

Tackling the Obesity and Diabetes Epidemics: Fast-tracking Prevention

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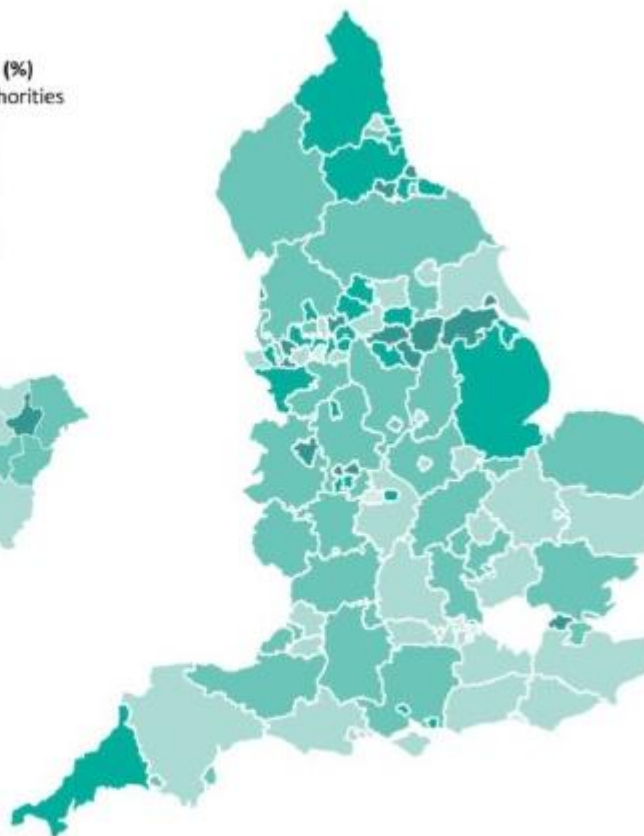
NHS England

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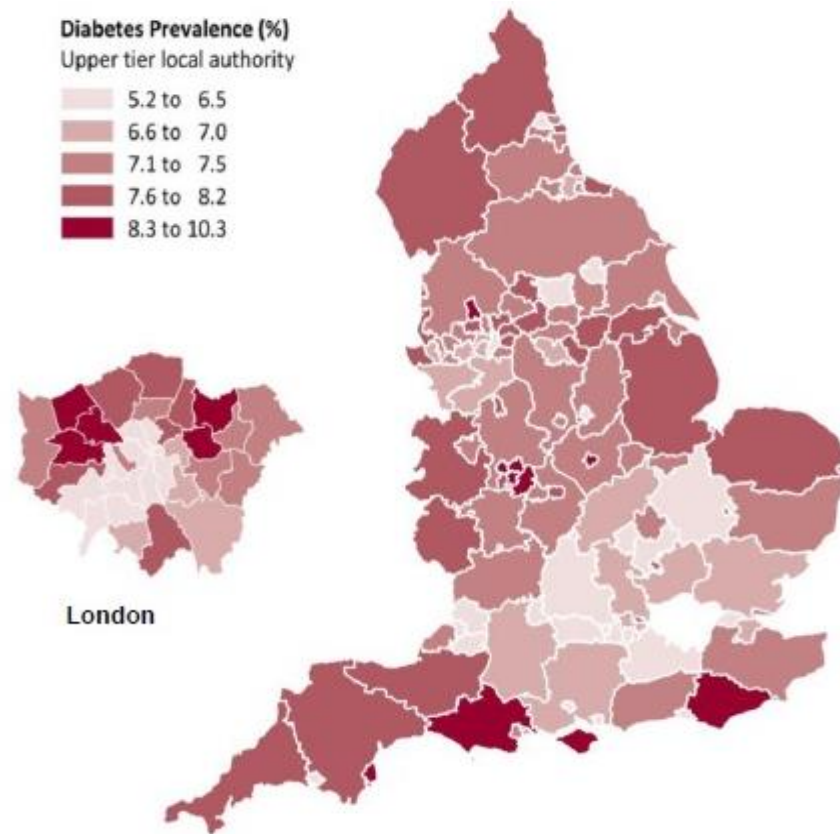
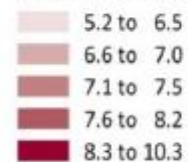
- The scale of the challenge
- The NHS Type 2 Diabetes Prevention Programme
- New initiatives around obesity

Obesity Prevalence and Diabetes Prevalence

Obesity Prevalence (%)
Upper tier local authorities



Diabetes Prevalence (%)
Upper tier local authority



Source: Sport England, Active People Survey <http://www.noo.org.uk/visualisation>
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Source: YPHO Diabetes Prevalence Model. Diabetes Prevalence Model for local authorities in England 2012
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Note: diabetes prevalence is modelled, for all types of diagnosed and undiagnosed diabetes

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

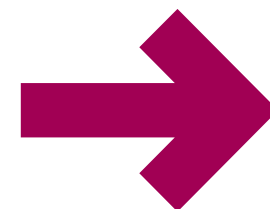
5 Year Forward View

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.
- Kosaka et al. Prevention of type 2 diabetes by lifestyle intervention: a Japanese trial in IGT males. *Diab Res Clin Pract* 2005; 67: 152-162.
- 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

Childhood Obesity Strategy