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Healthy Living for People with Type 2 Diabetes

Heather Wells
heather.wells7@nhs.net

NHS England and NHS Improvement





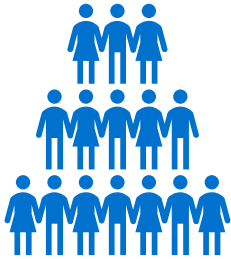
Workstream overview

- Healthy Living is a self management and education digital tool currently being developed with Carnall Farrar and Changing Health
- NHS England and Improvement has committed to the roll out of Healthy Living in the NHS Long Term Plan, as part of a promise to expand provision of structured education including digital options
- Tool will be available for free to every CCG across England with no caps to referrals
- User research and input from 11 Early Engagement sites, representing 25% England, is being utilised throughout to incorporate patient, HCP, carer and commissioner opinion
- Testing begins in February 2020, and full national roll out begins Summer 2020



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In the UK, more than 2.8 million people have been diagnosed with Type 2 diabetes



Approximately 10% of health expenditure in England is due to diabetes, equating to around £11bn per year in costs to the NHS, largely due to preventable complications



Good self-management is key to preventing complications and improving health outcomes for individuals



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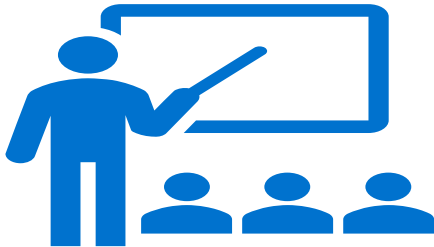


- Referral to structured education following diagnosis recommended by NICE
- Incentivised through QOF
- Despite high offer rates (78%), recorded uptake of traditional group-based, face-to-face structured education sessions is low (7.1% in 2016)



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- Traditionally group based
- Attendance may be challenging for those who work, have family, or caring commitments
- Patient needs vary over time
- Education at point of diagnosis unlikely to meet needs over time



- Online solution potentially more accessible
- More efficiently delivered
- Improved patient experience for those who do not want to or cannot engage with face to face education



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Healthy Living for people with Type 2 diabetes

- Based on HeLP diabetes
- Online self-management support programme and education pathway for adults developed by University College London
- Provided information about Type 2 diabetes and treatments, emotional support and helped with adopting and maintaining healthy behaviours
- RCT showed modest but significant improvements in HbA1c levels and reduction in diabetes related distress
- Cost savings of £111 per person for reduced healthcare use compared to regular care (includes primary care, outpatients, prescriptions and community appointments)



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“Online programmes offer individuals the flexibility to access support that fits around their lifestyle. All the content in our programme was evidence based drawing on a range of diabetes management research including behavioural change, accessibility and usability, and promoting emotional wellbeing by drawing on principles of cognitive behavioural therapy and mindfulness.

“We are delighted that the proven benefits of this programme for people with type 2 diabetes can be made available to everyone in England. It is great to see the advantages of online interventions (scalability and cost-effectiveness) being realised in the NHS.”

Professor Elizabeth Murray (UCL Institute of
Epidemiology & Health Care)



FAQs

- **How can I refer?** Patients will be able to self-refer, and HCPs will be able to refer via a standardised email referral form
- **Who is eligible to use the programme?** Anyone over the age of 18 living with Type 2 diabetes, caring for someone with Type 2 diabetes (including HCPs), or who wants to learn more about the condition
- **Does a referral count towards QOF?** Yes.
- **Will referring to Healthy Living improve my CCGs results for structured education in the NDA?** Yes. Healthy Living will automatically update the NDA with data, with no need for separate CCG or GP uploads.
- **What about the other programmes we have now?** Patients should be offered choice.



