

Changing Health

How digital education and behaviour change coaching programme empowers individuals with risk factors for Type 2 diabetes to make positive lifestyle changes

Background

Unhealthy lifestyle choices have become one of the biggest problems we face today. 62% of the UK population is now overweight. An unprecedented 3.9 million people are estimated to live with Type 2 diabetes - and a further 12.3 million people are at high risk of developing the condition. If current trends continue, Type 2 diabetes diagnoses will rise to 5 million by 2035-36, exacerbating strain on the NHS and society as a whole.

Objectives

This evaluation examined the impact of evidence-based digital diabetes education and behaviour change coaching on diet, activity and weight of overweight participants.

Method

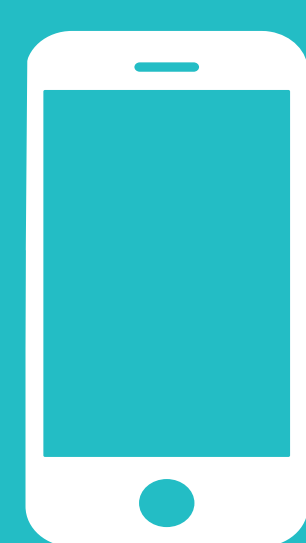
1 Find patients

400 people were screened, with 150 fulfilling the inclusion criteria of a BMI > 30 and no contraindications to weight loss or physical activity.



2 Deliver service

Participants were given access to a web / mobile evidence based digital structured education programme targeting weight loss and physical activity over a 6 month period. Digital education was accompanied by up to 10 brief (<10min) phone coaching sessions.



3 Gather results

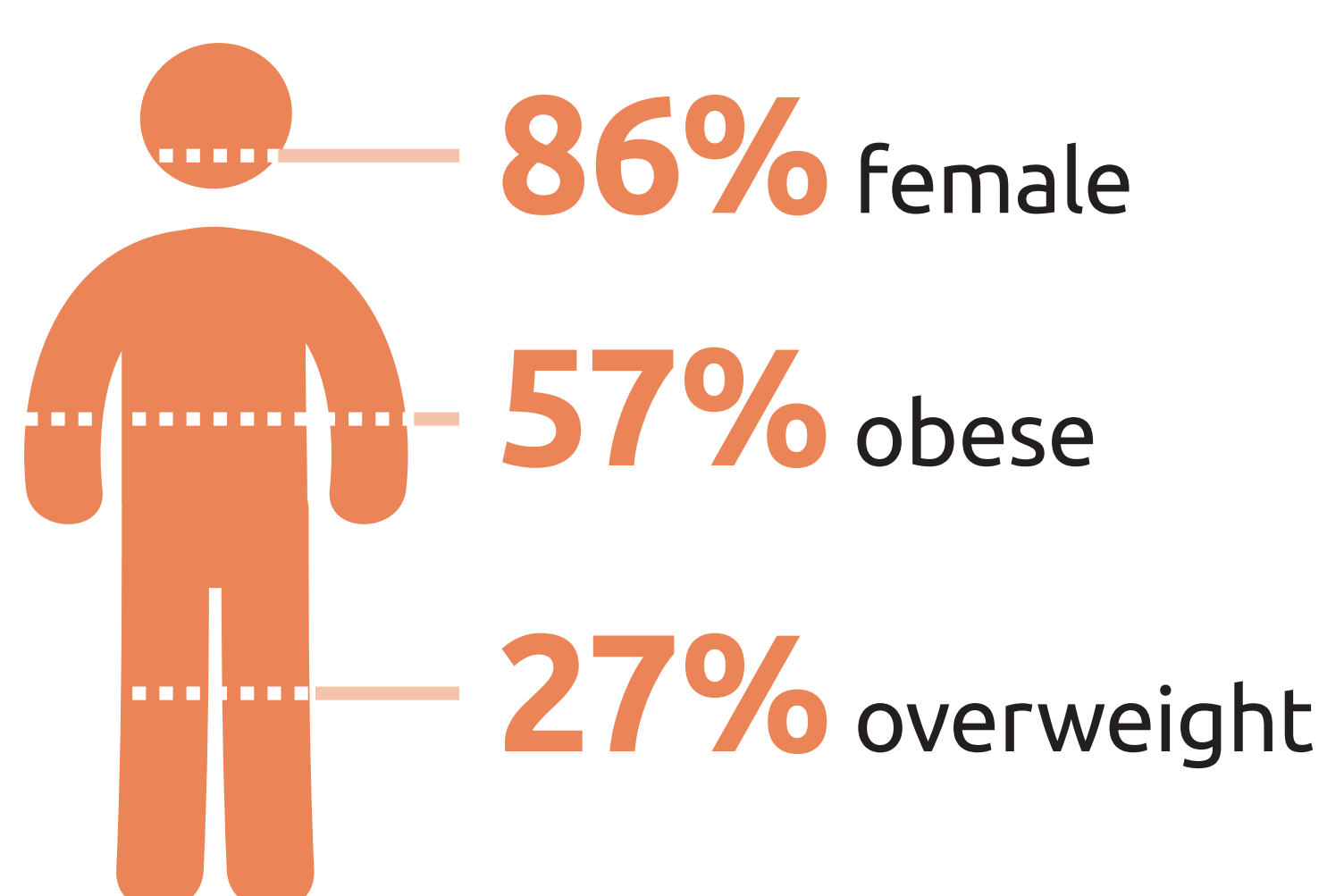
Weight and physical activity were recorded on Changing Health's digital platform and participants completed online surveys at baseline, and months 1, 2, 3 and 6 to report their current weight and changes in diet and physical activity.



