



fuse

The Centre for Translational
Research in Public Health



The Fuse evaluation of **'Healthier You'**

the NHS Diabetes Prevention Programme in England
Early findings

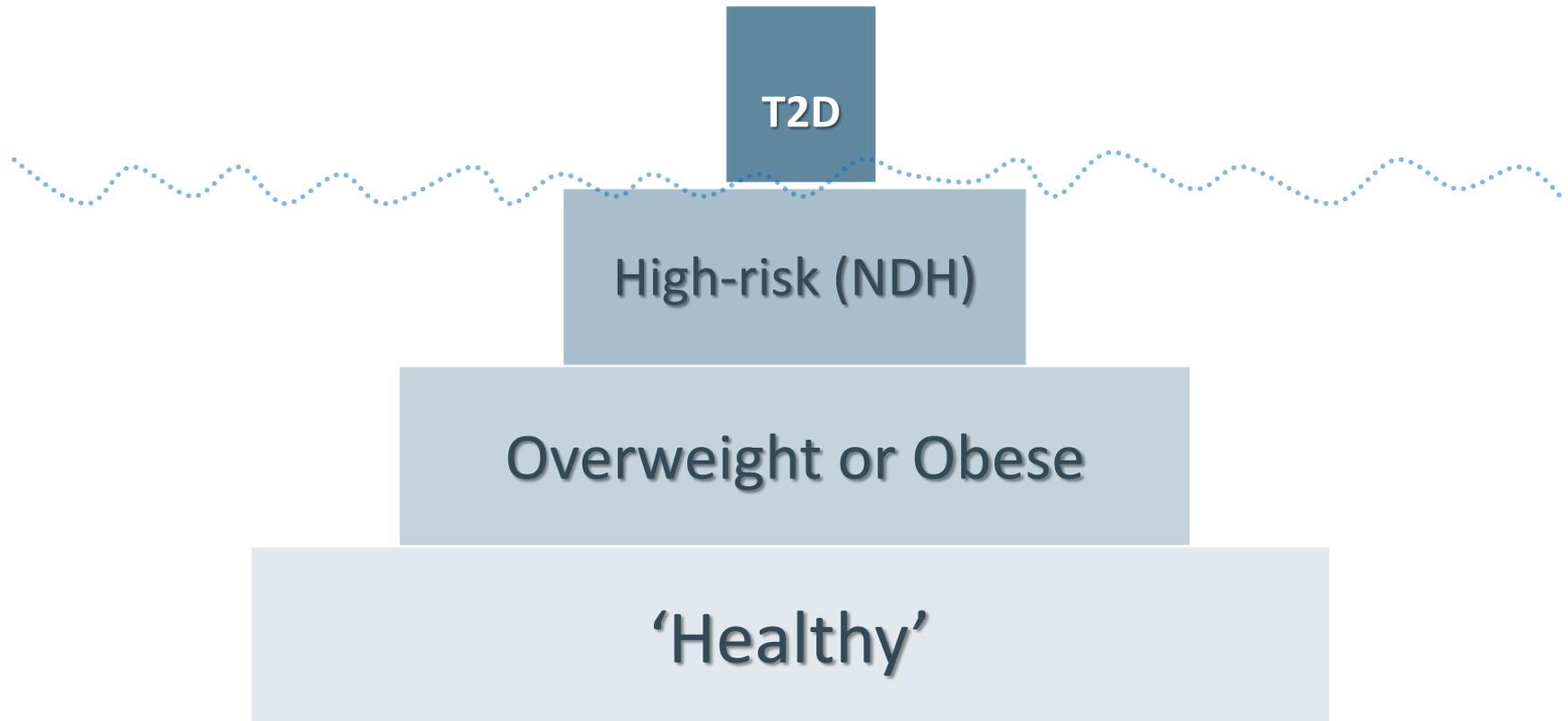
Linda Penn

On behalf of the NHS DPP evaluation team

**This evaluation was commissioned by the Department of Health
and funded via the School for Public Health Research**

What's the problem?

The T2D iceberg..



'Healthier You' the NHS DPP

**To prevent or delay onset of type 2 diabetes in people at high-risk
High-risk assessed as NDH (HbA1c 42-47 mmol/mol)**

Evidence based lifestyle intervention

Increased physical activity

Healthy eating (more fibre, less fat)

