

CLAHRC BITES

PREVENTING TYPE 2 DIABETES

Impaired Glucose Tolerance (IGT) Care Call



GM CLAHRC worked collaboratively with NHS Salford to develop a telephone-based, lifestyle intervention programme for people already diagnosed with IGT.

Care Call helped 91% of participants improve their lifestyle, their diet and daily exercise routines - reducing their risk of developing type 2 diabetes. *///*

52% of participants reverted to both normal fasting glucose levels and normal levels in an oral glucose tolerance test because they were able to manage their condition by making lifestyle changes.

78% of participants had confirmed weight loss at the end of the project - an average of 4.8kg per person.

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People with diabetes are five times more likely to develop cardiovascular disease, suffer a stroke and are at more risk of premature death than those without the disease.

GM CLAHRC worked with seven GP practices to provide a structured six month programme of proactive educational support, offering lifestyle advice from a dedicated health advisor over the phone.

The health care advisor motivated people to make positive lifestyle and behaviour changes to delay or prevent the onset of type 2 diabetes.

The Collaboration for Leadership in Applied Health Research and Care (CLAHRC) is a partnership between the University of Manchester and the NHS in Greater Manchester.

Funded by the National Institute for Health Research, our mission is to undertake high quality applied health research focused on the needs of patients to improve health services across Greater Manchester.



FACT

Evidence from randomised control trials has demonstrated that intensive lifestyle interventions can reduce the risk of developing type 2 diabetes by up to 58% for people with IGT.

IGT Care Call is a highly accessible, cost effective approach to preventing type 2 diabetes.

The NIHR CLAHRC for Greater Manchester is a collaboration of Greater Manchester NHS Trusts and the University of Manchester and is part of the National Institute for Health Research W: clahrc-gm.nihr.ac.uk E: clahrc@srft.nhs.uk

For more information please visit clahrc-gm.nihr.ac.uk/resources/igt-care-call

The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health