

Diabetes Prevention Week Reflections - LDP do the NDPP

Last week saw the NHS England Diabetes Prevention Programme host the 2nd national Diabetes Prevention Week in partnership with Diabetes UK, from April 1-7th. This campaign aims to raise awareness of NHS Healthier You which is a free health programme helping people reduce their chance of developing Type 2 diabetes if they are identified as high-risk.

The Healthier You programme is offered nationwide and is currently being rolled out across our city of Liverpool. So we jumped at the chance to join in with Diabetes Prevention Week to help get the word out!

We set out a plan to visit a variety of busy locations across the city where we could catch people as they were out & about, to screen them for their risk of type 2 diabetes, signpost them onto the programme as well as offer an informal chat around what they could do to manage their risk.



The week kicked off with a visit to the Central Library on the Monday where our stall was warmly received, manned by our dietitians & diabetes specialist nurses (DSNs). On Wednesday we visited the Cunard building and our stand was inundated with both the public & council professionals wanting to learn more about our message & receive some free testing. Amongst them were councillor Richard Kemp & Joe Anderson, mayor of Liverpool, who are pictured with our nurses below and who tweeted about their results afterwards. This was our busiest day, racking up a total of 115 blood glucose screenings! Phew!

Next up was ASDA supermarket at Walton. Kits in hand, we arrived on the chilly Thursday morning and quickly set up our stall in the foyer. We must have had an eye-catching display, as we were approached by several charitable souls who tried to donate money to our cause

– they were surprised when their offers were declined & we explained we were actually offering free screening & advice! This was another busy day, with shoppers approaching our stall both before, after (and during!) their shopping trips to get more information. A few passers-by explained that they had a pre-existing type 2 diabetes diagnosis, which



gave us the opportunity to see how they were getting on and explain about self-referring into our structured education programme, Diabetes & You, and they had chance to ask our diabetes dietitians some of their burning questions – another chance for some diabetes myth-busting!

Our week was documented heavily on our social media and we received great feedback & interaction from influential channels such as NHS Diabetes Programme, the DSN Forum, Liverpool CCG the @NHS account (many thanks for following us closely, Amanda Epps!) as well as our other valued followers, from service users to diabetes health professionals. We found the NHS/PHE digital toolkit a really great resource to help get our message out there for the week.



Now onto the hardcore stats: what did we achieve in our week of roadshows? From looking at the figures, we screened a total of 166 people within the city on their blood glucose levels and blood pressure. From this cohort, 17 people were referred on to their GP due to a raised reading of either parameter and were provided with a covering letter explaining what their results were. In other words, 10% of those screened were found to have high blood glucose and/or blood pressure which they weren't aware of – a sobering statistic as both hypertension (high blood pressure) and impaired glucose regulation/tolerance (raised blood glucose levels or 'borderline' diabetes) – are largely asymptomatic.

Aside from the figures, the week gave us the opportunity to interact with our public about diabetes risk and screen those who may otherwise not present to their GP or Practice Nurse. Even more invaluable, we found, was the chance to speak with these people about practical ways they could help manage their own and their family's risk, with advice from our dietitians on what constitutes both good/bad dietary advice, where to get credible information. There was also the chance to raise awareness on other local initiatives within our great city, such as structured education and physical activity programmes, which can help people incorporate a better diet & more movement into their daily lives – which is ultimately what we're striving for in terms of diabetes prevention and better overall health. We look forward to seeing how the Healthier You programme helps improve the health of our local population.

