

# HEALTHIER YOU

## NHS DIABETES PREVENTION PROGRAMME

East Midlands Diabetes Prevention Newsletter – May 2017

### Welcome to the latest Healthier You: NHS DPP East Midlands newsletter

Dear all,

At the end of April 2017, we met the milestone of 5,000 referrals to the NHS Diabetes Prevention Programme. This is a considerable achievement since the programme commenced only eight months ago in the last week of July 2016. Please accept my thanks to all GP practices for their hard work, dedication and continued support in generating referrals onto the programme.



Yassir Javaid

In this edition of the Diabetes Prevention Programme newsletter, you will also hear from a Leicestershire man who is making the most of the opportunity to participate in the programme provided by Ingeus and has praised the sessions for allowing participants to talk openly about obstacles they face on a daily basis as part of their efforts to prevent type 2 diabetes.

As always we would love to hear from anyone who has an interesting story, case study or feedback which we can include in next month's newsletter. You'll also notice that this newsletter has a brand new design – we hope you like it!

Best wishes

**Yassir Javaid, GP Clinical Lead – Diabetes East Midlands Clinical Networks**

### Referral update

#### 5,000 referral milestone reached

By end of April 2017, 5,000 referrals have been made to the Healthier You: NHS Diabetes Prevention Programme in the East Midlands since the programme commenced at the end of July 2016.

The referrals in each locality are broken down as follows:

- Leicester, Leicestershire and Rutland (three CCGs) – 2,303
- Nottinghamshire (six CCGs) – 1,922
- Northamptonshire (two CCGs) – 775

The referrals in each CCG are broken down as follows:

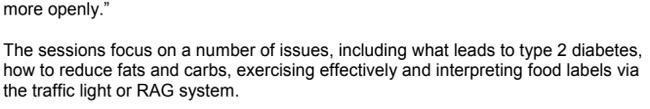
- East Leicestershire and Rutland – 655
- Leicester City – 1,237
- West Leicestershire – 411

- Mansfield and Ashfield – 330
- Newark and Sherwood – 170
- Nottingham City – 491
- Nottingham North and East – 409
- Nottingham West – 243
- Rushcliffe – 279

- Corby – 249
- Nene – 526

#### Referrals: target vs actual

The graph below shows that referrals are steadily increasing and we are now meeting 87.3% of the cumulative referral target. In April 2017 we generated 598 referrals, which is 85.7% of the monthly target.



### Leicestershire participant Chris praises NHS DPP sessions

A participant from the Healthier You: NHS Diabetes Prevention Programme has praised the Ingeus-delivered sessions delivered as they provide an open environment to talk about the daily obstacles patients face in preventing type 2 Diabetes.



Chris Davidson, 69, from Leicestershire, gets his motivation from the fact that his father died from a heart attack, something that happened as a result of his type 2 diabetes not being picked up. Chris explains: "I don't think much was understood about how you could prevent diabetes, he was losing his sight and nobody made the connection. I've always known that but only relatively recently understood that if it had been picked up he might have lived longer but that gives me my motivation at a personal level for taking advantage of the information given on this programme."

Chris started the programme in November 2016 and praised the educator for her individual, patient-centred approach: "All patients have their weight measured privately and sensitively in each session and it is really up to us to volunteer what we talk about. I feel the smaller group size encourages people to discuss issues more openly."

The sessions focus on a number of issues, including what leads to type 2 diabetes, how to reduce fats and carbs, exercising effectively and interpreting food labels via the traffic light or RAG system.

He highlighted the importance of monitoring what you eat and uses a smart phone to help him with his weekly shop: "We're pretty healthy in terms of what we do food wise. There is a really good smartphone app which you can hold in front of a barcode to scan the item and immediately it gives out a RAG rating."

Chris enjoys walking, especially in the countryside: "We do quite a bit of exercise. I like walking and can walk out the house and be out in the fields. I aim to do 5-6 mile walks twice or three times a week and we have also brought a treadmill too."

He added: "I would definitely recommend the programme to people who are at high risk of diabetes, and like so many other things, this is the health service being proactive in promoting knowledge, encouraging self-help and gives me the opportunity of taking control of my own health."

