

## Midlands Diabetes Prevention Newsletter - April 2024

Welcome to this edition of the **Healthier You: Diabetes Prevention Programme (DPP)** newsletter for the Midlands region.



Welcome back to another edition of the Midlands Diabetes Prevention Newsletter.

I would like to start as always by thanking all colleagues for their continued commitment to the NHS Diabetes Prevention Programme (DPP). With one in 10 people predicted to have Type 2 diabetes by 2030, prevention is more important than ever. That's why high-impact, evidenced-based programmes such as the Healthier You NHS DPP are key to our response. We endeavour to continue our commitment to working together this year to ensure the NHS DPP continues to reach people at risk of Type 2 diabetes and ensure we maintain high quality referrals across the Midlands.

As of the end of February 2024, the Midlands has referred **305,840** patients to NHS DPP. To deliver **nearly 310,000** participants to NHS DPP across the eleven ICSs in the Midlands is an amazing achievement. This ensures those people at risk of Type 2 diabetes have the opportunity to make healthier changes to prevent developing the condition.

**In this edition the newsletter, you can read about the following:**

- NHS DPP referral and number of attendances to first sessions update in the Midlands
- NHS DPP Midlands Update
- NHS Diabetes Awareness Week– Display Winners in Staffordshire and Stoke on Trent
- Diabetes UK Prevention Offer
- Frederick's experience as an East Midlands patient attending NHS DPP

If you have any specific queries about the NHS DPP, please contact Vishal Gorecha ([vishal.gorecha@nhs.net](mailto:vishal.gorecha@nhs.net)) or Chris Parsons ([chris.parsons3@nhs.net](mailto:chris.parsons3@nhs.net)).

**Vishal Gorecha**

**Senior Programme Manager**

**Midlands Cardiovascular Disease and Respiratory Clinical Network.**

# NHS DPP activity update in the Midlands

## Referral update

By the end of February 2024, a total of **305,840** referrals had been made to the Healthier You: NHS DPP in the Midlands since the programme commenced in 2016.

The referrals in each locality are broken down as follows:

- Lincolnshire - 23,234
- Derbyshire - 19,903
- Nottinghamshire – 28,276
- Leicester, Leicestershire and Rutland – 42,544
- Northamptonshire - 17,874
- Birmingham & Solihull - 54,153
- Coventry & Warwickshire - 23,707
- Herefordshire & Worcestershire - 23,842
- Shropshire, Telford & Wrekin - 8,836
- Staffordshire & Stoke on Trent - 26,174
- Black Country - 37,297

## Number of attendances to first sessions update

By the end of February 2024, a total of **114,883** initial assessments had been made to the Healthier You: NHS DPP in the Midlands since the programme commenced in 2016.

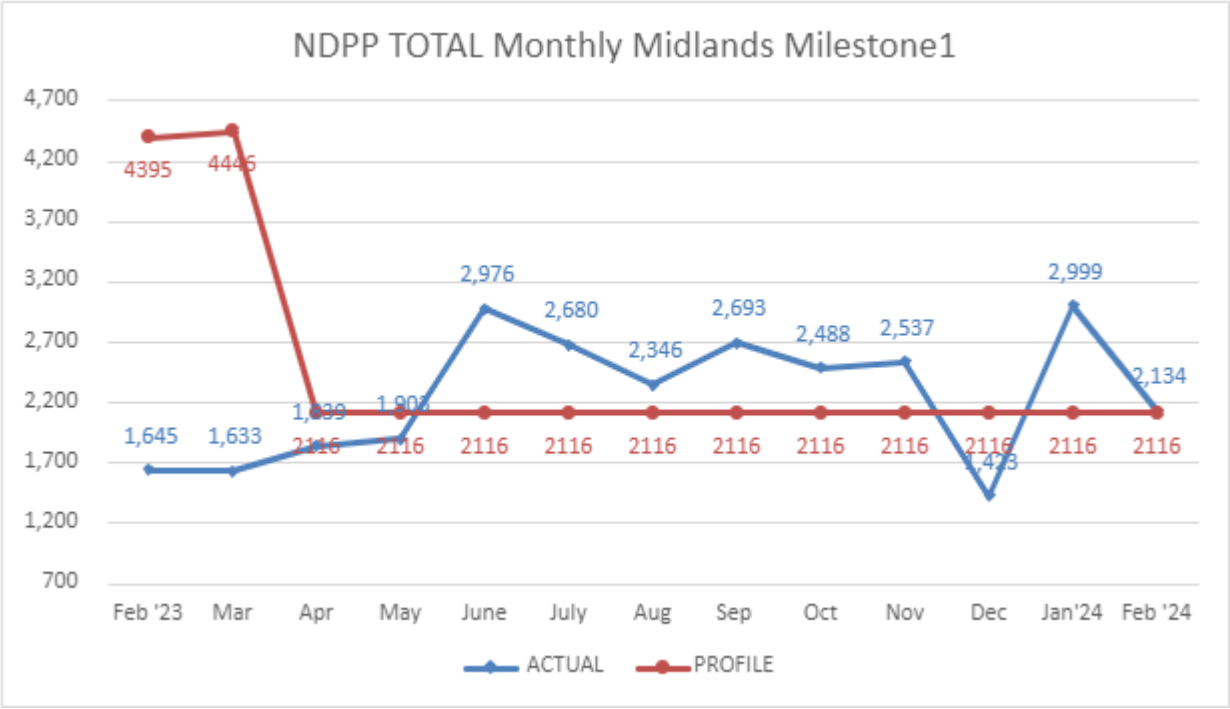
The number of attendances to first sessions in each locality are broken down as follows:

