

Vulnerable Patients and COVID-19

A study published in the Lancet highlights that patients with Type 2 Diabetes are at double the risk of dying from COVID-19. Professor Valabhji, National Clinical Director for Diabetes and Obesity at NHS England added "...it also shows that higher blood glucose levels and obesity further increase the risk..."

Now more than ever we need to do all that we can to support our Ipswich & East Suffolk residents diagnosed as Non-Diabetic Hyperglycemia (NDH) by referring them to the National Diabetes Prevention Programme: Healthier You so that they can make the changes necessary to prevent or reduce their risk of developing type 2 diabetes.

More than 39,000 people in Ipswich & East Suffolk are at risk of developing type 2 diabetes.

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Ipswich & East Suffolk has been allocated 6,953 spaces on the Healthier You programme for our residents in 2020-2023. The programme is free, delivered remotely over the telephone, group video conference or online through apps and websites and available in 14 different languages. As a result of remote delivery patients do not have to wait and can start the programme without delay.

As a result of COVID-19 GP the number of referrals to the Healthier You programme has been significantly impacted due to a reduction in people presenting at their GP practice with symptoms, and as a result of fewer NHS Health Checks being carried out at this time. To ensure that individuals have not been disadvantaged by the lockdown period the requirement for a blood test indicating NDH to be within 12 months has been temporarily increased to 24 months until April 2021.

What Can You Do?

Keep referring your NDH patients to the programme via the NDPP referral form. (The link to NDPP can be found in the DXS toolbar.) COVID-19 has highlighted the vulnerability of people with a long-term condition and/or who are obese and it is also a designated referral pathway for some NDH patients initially presenting with Long Covid. Supporting patients to access the Healthier You programme will help them to understand the positive lifestyle changes which will keep them healthier for longer.

I turned 60 in June just after lockdown and I feel the fittest and healthiest I have felt for a very long time. I was a size 18/20 top, 16 bottoms and I am currently 14/16 top and just getting into 12 bottoms. I had started to look at my diet with the nurse at the surgery but nothing like the depth that was given on the programme and when I met my Health & Wellbeing Coach, Nicky. I was 74kg and now 63kg!

Beverley, Chelmsford

The programme has changed my life, I am feeling much better for losing the weight.

Lilian, Clacton

I found the course to be really informative, the Health & Wellbeing coaches always gave us a lot of information and we learnt a lot in the group with interactive discussions. After following their advice, my wife got involved and we changed the way we ate, and we did more exercise. I lost 7kg in 8 weeks! It was amazing to me. We were both losing weight and friends and family noticed and praised us which really motivated me. The programme was something I didn't know anything about, and I didn't know you could make such a difference to your health and life. I would really recommend it, everyone should be given a chance to learn to hopefully have a much healthier and better lifestyle.

Jeffrey, Suffolk

I would recommend the programme to others because I think it could help the NHS in the long-run

Rodney, Langham

Meet Your Local Provider of Healthier You

Across Suffolk and North East Essex, ICS Health & Wellbeing deliver the Healthier You programme.



Lauren Munnelly
Regional Manager



Lucy Smith
Service Coordinator



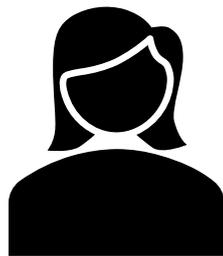
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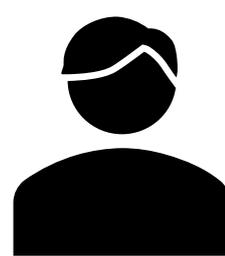
Andrew Harvey
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Emma Jones
Health & Wellbeing Coach



Andy Clifford
Health & Wellbeing Coach

If you would like to know more about the programme contact [Lauren Munnelly](#)

NHS National Update

You may have seen the new NHS health campaign, [Better Health](#). As part of this campaign the general public can now find out if they are eligible to join their local program by completing the Diabetes UK risk tool by checking their risk score.

Anyone identified as at moderate to high risk of Type 2 Diabetes using the Diabetes UK risk tool, can sign up to the programme online. The majority of these people will not be coded as NDH on your system as no blood test has taken place to confirm diagnosis, but the practice will receive confirmation that they have accessed and/or completed the programme. This national drive does not replace the need for patients that are diagnosed as NDH to be referred to the programme.