

DERBYSHIRE COUNTY COUNCIL

MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES

11 October 2016

Report of the Director of Public Health

NHS DIABETES PREVENTION PROGRAMME

1. Purpose of the report:

To provide an update on the NHS Diabetes Prevention Programme.

To authorise the Director of Public Health to transfer to the Derbyshire CCG's non-recurrent funding from NHS England to support delivery of the NHS Diabetes Prevention Programme.

2. Information and analysis:

The NHS Diabetes Prevention Programme (NDPP) was jointly developed by Public Health England (PHE), Diabetes UK and the Department of Health. The main aim of NDPP is to deliver at scale an evidence-based behavioural programme focused on achieving healthy weight, increasing physical activity and improving the diet of those individuals identified as being at high risk of developing Type 2 diabetes.

Derbyshire County Council, Derby City Council, and the 4 CCGs are first wave implementers of the new programme having successfully made a bid to participate in the programme. Services will be funded nationally by NHS England and delivered locally to support people at risk of developing diabetes with the aim of:

- Reducing the incidence of type 2 diabetes and incidence of complications associated with diabetes - heart, stroke, kidney, eye and foot problems.
- Over the longer term, to reduce health inequalities associated with incidence of diabetes.

Who is at risk of developing diabetes?

The risk factors for developing Type 2 diabetes include:

- aged over 40
- Asian or black ethnic background
- a family history of diabetes

- an increased BMI and/or waist circumference
- socioeconomic deprivation

If present trends continue it is estimated that Type 2 diabetes will affect 1 in 10 people in England by 2034. In Derbyshire the prevalence of diabetes is currently 7.9% which equates to over 61,500 people. The cost of treatment for diabetes, resulting from poor control of the condition, is currently around 10% of the NHS spend with many diabetic people developing cardiovascular disease and other long term complications.

Increasing rates of diabetes will also further increase costs to the social care system due to the disability associated with long term complications. PHE estimated that prevalence of non-diabetic hyperglycaemia in Derbyshire is 11.8% (76,303 people), higher than the estimated England prevalence of 10.8%. These people are at higher risk of developing Type 2 diabetes.

Procurement of a Provider

The programme has been procured centrally by NHS England, and delivered by up to four national providers on a national framework. Following a mini competition to call off against the national framework, Pulse Healthcare Ltd T/A Integrated Clinical Services (ICS) has been selected to deliver the NDPP in Derby and Derbyshire.

The Derbyshire NDPP will begin in late August 2016 and will run until July 2018. It is anticipated that around 2903 individuals will be referred to the programme and based upon experience in areas that piloted the programme, 40% of individuals will complete the programme – locally that is 1193 people.

Eligibility and Overview of the programme

Individuals aged 18 and above identified as having non-diabetic hyperglycaemia, defined as having an HbA1C reading of 42- 47 mmol/mol (6.0-6.4%), or a fasting plasma glucose (FPG) of 5.5 – 6.9 mmol/l. Exclusions include pregnant women, those receiving palliative care and individuals diagnosed as having Type 2 diabetes.

It is anticipated that the main route for referral onto the diabetes prevention programme will be primarily via existing GP Practice registers, NHS Health Checks or opportunistic case finding. Direct recruitment of individuals from groups at increased risk of diabetes for example the South East Asian community is being piloted in 4 areas at present and may be rolled out in Derby and Derbyshire in the future.

The NDPP is a behavioural change programme that consists of a minimum of 13 sessions (between 1-2 hours long) delivered over a 9 month period in groups of up to 15 participants and will cover type 2 diabetes risk factors and encourage the individuals to make dietary and physical activity changes to their lifestyle. Sessions will be delivered from accessible community locations, close to public transport, including community halls, religious centres, leisure centres, libraries and GP practices. The sessions will be delivered in a format and at times that are appropriate to a range of diverse groups in the community and will include evening and weekend sessions to facilitate access for working people.

3. Financial considerations:

In March 2016 the Cabinet Member for Health and Communities agreed to transfer £114,000 per year for two years from the Diabetes and You programmes to the 4 CCG's to support the CCG's to work with GP practices to identify people at risk of diabetes who could be referred to the NDPP.

NHS England has now provided £35,000 of non-recurrent funding to support implementation across Derby and Derbyshire in 2016/17. The funding is intended to facilitate communications with the public about the programme and further support the establishment of GP Practice Registers and systems of referral to the programme. The funding has been provided to Derbyshire County Council in the first instance as we are the lead partner for the NDPP.

Discussions have taken place with the CCG's and it has been agreed that Derbyshire County Council will retain £4,497 of the non-recurrent funding to meet any costs associated with publicity about the NDPP. The remaining £30,003 funding will be allocated on receipt of invoices to the 4 CCG's on the basis of the anticipated number of patients expected to participate in the programme from each CCG area. The funding for each CCG is shown below:

CCG	Erewash	Hardwick	N Derbys	S Derbys
Funding	£2565	£5273	£6900	£15,265

NHS England is yet to confirm whether any further funding will be provided in 2017/18. However should further funding be provided it is proposed that CCG's share of the funding be again transferred to them on receipt of invoices.

4. Other considerations:

In preparing this report the relevance of the following factors has been considered: legal, prevention of crime and disorder, equality of opportunity, human resources, environmental, health, property and transport considerations.

5. Background papers:

Cabinet Member report of the 15 March 2016 – Living with Long Term Conditions and Diabetes Prevention.

6. Key Decision:

No

7. Call-in:

Is it required that call-in be waived for any decision on this report? No

8. Officer's recommendation:

That the update on the NHS Diabetes Prevention Programme be noted.

To authorise the Director of Public Health to transfer non-recurrent funding from NHS England to the 4 CCG's within Derbyshire to support delivery of the NHS Diabetes Prevention Programme.

Dean Wallace
Director of Public Health