- Lincolnshire - 9,925
- Derbyshire - 7,364
- Nottinghamshire – 12,284
- Leicester, Leicestershire and Rutland – 16,033
- Northamptonshire – 7,563
- Birmingham & Solihull - 12,684
- Coventry & Warwickshire - 8,682
- Herefordshire & Worcestershire - 10,910
- Shropshire, Telford & Wrekin - 4,159
- Staffordshire & Stoke on Trent - 13,079
- Black Country & West Birmingham– 12,200

*Note: the data above is based on live updates and subject to verification.*

Local practice level data is also available via your ICS Diabetes Commissioning Lead. Please get in touch with them if you would like to access this data.

The NHS Diabetes Prevention Programme continues to thrive across the Midlands region. January 2024 saw the highest number of participants (2,999) commencing the programme in a single month since the programmes initial launch in 2016. From June 2023 we have seen the amount of participants starting the programme exceed the monthly profile (with the exception of December when we saw an anticipated seasonal drop in programme starts)



To date there have been over 305,000 referrals on to the programme across the Midlands and over 114,000 participants have benefitted from commencing the programme.

All ICBs are now on framework 3 of the programme. There is some variation in terms of each ICB achieving their target and the regional team continue to work with ICB colleagues on improving uptake numbers to ensure all places across the Midlands are utilised.

ICB	% of places used versus places available*
NORTHAMPTONSHIRE	230%
STAFFORDSHIRE & STOKE-ON-TRENT	163%
COVENTRY AND WARWICKSHIRE	105%
SHROPSHIRE, TELFORD & WREKIN	95%
HEREFORDSHIRE AND WORCESTER-SHIRE	76%
LEICESTER, LEICESTERSHIRE AND RUT-LAND	76%
LINCOLNSHIRE	61%
DERBY & DERBYSHIRE	57%
NOTTINGHAM AND NOTTINGHAMSHIRE	56%
BIRMINGHAM AND SOLIHULL	44%
THE BLACK COUNTRY	35%

\*From Framework 3 contract start date to 29th Feb 2024 (different contract start dates apply)



# Diabetes Awareness Week - Pharmacy Display Winners - Milward Chemists - Staffordshire & Stoke on Trent

As Diabetes Prevention Week is approaching (20-26 May 2024) we thought it might inspire you to share the innovative way one of our ICBs chose to promote the Diabetes Prevention Programme. Back in November, the team from Staffordshire and Stoke On Trent highlighted World Diabetes Day by inviting pharmacies to take part in a competition for the best 'Diabetes Prevention Programme' display within their establishments. Pharmacies pulled together materials and key messages on the importance of being aware of the risk of developing type 2 diabetes and how the prevention programme can help eligible participants, which raised awareness both amongst visitors to the pharmacies and the staff. Milward Chemists were awarded winners of World Diabetes Awareness Day – best Pharmacy Display 2023. Well done all!

Staffordshire and Stoke on Trent ICB have kindly shared some pictures of the displays the pharmacy pulled together and the winning hampers!



# Diabetes UK Prevention Offer

## Midlands & UK wide activities

<https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/preventing>

**Remission** – Week commenced 20 February. Diabetes UK worked with Midlands NHS England, Midlands & East Diabetes UK disseminated **12,000** patient information packs across **600** Midlands GP Practices, including details of local remission programmes Xyla and Reed Wellbeing. Also, supported patients emotional & wellbeing, incorporating Diabetes UK's Mental Health Information Prescription and signposting patients to local psychological support services including NHS Talking Therapies.

For further information on Patient Information Packs, please email [Midlands@diabetes.org.uk](mailto:Midlands@diabetes.org.uk)

Diabetes UK are organising a series of Diabetes Awareness Days in the West Midlands including Saturday 23 September in Birmingham, and Saturday 18 November in Sandwell.

## Patient case study - Fredrick, East Midlands

Emotion means different things to everyone in so many ways  
Anxiety, stress, health issues, their causes and how it plays  
Havoc with your life, your mind and for your mental health  
Coming to terms, how to combat it or even with yourself  
Diabetes was the one that caused me so much concern  
So I joined an online NHS course so that I could learn  
About the effects of it and how debilitating it could be  
For all those it affected, its health issues for you and me  
The sessions were informative and its participants warm and sharing  
And as each session evolved, showed tutor Sarah all caring  
Her passion for the course, knowledge and dedication  
Encouraged all participants to look forward in awe and anticipation  
To what the next session would uncover, how would it be played out  
Would we sit there totally confused or even full of doubt  
Far from it was the answer we would willingly embrace  
That online session brings out the best much better than face to face

## Get in touch

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME

If you have any questions or comments on this newsletter or if you can suggest content to feature in a future edition please email: [katie.harrhy@nhs.net](mailto:katie.harrhy@nhs.net)