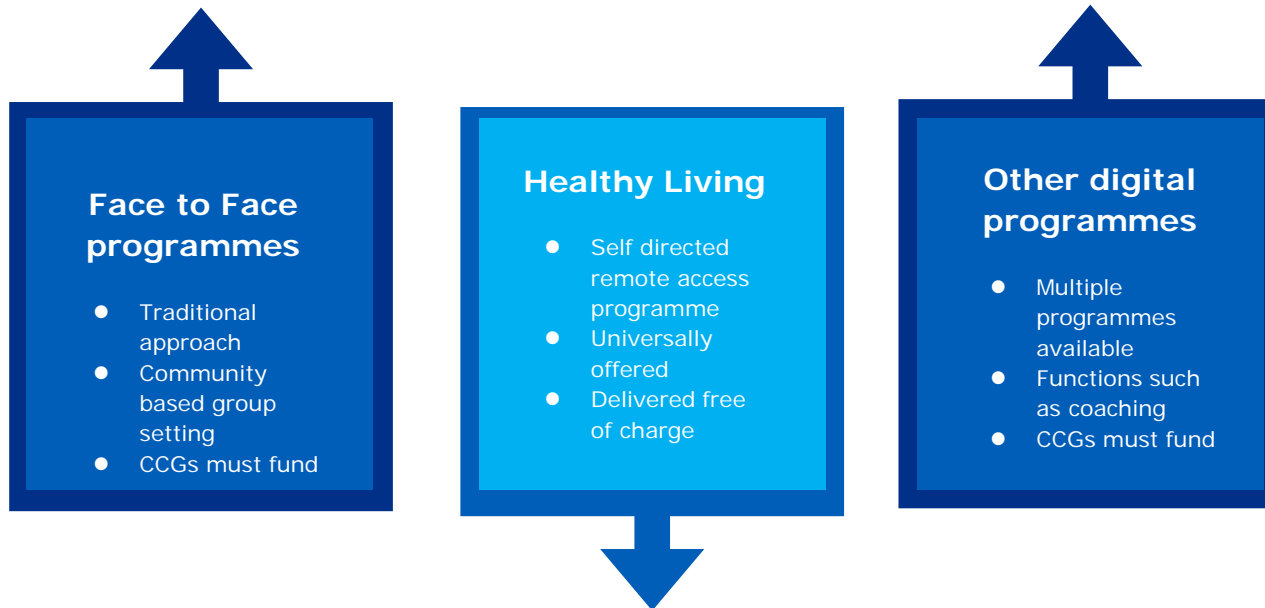


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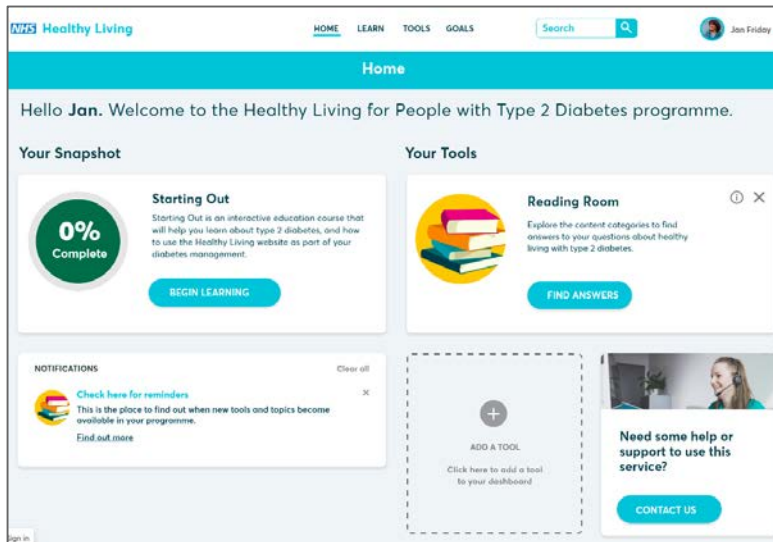
Market position





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- As the product nears completion, physical testing begins which we are incorporating into our roll out phases
- Readiness assessment to be completed by all STPs
- Monitoring roll out via the regions, and learning lessons from DPP
- Developing a narrative around the product to encourage uptake
- Working with EEAs to ensure that roll out methods are truly tested



In Summary

- *Healthy Living provides the opportunity for whole population impact*
- *It is free for CCGs and patients to access*
- *Roll out begins in Summer 2020*
- *You can help prepare you area for roll out by:*
 - *Thinking about how you will offer patients choice*
 - *Considering the best way to inform HCPs about the programme*
 - *Working with national and regional leads on a roll out plan*