*If you have a successful case study, please get in touch with Vishal Gorecha at [vishal.gorecha@nhs.net](mailto:vishal.gorecha@nhs.net) or on 0113 8249589.*

### March's Practice Champions



The Healthier You: NHS DPP Practice Champion Awards are well underway.

The awards are presented to general practices which have generated the highest referrals to the programme.

We would like to recognise the three practices below for generating a high number of referrals during March 2017.

March 2017 referrals			
Practice Name	CCG	No. of referrals in March	Referrals as % of total population
Spinney Hill Medical Centre	Leicester City CCG	106	0.53%
Ashby Health Centre	West Leicestershire CCG	106	0.72%
Rosemary Street Health Centre	Mansfield and Ashfield CCG	41	0.29%

### End of 2016/17 financial year referrals

As 2016/17 is now over, we would like to thank GP practices and CCGs for their continued supported in driving up referral numbers. We would also like to recognise the top performing practice in each CCG area, shown in the table below.

Referral recognition 2016/17		
Practice name	CCG	Total referrals (Jul-Mar 17)
Lakeside Healthcare	Corby CCG	183
Spinney Hill Medical Centre	Leicester City CCG	154
Ashby Health Centre	West Leicestershire CCG	114
Forest House Medical Centre	East Leicestershire and Rutland CCG	92
Langham Place Surgery	Nene CCG	65
Hucknall Road Medical Centre	Nottingham City CCG	63
Belvoir Health Group	Rushcliffe CCG	56
Torkard Hill Medical Centre	Nottingham North and East CCG	53
The Oaks Medical Centre	Nottingham West CCG	50
Rosemary Street Health Centre (Forest Medical Group)	Mansfield and Ashfield CCG	45
Lombard Medical Centre	Newark and Sherwood CCG	35

### Referral recognition

Jubilee Medical Practice were delighted with the news that the team had won a Healthier You: NHS DPP Practice Champion Award for March.



Above: members of the Jubilee Medical Practice team.

Practice Manager Bridget Roberts said: "Jubilee Medical Practice strive to provide patients with support regarding healthy lifestyle within a Complete Care Clinic for chronic disease management. We are happy to help identify patients at risk of diabetes. We recognise that locally run programs can support patients further.

"We ran an audit search to assist in identifying at risk patients and offered individuals the opportunity to undertake the Healthier You program. Some had face-to-face discussions to gain a better understanding of the program and others received letters to offer the programme. The diabetes prevention programme has helped patients with overcoming their challenges and managing personal setbacks."

### Education programme delivery update

During April 2017, 18 new programme cohorts began and 28 maintenance sessions were delivered to meet increased demand and to reduce the number of participants on the waiting list. Ingeus, who are our local provider of the NHS Diabetes Prevention Programme, are planning to invite people referred onto the programme to attend introductory sessions, which will provide them with information about the programme as well as the opportunity to have initial measurements taken e.g. weight.

This follows a successful pilot in previous months which has helped to increase the uptake of the programme by patients and reduce the waiting times for patients to commence the programme. In May 2017 introductory sessions will take place over two days (as a minimum) within each of the 11 CCGs, which will allow for up to 100 people to attend per day and 1,100 people in total. With the high level of referrals onto the programme this will help to ensure that in the future waiting times are kept short for people to be able to access the programme.

In addition, in May there will be seven new programme cohorts commencing. It is planned to schedule at least 30 new programme cohorts across the East Midlands in June and the following months in order to cope with the referral demand. Each new cohort will commence at the start of each month, allowing referrals to be booked onto courses in advance and a better way of working.

Sessional educators recruited via Leicester Diabetes Centre have been assisting the core team to run additional cohorts in the Leicester and Northampton areas. We have been successful in recruiting three part time educators, who are due to start in early May. The part-time workers will undergo training provided by Leicester Diabetes Centre prior to course delivery and also attend sessions to form part of their induction to Ingeus. Additional sessional workers are also currently being recruited to support NHS DPP delivery in East Midlands.

