Tackling the Obesity and Diabetes Epidemics: Fast-tracking Prevention

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Tackling the Obesity and Diabetes Epidemics: Fast-tracking Prevention

- The scale of the challenge
- The NHS Type 2 Diabetes Prevention Programme
- New initiatives around obesity
Obesity Prevalence and Diabetes Prevalence

Note: diabetes prevalence is modelled, for all types of diagnosed and undiagnosed diabetes

www.england.nhs.uk
Diabetes in England

- 2.8 million people diagnosed
  - 2,550,000 (91%) Type 2 DM; 250,000 (9%) Type 1 DM
- Further 500,000 with undiagnosed Type 2 DM
  - (5:1 diagnosed: undiagnosed Type 2 DM)
- Impact of Ethnicity eg. 1 in 8 of all people with diabetes in the UK are of South Asian origin
- Cost approx. £10 billion / 10% of NHS budget
  - 80% spent on the complications
5 Year Forward View
Getting serious about prevention

5 Year Forward View 2014
“The future health of millions of children, the sustainability of the NHS, and the economic prosperity of Britain all now depend on a radical upgrade in prevention and public health”
Impaired Glucose Tolerance + Lifestyle Intervention

- Pan et al. Effects of diet and exercise in preventing NIDDM in people with impaired glucose tolerance. The Da Qing IGT and Diabetes Study. Diabetes Care 1997; 20: 537-44.
- Tuomilehto et al. Prevention of Type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. NEJM 2001; 344: 1343-1350.
- Diabetes Prevention Program Research Group. Reduction in the incidence of Type 2 diabetes with lifestyle intervention or metformin. NEJM 2002; 346: 393-403.
- Ramachandran et al. The Indian Diabetes Prevention Programme shows that lifestyle modification and metformin prevent type 2 diabetes in Asian Indian subjects with impaired glucose tolerance (IDPP-1). Diabetologia 2006; 49: 289-297.
HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

Preventing type 2 diabetes in England
DEMONSTRATOR SITES

We have worked with seven demonstrator sites during 2015/16, to learn practical lessons from delivery. The demonstrator sites were:

- Birmingham South and Central CCG
- Bradford City and Districts CCGs
- Durham County Council
- Herefordshire CCG/LA
- Medway CCG/LA
- Salford CCG/LA
- Southwark Council and CCG

Birmingham South and Central, Bradford City and Districts, Medway and Salford will continue as demonstrator sites in 2016/17.
AN EVIDENCE BASED INTERVENTION

• The NHS DPP behavioural intervention will be underpinned by three core goals:
  • Weight loss
  • Achievement of dietary recommendations
  • Achievement of physical activity recommendations
• The intervention will be long term, made up of at least 13 sessions, spread across a minimum of 9 months.
• Set and achieve goals and make positive changes to their lifestyle.
• Sessions will be delivered predominantly in groups and will be ‘face-to-face’ unless there is a strong rationale for an alternative approach.
TIMELINE FOR NEXT STEPS

2016/17
• Deliver between 10,000 and 30,000 interventions across First Wave Areas

2017/18 and beyond
• Provide incremental scaling up of services and ultimately full coverage with 100,000 interventions per year
KEEPING IN TOUCH

• We’re keen to involve range of stakeholders, providers and partners in developing and delivering the programme
• For more info and to sign up to our regular e-bulletin https://www.england.nhs.uk/ndpp
• For any questions email: diabetesprevention@phe.gov.uk
New initiatives around obesity

Childhood Obesity Strategy