Behaviour change techniques

Weight loss

Delivered over 9 months,

Face-to-face minimum total 16 hours and 13 sessions,

Phased implementation

'Healthier You' NHS DPP

Phased implementation and evaluation

Demonstrator Site phase

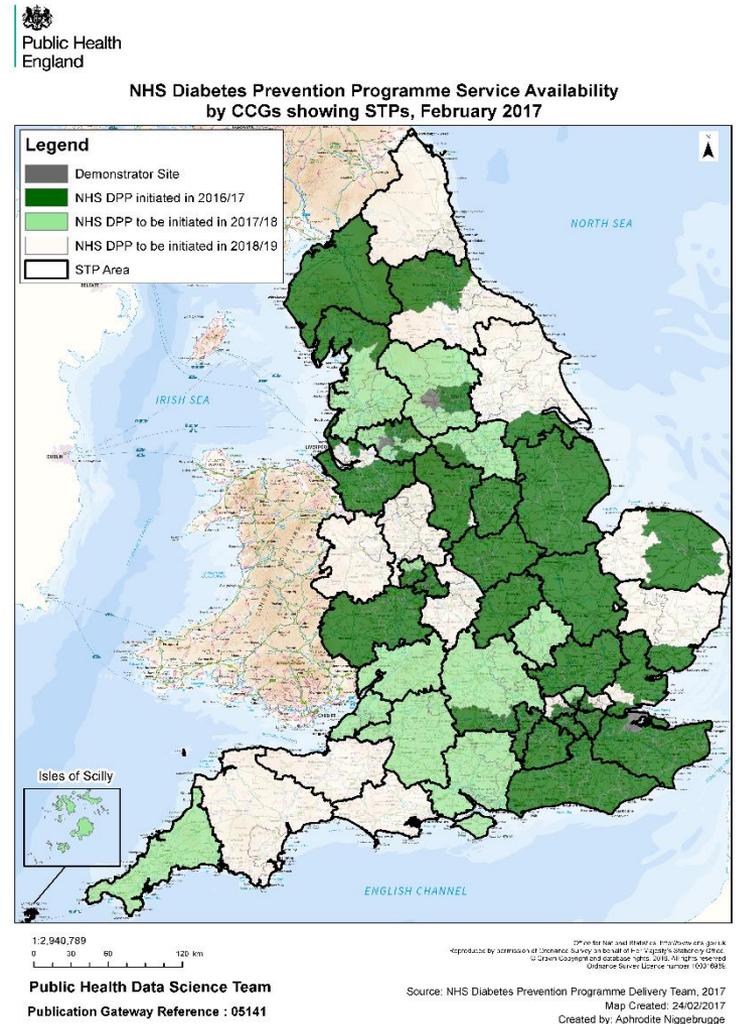
- **7 sites (LHE) across England**
- **March 2015 – April 2016**
- **Local programme delivery**
- **Agreement to implement strategies**

First Wave

- **27 sites (LHE) across England**
- **May 2016 – March 2017**
- **Nationally commissioned with local 'mini-competitions'**
- **Four national provider organisations**
- **National service specification (framework)**

NHS DPP Current Position

- National framework in March 2016 – 4 providers
- Services in 27 areas with contracts covering 50% of England
- 25,000 people have been referred.
- By the end of March NHS DPP will roll-out to 13 more STPs, a further 25% of England
- BY 2020 we aim to support 100,000 people to reduce their risk of diabetes through the NHS Diabetes Prevention Programme



Fuse mixed methods evaluation

To inform subsequent NHS DPP implementation and evaluation



Fuse mixed methods evaluation

Document
review

Programme documents were mapped against NICE guidance (PH38) and the NHS DPP draft service specification.

Fidelity and
acceptability

Information on fidelity, quality assurance were assessed. Acceptability questionnaire drafted.

Data
systems and
analyses

Information on risk assessment and items in the NHS DPP 'minimum-data-set' were examined.

Stakeholder
interviews

Qualitative interviews were conducted with four stakeholder groups: commissioners, intervention deliverers, referrers, participants

Workshop
Focus groups

Stakeholders discussed different aspects of the programme in focus group workshops.

Patient and
public
Involvement

PPI panels reviewed provider documents and the acceptability questionnaire

Findings

Findings on

- Allocation of responsibilities
- Risk assessment and eligibility criteria
- Intervention specification
- Fidelity, quality and equality
- Integration with other services and sustainability of behaviour change

Findings were used to formulate recommendations, in executive summaries, that were reported via SPHR to the Department of Health (RDD) and then supplied to the NHS DPP management group

Recommendations

Findings informed recommendations on

- Risk assessment and recruitment procedures
- Intervention specification and quality assurance
- Data collection
- Impact and sustainability

Recommendations implemented

- Inclusion of community based recruitment in 4 localities
- More information on behaviour change techniques in intervention specification
- Data collection addition of EQ-5D Qol assessment

Sustainability of healthy behaviours

Findings from stakeholder focus groups

Within the NHS DPP

- **Include strategies for active self-care**
- **Integrate with community services**
- **Initiate peer support and support community initiatives**

Post NHS DPP

- **Monitor service users**
- **Conduct needs assessment**
- **Signpost to community resources**
- **Provide digital services**
- **Training for ex-participants e.g. for peer supporters**
- **Environmental changes**
- **Incentivise providers to establish supportive structures**



NHS DPP Evaluation team

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