

# CLAHRC BITES

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## PREVENTING TYPE 2 DIABETES

### Impaired Glucose Tolerance (IGT) Health Trainer

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GM CLAHRC worked collaboratively with NHS Bolton over a six month period to offer patients diagnosed with IGT lifestyle support and a personalised health plan from a health trainer.

After the initial six months of support patients' weight, waist circumference and blood pressure improved significantly. 

70% of participants lost weight with an average weight loss of 4.75kg (5.1% reduction of initial body weight).

65% of participants showed a reduction of glucose levels in their repeat two hour oral glucose tolerance test.

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

Patients were encouraged to make changes to their diet and exercise routine through phone calls and regular meetings with the health trainer.

After a successful three month pilot by one GP practice in Bolton, the pathway was rolled out to cover additional NHS Bolton GP practices. Since 2011, we have also supported GPs in NHS Ashton, Leigh and Wigan to offer a similar service to patients with IGT.

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.



# RECOMMENDATION

Offering people with IGT the support of a Health Trainer is a feasible and effective way of supporting people at risk of developing type 2 diabetes. This project also helped to reduce the burden of rising numbers of diabetes cases - saving the NHS money in funding further treatment for patients.

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](http://clahrc-gm.nihr.ac.uk) E: [clahrc@srft.nhs.uk](mailto:clahrc@srft.nhs.uk)

For more information please visit [clahrc-gm.nihr.ac.uk/resources/igt-health-trainer/](http://clahrc-gm.nihr.ac.uk/resources/igt-health-trainer/)