

Obesity and Prevention & Early Intervention for type 2 Diabetes (T2DM) Update November 2023

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The Situation

Key Drivers for action:

- Obesity in children is rising in the poorest communities and is present at an early age
- Food insecurity is at a critical level & presents a challenge to a healthy diet
- Over 2/3rds of adults in GGC are overweight and or obese
- There are between 100-150 new diagnoses of T2DM every week in GGC

What can make a difference?

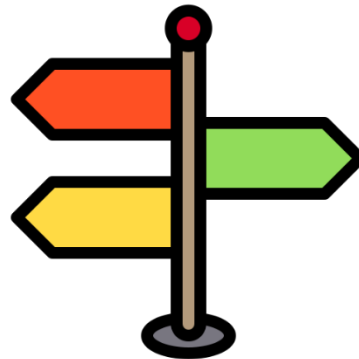
Children

- The HENRY approach is having a significant effect in reducing childhood overweight & obesity in Leeds

Adults

- Reducing population overweight and obesity through effective weight management services and supportive lifestyle interventions

The interventions above are at local NHS GGC Board level and are effective as part of a larger programme of activity at national level to address obesogenic environments, e.g. advertising, out of home eating, food pricing etc.



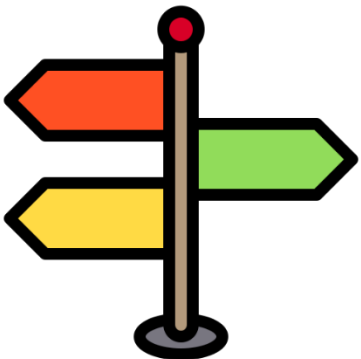
What is the impact for children and families?

Core Offer to all families GGC

- One year membership of local food pantry with 12 free shops
- 6 Flat pack main meals every week
- Free fruit & Veg (Alexandra Rose)
- Referral to community food & cookery activities

Wraparound support (variable by HSCP)

- Energy advice and assistance
- Benefit maximisation
- Local physical activity activities for families



Case Study A (3D Drumchapel):

Following referral to Thrive under 5:

- Budgeting support and assistance with access to healthy food (recipe pack delivery, funded access to Community Pantry, vouchers for kitchen utensils)
- Assistance to negotiate with energy supplier; fuel voucher issued (£49)
- Now successfully in receipt of benefits totalling more than £15,000

What does success look like for adults?



Positive outcomes

5479

= Number of referrals to GGC Adult Weight Management Service
(April – end Sept 23)

Of those referred to tier 2 CWMS, **over 80%** opt-in to the service

Of those who opt in to the service, **70% complete** the 12 week programme

Of those completing the programme, **67% lose 5% of their weight**

Priority Actions to Address the Impact of Obesity

Workstream	Achievements to Date	Next Steps
Universal delivery of HENRY programme to all families with pre-5 children.	<ul style="list-style-type: none"> • Training for Trainers to enable commissioning of HENRY Families Growing UP programmes 	<ul style="list-style-type: none"> • HV workforce training completed • Commission pilot groupwork support for vulnerable families
Delivery of Weigh to Go for adolescents	<ul style="list-style-type: none"> • Your Body Matters education resources re-launched • Engagement with Youth Health Service to develop and promote access to services 	<ul style="list-style-type: none"> • Marketing and comms plan for W2G
Development of robust Community food Networks	<ul style="list-style-type: none"> • Delivery of community cooking and food literacy sessions 	<ul style="list-style-type: none"> • Work with national food pantry network to increase pantries in SIMD 1&2
Provision of weight management services at appropriate size and scale to impact at population level & address clinical need	<ul style="list-style-type: none"> • Multi-supplier framework commenced in April 2023 (increasing volume of in-person community based coverage) • Referral rates higher than pre-pandemic levels (2230 in Q1 23/24 compared to 1877 in Q4 22/23) 	<ul style="list-style-type: none"> • Ongoing promotion of referral pathways and improved processes
Early intervention education & weight management interventions to newly diagnosed T2DM patients or Gestational Diabetes	<ul style="list-style-type: none"> • A programme to train and support a cohort of T2DM community champions within Black/ Minority Ethnic populations • Delivery of GDM screening in mat services to meet national target • Delivery of post-natal pathway for women who are overweight & had GDM diagnosis 	<ul style="list-style-type: none"> • Implementation of follow up invitations for T2DM patients who decline education at diagnosis in development • Primary care engagement work to support consistent messaging and signposting

Routine Reporting: Board Assurance Framework

Key measures:

- Proportion of a children with a healthy weight at Primary One
- Number of newly diagnosed Type 2 Diabetes patients
- Number of overall referrals to adult weight management services
- Of those who were referred, proportion who a) engage and b) complete with 5% weight loss
- Further breakdown of referrals, engagement and completion rates for target populations (Type 2 Diabetes, gestational diabetes, BME patients)

For further info on GGC programmes:

Weight Management Referral Hub 0141 211 3379
WeightManagement.HealthRecords@ggc.scot.nhs.uk



Patients can find us on NHS Inform:

The screenshot shows the NHS Inform website interface. At the top, there is a search bar and navigation links for 'Illnesses and conditions', 'Symptoms and self-help', 'Tests and treatments', 'Healthy living', and 'Care, support and rights'. Below this, the breadcrumb trail reads 'Home > Scotland's Service Directory > Health and wellbeing services'. The main heading is 'Glasgow and Clyde Weight Management Service'. There are two buttons: 'Back To List' and 'Report Listing'. The text below describes the service: 'Glasgow and Clyde Weight Management Services target people with existing health conditions that will be improved by losing weight. Individuals with diabetes, heart disease or who have previously had a stroke and have a BMI of >30 can self refer to the weight management service.' Under the heading 'Services Offered', there is a list with one item: 'Weight Management'.



Weigh to Go Referral Hub: 0141 451 2727
[Glasgow City Youth Health Service - NHSGGC](#)

Type 2 Diabetes Hub 0141 531 8901
ggc.type2diabeteshub@ggc.scot.nhs.uk
www.nhsggc.scot/t2diabeteshub

Home Hospitals And Services > Your Health > Staff and Recruitment > About Us > Contact Us >



Type 2 Diabetes Hub

In our Type 2 Diabetes Hub we hope you will find links to all the information and help you need if:

- You or someone you care for has Type 2 Diabetes and are looking for support
- You want to know if you're at risk of Type 2 Diabetes
- You have been diagnosed with Prediabetes or Gestational Diabetes
- You're interested in learning more about Type 2 Diabetes

Use the sections below to navigate through our hub and if you have questions about any of our services use the 'Contact Us' option to get in touch.

What is Type 2 Diabetes?	▼
Am I at risk of Type 2 Diabetes? / I have Prediabetes	▼
I have Type 2 Diabetes	▼
I have Gestational Diabetes	▼
Success Stories	▼
Contact Us	▼