High retention rates continue to be achieved across all modules of the programme. Below is an updated list of new cohorts due to start in April and May:

#### Core Programme (four weekly sessions)

**April 2017** (Updated to 22 new cohorts):

- Corby International Pool – x 3 cohorts
- Pemberton Centre – x 2 cohorts
- Kibworth Grammar School Hall
- Hucknall Leisure Centre
- Richard Herrod Centre
- Far Cotton Community Centre
- Melton Mowbray, United Reformed Church
- One Stop Shop, Lutterworth
- Bulwell Library, Nottingham
- The Place Activity Centre
- St Marys Church Lounge
- Daventry Leisure Centre
- Camp Hill Community Centre
- St Peters Centre, Nottingham
- Waendal Leisure Centre, Northampton
- St Barnabas, Inham Nook
- Highfields Community Centre, Leicester
- Leicester Diabetes Centre
- St Marks Church Centre, Mansfield

#### Maintenance sessions (one session per month)

**April 2017** – total of 30 sessions delivered

**May 2017** (seven new cohorts due to start):

- West Bridgford Library, Nottinghamshire
- Leiston Leisure Centre, Nottinghamshire
- Aspley Library, Nottingham
- Moat Community College, Leicester
- Pemberton Leisure Centre (x2 sessions), Northamptonshire
- Cast Medical Group Ashby, Leicestershire

Maintenance sessions due to be delivered: a total of 47 are scheduled

#### Introduction sessions to be delivered in May

Minimum of 11

To accommodate 1,100 participants

### Myth busting

Now that the NHS Healthier You: Diabetes Prevention Programme is in the East Midlands is well underway, educators are beginning to see a pattern. Healthier You educator Amy Gouldstone said there are a lot of myths and truths that participants come to the session with. Each month, we will be unveiling some of the latest ones that she has come across.

Myth	Buster
"I have tried every diet and I can't lose weight and keep it off."	We can all lose weight but it may be more difficult for some people than others for a variety of reasons. Healthier You will introduce you to some new ideas and fresh ways of thinking about losing weight. The research that the programme is based on has been tried and tested and really does work.

Myth	Buster
"Type 2 Diabetes turns into Type 1 Diabetes once the person needs to inject insulin."	Type 1 Diabetes is different to Type 2 Diabetes as it develops and progresses quite differently. Type 2 diabetes can progress slowly and initially starts with our cells becoming resistant to insulin. In Type 1 Diabetes the pancreas stops producing insulin all together as the beta cells in the pancreas are attacked by the body's immune system. A Type 1 Diabetic would therefore need to inject insulin right from diagnosis where as a Type 2 Diabetic will most likely be treated with tablets at least initially. Even when a Type 2 Diabetic moves on to taking Insulin if required they are not referred to as a Type 1 Diabetic. Type 1 Diabetes is not preventable but Type 2 Diabetes is preventable.

Myth	Buster
"I can't eat any fruit because it has too much sugar in it."	Fruit does contain sugar but it is much less than sweets and chocolate. It also contains high amounts of vitamins and fibre which help to keep us healthy and fill us up. Having said that, if we eat a whole punnet of grapes (approximately 1lb or half a punnet) or multiple pieces of the same fruit e.g. four bananas, in one day we may find our weight increases as they still contain calories. We might need to reduce the portion size to one handful of each fruit per day.

Myth	Buster
"I stopped taking sugar 10 years ago so I won't get diabetes."	It is not just taking sugar that leads to Type 2 diabetes although having too much sugar could increase our weight. It is important to look at all aspects of our lifestyle including things that influence our physical and mental health.

Myth	Buster
"I can eat as much rice as I like as it is a 'free food'."	Rice still has calories in and this could adversely affect our weight if we eat too much of it. We recommend not having unlimited amounts of any food but including it in healthy portion sizes with your meals if you choose to.

Myth	Buster
"It is fate that will lead me to get Type 2 diabetes – I can't prevent it."	Although there are some things that put you at risk of diabetes including it being in the family and our age (unfortunately no amount of anti-wrinkle cream will turn back the clock). There are many lifestyle changes that can significantly reduce risk including; reducing saturated and hydrogenated fat intake, reducing the amount of time sitting and moving more, losing weight and reducing your waist size alongside reducing blood pressure and cholesterol.

Myth	Buster
"Calories are little fairies that sneak into your wardrobe at night and tighten the stitches in clothes so they are too small the next day!"	Calories have been scientifically calculated and I am sad to say that there are no such things as calorie fairies!

### Get in touch



If you have any questions or comments on this newsletter or if you can suggest content to feature in a future edition please contact:  
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