

An Equity Audit

Who is at high risk of developing Type 2 diabetes in Leeds and are they accessing the NHS Diabetes Prevention Programme?

Why this matters

To be at high risk of developing Type 2 diabetes means having a blood glucose level **above the normal range, but below the diabetic range.**

NICE recommends referral to an intensive lifestyle behaviour change programme. In Leeds this is **The Healthier You NHS Diabetes Prevention Programme (NDPP).**

Who is most at risk?

46,250

people in Leeds are at **high risk of Type 2 diabetes**; this equals **6.4%** of the population

Deprivation

- **Highest rates** of risk in the **most deprived communities**

Ethnicity

- **Highest prevalence** is in **Black communities - 8%**

Age

- **Risk increases with age**
- Highest prevalence in **70-79 year olds (19%)**
- People **over 50** account for **82% of the high risk population**

Priority Populations

People living with **serious mental illness** have **double the Leeds average risk** and people with **learning disability** have a **greater risk and prevalence of high risk of diabetes** compared with the Leeds average

Gestational Diabetes Mellitus (GDM)

- Affects approximately **12% of births in Leeds**
- **4,963** people with history of GDM
- **Higher prevalence** in most deprived areas and **Asian and Black communities**



Inequalities in Access to NDPP

NDPP eligibility

- **Only 42%** of high risk individuals are **eligible for NDPP**
- **60%** of eligible people **not offered NDPP**
- **Offer rates vary widely**, ranging from **14% - 78%** across PCNs

Who gets offered NDPP?

- People in more **deprived areas** and **Black and Asian communities** are offered more
- Many people at **greater risk** of developing Type 2 diabetes for example, people **over 50**, people who **smoke** or people with **history of GDM** have very low referrals into the NDPP

Acceptance

- Most **deprived communities** more **likely** to accept NDPP
- White population **most likely to decline** NDPP referrals

Completion of NDPP

- Leeds completion rate is **45%** and **lower than national average**
- **Most deprived is 32% vs 59%** least deprived
- **Black and Asian - 30% vs White 52%**
- **Those at highest risk** are **least likely to complete programme**



NDPP outcomes

Does it work?

Data suggests a reduction in risk if NDPP is complete

Priority Actions

- Identify high risk people earlier
- Understand why 58% are not eligible
- Understand and address barriers to access and completion
- Seek workforce and patient feedback to improve referrals access and delivery of NDPP
- Tailor NDPP delivery to specific communities
- Improve referrals for over 50's, smokers and people with GDM history
- Strengthen support for Black and Asian participants to encourage completion
- Raise awareness through targeted community based partnerships
- Review the NDPP evidence base comparing Leeds outcomes to national data

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With thanks to colleagues working in partnership together to the production of this document, offering data collection, guidance and expertise.

The full equity audit is available via hanna.kaye@leeds.gov.uk