

CLAHRC BITE

A summary of a piece of NIHR CLAHRC East Midlands research | Brokering Innovation Through Evidence

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Walking Away from Diabetes



Improving exercise rates is a cost effective way of helping people at high risk of type 2 diabetes reduce their risk

Who needs to know?

Primary Care teams.

What have we found?

- 20 - 30 minutes of walking a day can reduce the risk of Type 2 Diabetes (T2DM)
- It is relatively low cost, at £30 per patient.
- It supports the NHS Health Checks Programme.

“Healthier living
for longer”

Findings and implications

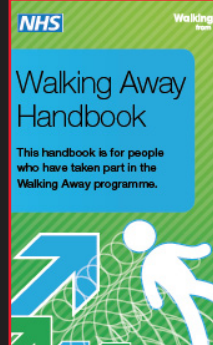
Type 2 Diabetes (T2DM) has been shown to be preventable through lifestyle changes including increased exercise¹⁻². Many proposed strategies are complex and do not translate well into routine clinical practice. There was a lack of evidence to support diabetes prevention as part of NHS Health Checks.

The Walking Away from Diabetes programme answers this need and has been taken up nationally. It is delivered in 6 national regions, 100 people have attended the programme run by 20 trained educators.

The programme was developed in collaboration with Leicester City and Leicestershire County and Rutland PCTs. University of Leicester staff and local primary care practitioners. It has influenced national and international strategies on the prevention of T2DM.

The Evidence

1. Yates T, Davies M, Gorely T, Bull F, Khunti K, 2009. Effectiveness of a pragmatic education programme aimed at promoting walking activity in individuals with impaired glucose tolerance: a randomized controlled trial. *Diabetes Care*, 32, 1404-10
2. Yates T, Daves M, Sehmi S, Gorely T, Khunti K, 2011. The Prediabetes Risk Education and Physical Activity Recommendation and Encouragement (PREPARE) programme study: Are improvements in glucose regulation sustained at two years? *Diabetic Medicine*, 28, 1268-1271



What is CLAHRC?

The National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHRC) East Midlands is a partnership between university, NHS, industry, third sector and public partners across the region.

We are one of 13 English CLAHRCs funded by the NIHR. Our mission is to undertake high quality applied research into mental health, chronic disease, care of older people and stroke survivors and the implementation of evidence to improve services and patient care across the region, and achieve "Healthier living for longer".

This is a summary of a piece of CLAHRC research. The BITE (Brokering Innovation Through Evidence) series is designed to make research more available to clinicians and patients.

Our website

www.clahrc-em.nihr.ac.uk

Contact us

clahrc@nottingham.ac.uk

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