



CLAHRCBITE

Brokering Innovation Through Evidence

May 2019

Evaluation of Salford's Demonstrator Diabetes Prevention Programme



The National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHRC) Greater Manchester is a partnership between providers and commissioners from the NHS, industry, the third sector and the University of Manchester.

We aim to improve the health of people in Greater Manchester and beyond through carrying out research and putting it into practice.

What was the aim of the project?

NHS England; Public Health England; and Diabetes UK commissioned seven demonstrator sites during 2015 in England. The purpose of these sites was to explore local implementation approaches to identifying patients with increased blood glucose levels and to engage them in intervention programmes to reduce their risk of developing type 2 diabetes mellitus (T2DM). Salford was one of the demonstrator sites, and we were commissioned to conduct an independent evaluation of their work.

The Salford model was designed to provide routes into lifestyle support programmes through both primary and community care providers. Once diagnosed with non-diabetic hyperglycaemia (NDH), sometimes

referred to as 'pre-diabetes', patients were given the option of support through a) a nine-month telephone support service (Care Call), b) an eight-week exercise programme with incentivised long-term gym membership (Exercise for IGR), or c) they could access both options. Care Call was an aspect of the Salford model unique amongst the seven demonstrators.

What did we do?

The evaluation was conducted using a mixed-methods approach. To facilitate this we initially engaged with stakeholders involved in the delivery of the Salford model, from this starting point we mapped out the intervention process from start-to-finish and interviewed multiple stakeholders from each point in the intervention. We then gathered patient-facing materials used as part of the intervention, researched the NHS DPP specification and created evaluation data checklists so that the teams involved could supply us with data from their services. The evaluation was completed as three separate

reports (see downloadable evaluation reports section below) to allow the Salford team to make changes to their model based on findings in the reports.

Why was it important?

The NHS DPP national roll-out is an ambitious programme to identify patients in England at risk of developing T2DM and deliver an evidence-based behavioural change intervention at scale. It is significant because of its potential to impact on the prevalence of T2DM and its associated health risks.

The seven demonstrator sites played an important role in shaping the national roll-out of the NHS DPP by helping the team delivering the programme to learn key lessons before it was rolled out nationally.

Who did we work with?

NHS Salford CCG
Public Health England
Salford City Council
Salford Royal NHS Foundation Trust

What next?

Following our local pre-diabetes evaluation, CLAHRC GM's academic team in collaboration with University of Manchester colleagues have been successful in winning the bid to evaluate the National NHS Diabetes Prevention Programme (NHS DPP). NHS DPP commenced during 2016 with a first wave of 27 areas, covering 26 million people - half the population of England. This coverage made up to 20,000 places available for people to receive personalised help to reduce their risk of T2DM, including education on healthy eating and lifestyle; help to lose weight; and tailored exercise programmes. Our four year evaluation of the programme (DIPLOMA), was commissioned by the NIHR Health Service and Delivery Research panel in collaboration with Diabetes UK, NHS England and Public Health England. The study will complete in March 2021 but ongoing feedback is provided to NHS DPP stakeholders as research findings emerge with the aim to support ongoing development and quality improvement of the programme.

What is NIHR CLAHRC GM?

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Find out more

www.clahrc-gm.nihr.ac.uk/projects/salford-diabetes-prevention-programme

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