

Digital education and behaviour change programme empowers patients with Type 2 diabetes in Waltham Forest, London to achieve weight loss and HbA1c reduction

Background

The borough of Waltham Forest has one of the highest Type 2 diabetes prevalences in London, with around 10% of the population estimated to be living with the condition. Current trends nationally suggest a c.47% increase in Type 2 diabetes diagnoses by 2035-36. If this trend is replicated in Waltham Forest, more than 23,000 people in the borough will be living with Type 2 diabetes in 16 years' time.

Objectives

Waltham Forest is committed to providing its patients with Type 2 diabetes support to help them better self-manage their condition. They commissioned Changing Health to provide evidence based digital diabetes education and personalised lifestyle coaching to help patients lose weight and improve glycaemic control through self-management.

Method

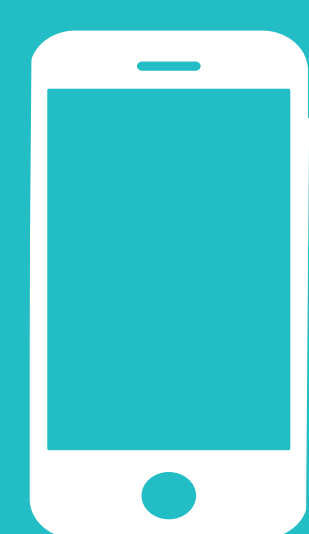
1 Find patients

Patients with Type 2 diabetes were referred to Changing Health's diabetes management programme by their GPs in Waltham Forest CCG between October 2017 and August 2018 (n=17).



2 Service delivery

Service users were supported by a structured education programme targeting diet and physical activity over a 12 month period. Digital education and behavioural tools were supported by up to ten brief coaching telephone coaching sessions (<10 mins).



3 Gather results

Patient reported outcome measures (PROMs) of glycaemic control (HbA1c) and weight were evaluated in September 2018.

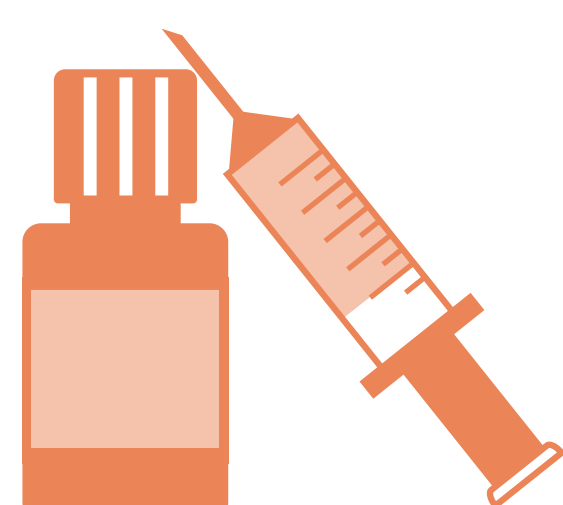


Results



5.7kg

average self-reported weight reduction from baseline



22.3mmol/mol

average self-reported reduction in HbA1c from baseline



Janice
Achieved remission within 5 months

Remission user story

In some cases this resulted in diabetes remission. **Janice (left)** began the programme with baseline HbA1c and weight of 89 mmol/mol and 107kg respectively. She reduced her HbA1c to 42 mmol/mol at 6 months - below the threshold for Type 2 diabetes - and achieved weight loss of 18kg.

Conclusion

This case study illustrates that digital diabetes education and personalised lifestyle coaching can empower patients in Waltham Forest to achieve substantial weight loss and improved glycaemic control, and can lead to remission.

The data suggest that, delivered at scale, this solution could significantly improve diabetes clinical outcomes across the UK, mitigating the growing burden of unhealthy lifestyle choices on health economies.