

DERBYSHIRE COUNTY COUNCIL

MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES

15 March 2016

Report of the Director of Public Health

LIVING WITH LONG TERM CONDITIONS AND DIABETES PREVENTION

1. Purpose of the report:

To seek approval for the procurement of a self-management programme for people living with long term conditions to commence in April 2016.

To seek approval for the transfer of the funding from the Diabetes and You programme to the 4 CCGs within Derbyshire for a period of two financial years from April 2016, to support collaborative development of a holistic approach for self-care in individuals with pre-diabetes as part of the National Diabetes Prevention Programme.

2. Information and analysis:

Living with Long Term Conditions Programme

The Living with Long Term Conditions Programme is a self-management tool for individuals with any long term condition. The programme is generic and is run over 6 weeks, following a set text. A variety of subjects including self-management, goal setting, healthy eating, lifestyle, physical activity, relaxation, optimal use of health resources and relationships are covered in the programme, which is for people over 16.

The Council has previously provided a grant of £50,000 to Derbyshire Community Health Services to organise and run this programme across Derbyshire. The programme is beneficial to those attending, and to the volunteers, who deliver the courses.

The intention is to now procure a new service for a 2 year period, with a maximum budget of £100,000 for the 2 year period. The course will be run across Derbyshire at varying times of day, so as to be accessible to most people.

Diabetes Prevention

The Diabetes and You programme is a one day course for people diagnosed with diabetes, which Public Health commissioned for a two year period from April 2014. The contract expires on 31 March 2016. Providing self-care education for clinical conditions requires a

collaborative approach involving NHS leadership and Public Health support. During the past 2 years the CCGs have been considering developing self-care for people living with diabetes.

Public Health England and the Department of Health have jointly developed the NHS Diabetes Prevention Programme, which has been launched recently. Public Health are working with the CCGs to lead the implementation of this programme across Derbyshire and it is proposed that the Council transfer the former budget for Diabetes and You (£114,000 per year) to the 4 Derbyshire CCGs for a 2 year period, to support the CCGs in implementing the Diabetes Prevention Framework.

The success of this new programme relies on being able to refer people to existing commissioned Public Health programmes, such as wellbeing services, and also requires the public health-commissioned NHS Health Check Programme to be in place.

Derbyshire County Council and Derby City Council, along with the 4 CCGs are first wave implementers of the new programme having successfully made a bid to participate in the programme. Over time this will be rolled out across the whole County. Services will be funded nationally by DH and delivered locally to support people at risk of developing diabetes. However, there is limited funding for the identification and onward referral of individuals to the service which is essential if people are to benefit from the intervention. The programme requires practices to undertake searches of the practice registers and then arrange to invite people at risk into surgery to ensure the programme is appropriate for the individual and very importantly, to ensure the individuals are 'ready' to optimise the benefit of attending the 9 month programme. Behaviour change is really important and people need to be committed to changing their lifestyle for the programme to work effectively.

It is essential to maintain public health investment in the prevention of disease, to prevent the treatment and social care costs associated with the complications of diabetes. The prevalence of diabetes is currently 7.9% in the County which equates to over 61,500 people. It is essential to ensure the health of these individuals is maintained through interventions to support sustained lifestyle behaviour change thereby preventing ill health and costly life-long clinical interventions.

One of the biggest risk factors for developing type 2 diabetes is being overweight and obese. In Derbyshire 27% of the population are obese and a further 41.8% are overweight. Together this means that over 482,000 people in the County are at risk of developing diabetes. The cost of treatment for diabetes is currently around 10% of the NHS spend

with many individuals developing cardiovascular disease and poor control of the condition resulting in many long term complications and further costs to the social care system.

Working with and supporting the CCGs to identify and invite people at risk of diabetes to attend services to support a more healthy lifestyle will benefit the population at risk of developing diabetes, and increase referrals in to existing commissioned Public Health services.

The funding for diabetes education which transferred to the Council was based on an historical arrangement within the former PCT where Public Health led the commissioning and planning of services for people with diabetes. It is appropriate to maintain this investment in preventing the burden of ill-health due to diabetes through appropriate prevention programmes in collaboration with the CCGs.

3. Financial considerations:

The budget for the self-management programme is £50,000 per year. The procurement of this service will be awarded using Protocol 6 (Strategic Director Approval) of the Council's Financial Regulations. The budget for the Diabetes and You service is £114,000 per year. It is proposed that the budget be transferred on receipt of invoices from the 4 CCGs.

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:

None

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 recommendations:

1. That the procurement of a self-management programme for people living with long term conditions be approved, in line with the details outlined in this paper.
2. That the funding from the Diabetes and You programme be transferred to the 4 CCGs within Derbyshire for a period of two financial years from April 2016.

**Maureen Whittaker
Interim Director of Public Health
Health and Communities**