

Diabetes Prevention 'Plan on a Page'



Why is the project needed?

More than 7.3% of the population aged 17 and over in Wales lives with diabetes, of which around 90% have Type 2. Managing diabetes and its complications accounts for 10% of the annual NHS Wales budget i.e. £500m approximately per annum. Although Wales has the highest rate of diabetes among UK nations, it currently has no national diabetes prevention programme. Preventing Type 2 Diabetes by reducing modifiable risk factors is a key goal for health and social care providers. This programme aligns with the Welsh Government's *Healthy Weight Healthy Wales* strategy, the 2021 All Wales Obesity Pathway, and the priorities of Building a Healthier Wales.

What is the scope of the project?

The approach to date to T2 diabetes prevention is based on previous pilots in Afan and Ceredigion. This project intends to begin a rollout of a T2 diabetes intervention with inbuilt robust evaluation in primary care settings across Wales over the next two years. The intervention population will be identified using criteria of at least HbA1c, BMI and age. The brief intervention will focus on changing behaviour relating to diet with signposting to support weight management. Resources include two-years' funding from Welsh Government of £1m per annum, dedicated public health resource and a programme management team. Key stakeholders are SPPC, WG, AWDIG and DsPH with leadership provided by PHW.

Who will be delivering the project?

DPCC Lead: Julie Denley
DPH Co-Lead: Sarah Aitken
Named Project Manager: Amrita Jesurasa

Last reviewed: January 2022

Key deliverables

- Governance: robust structure to provide coordination of the programme and workstreams, accountability, planning, delivery, reporting and risk management
- Intervention: inclusion criteria and design of intervention
- Stakeholder engagement and communication
- Delivery: equitable delivery model, distribution of WG funding, sustainability plan.
- Evaluation: design of evaluation (quantitative, qualitative, cost-effectiveness); commission academic partner(s); support ongoing evaluation to provide results, and inform improvement and sustainability
- Recommendations for ongoing model of T2 diabetes prevention in Wales

Outcome/Success criteria:

A Once for Wales evidence-based approach to T2 diabetes prevention comprising:

- All Wales implementation of a T2 diabetes prevention pathway
- Robust evaluation framework to enable data collection and outcome monitoring
- Reduction in prevalence of T2 diabetes in Wales

When will the project be delivered?

Key milestones in the first of two years (2021/22) include:

- May 2021 – establishment of Steering Group
- May/June 2021 – baseline picture of T2 diabetes prevention activity in primary care
- May/June 2021 – stakeholder analysis and logic model
- June 2021 – establishment of workstreams including clinical oversight
- June/July 2021 – recruitment of dedicated programme manager
- June/July 2021 – completion of evaluation design and go out to academic tender
- June/July 2021 – stakeholder engagement event
- August 2021 - awarding of academic tender(s)
- August/September 2021 – agreement of intervention and delivery model
- October 2021 – establishment of participating primary care clusters
- November 2021 – ethical approval
- January 2022 – delivery begins in primary care clusters across Wales



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