Results

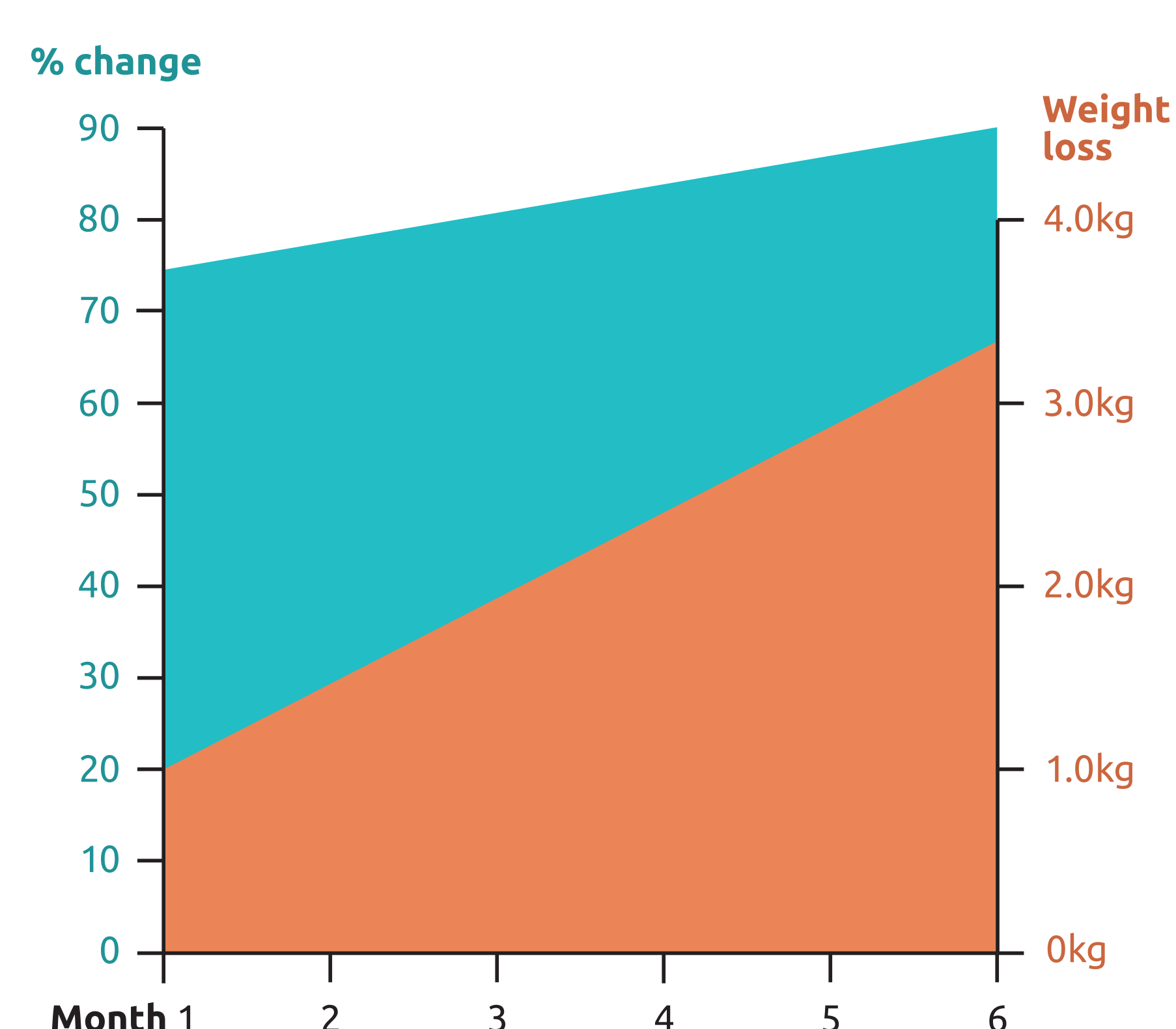
Demographics

Of 50 eligible participants:



and the average age was **60**

Change over 6 months



90% (n=53) reported an improvement in diet

36% achieved clinically significant 6% reduction in body weight

3.3kg average weight loss

Empowerment



87% of patients said their lifestyle coach was empowering



81% felt confident they'd achieve their health goals



79% were satisfied with their programme experience

Conclusion

The successful results help illustrate how digital structured education and behaviour change tools, accompanied by one to one coaching, can empower overweight individuals to reduce their risk factors for Type 2 diabetes, providing a scalable solution to the challenges facing the NHS.