



Synopsis

The effectiveness and cost-effectiveness of the NHS Diabetes Prevention Programme (NHS-DPP): the DIPLOMA long-term multimethod assessment

Peter Bower,^{1,2*} Claudia Soiland-Reyes,³ Carole Bennett,⁴ Lisa Brunton,¹ Patrick Burch,¹ Elaine Cameron,^{5,6} Tarani Chandola,⁷ Georgia Chatzi,⁷ Sarah Cotterill,⁸ David P French,⁵ Judith Gellatly,⁹ Mark Hann,⁸ Rhiannon Hawkes,⁵ Simon Heller,¹⁰ Fiona Holland,⁸ Elizabeth Howarth,⁸ Kelly Howells,¹ Evangelos Kontopantelis,^{2,11} Eric Lowndes,⁴ Antonia Marsden,⁸ Thomas Mason,¹² Emma McManus,¹ Rachel Meacock,¹ Lisa Miles,^{5,13} Manoj Mistry,⁴ Elizabeth Murray,¹⁴ Beth Parkinson,¹ Rathi Ravindrarajah,¹ David Reeves,^{1,2} Jamie Ross,¹⁵ Caroline Sanders,¹ Jonathan Stokes,¹ Helen Wallworth,⁴ Ruth Watkinson,¹ Vasudha Wattal,¹ William Whittaker,¹² Paul Wilson,¹ Adrine Woodham¹ and Matt Sutton^{1,2}

¹Division of Population Health, Health Services, Research and Primary Care, School of Health Sciences, Manchester Academic Health Science Centre, University of Manchester, Manchester, UK

²NIHR School for Primary Care Research, University of Manchester, Manchester, UK

³Medical Directorate, North West Ambulance Service NHS Trust, Manchester, UK

⁴DIPLOMA Patient and Public Involvement Group, University of Manchester, Manchester, UK

⁵Division of Psychology & Mental Health, School of Health Sciences, Manchester Centre for Health Psychology, University of Manchester, Manchester, UK

⁶Division of Psychology, University of Stirling, Stirling, UK

⁷Faculty of Social Sciences, University of Hong Kong, Hong Kong

⁸Centre for Biostatistics, Division of Population Health, Health Services Research and Primary Care, School of Health Sciences, Manchester Academic Health Science Centre, University of Manchester, Manchester, UK

⁹Division of Nursing, Midwifery and Social Work, School of Health Sciences, Manchester Academic Health Science Centre, University of Manchester, Manchester, UK

¹⁰Department of Oncology and Metabolism; University of Sheffield, Sheffield, UK

¹¹Division of Informatics, Imaging, and Data Sciences, School of Health Sciences, Manchester Academic Health Science Centre, University of Manchester, Manchester, UK

¹²Manchester Centre for Health Economics, Division of Population Health, Health Services, Research and Primary Care, School of Health Sciences, Manchester Academic Health Science Centre, University of Manchester, Manchester, UK

¹³National Institute for Health and Care Excellence, Manchester, UK

¹⁴eHealth Unit, Research Department of Primary Care and Population Health, UCL Medical School, London, UK

¹⁵Centre for Primary Care, Wolfson Institute of Population Health, Barts and The London School of Medicine and Dentistry, Queen Mary University of London, London, UK

*Corresponding author peter.bower@manchester.ac.uk

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Plain language summary

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Plain language summary

The National Health Service Diabetes Prevention Programme was launched in 2016 to reduce the number of people getting type 2 diabetes. This 9-month course offers support to improve diet and exercise to people at high risk of type 2 diabetes. An online course was also offered from 2019.

The Diabetes Prevention – Long-term Multimethod Assessment research programme tested whether the National Health Service Diabetes Prevention Programme works better than usual National Health Service care for reducing risk, and whether the National Health Service Diabetes Prevention Programme provides value for money. The research also studied who joins, what makes people take part, how the course is delivered, and what benefits are achieved.

We:

- did interviews with participants, staff, course providers, and National Health Service Diabetes Prevention Programme leaders
- ran surveys and observed courses across England
- analysed data from national surveys, general practitioner records and the programme providers
- shared results with National Health Service England to help them make improvements.

We found:

- Decisions to join were influenced by individuals' personal views of their chance of getting type 2 diabetes and whether taking part would reduce this.
- There were large differences between general practices in how many people they referred to the programme, with practices that offered higher-quality care for people with diabetes referring more.
- Levels of participation in the course and the benefits participants achieved varied.
- There were differences between populations in rates of joining and completing the programme. For instance, younger adults and people in areas of higher deprivation were less likely to join. People from ethnic minorities were more likely to join but were less likely to complete the course.
- The programme reduced cases of type 2 diabetes, at a cost that offered value for money.

Overall, we found the National Health Service Diabetes Prevention Programme is achieving positive results, but there are opportunities to make it better in future.

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