Criteria

Aged 18 years or over

Non-diabetic hyperglycaemia: HbA1c of 42 – 47 mmol/mol or FPG of 5.5 – 6.9 mmol/l **OR** history of Gestational Diabetes Mellitus with NDH or normoglycaemia within 12 months of referral date;

- **Exclusions:**

- Individuals with an existing or previous diagnosis-Type 2 diabetes
- Individuals with an active eating disorder
- Individuals with severe/moderate frailty-recorded on frailty register
- Individuals who've undergone bariatric surgery in past two years
- Pregnancy

# NDPP: Referral Process

- Patients identified opportunistically or via eligibility searches
- Single semi self-populated forms on clinical systems for local download to be emailed using nhs.net email to scwcsu.hiow-ndpp@nhs.net
- Following referral, patients will be contacted by NDPP provider by text next working day, then by phone, email or letter to book first session
- GP Practices are informed of NDPP patient journey: started programme, completion, discharge, etc.

# Weight Management Enhanced Service 2023/24

- £11.50 per referral- 1 claim per person but can refer to > 1 service  
BMI:
  - $\geq 27\text{kg/m}^2$  people from White ethnic groups
  - $\geq 25\text{kg/m}^2$  people from Black, Asian and other ethnic groups
- Signed-up GP Practices given allocations
- Practices claim via commissioner- require SNOMED code 1025321000000109 “Referral to NHS Diabetes Prevention Programme”

# Thank you

## Contact Details

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