



A Report of the Outcome of the Walking Away Course Oadby and Wigston Locality

*East Leicestershire and Rutland
Clinical
Commissioning
Group*



**Walking Away
from Diabetes**

Executive summary:

Walking Away from Diabetes is a 3.5 hour structured education programme aimed at people who are at risk of diabetes. Oadby / Wigston commissioned a pilot to be undertaken with patients being identified at practice level following NHS vascular checks. These patients were sent a letter from the surgery inviting them to contact a central coordinator to book directly onto a course. Over 300 patients have completed the course thus far and this report provides details of outcomes for the first cohort of patients (n=69).

Patients were invited to attend a local course with provision of courses in Oadby and Wigston on a weekly basis. A focus group was conducted 4 months into the pilot to evaluate people's responses to the course itself and to understand more readily if people had made changes as a result of taking up the course.

At 6 months post course the first 69 participants were telephoned to self-report on step count following the course.

There was a significant ($p < 0.001$) increase in walking activity of 1250 steps /day from baseline to follow up when looking at average results across the 69 individuals.

This difference translates to around a 5-6% reduction in the risk of a cardiovascular event

53 individuals who increased their walking activity by 20 minutes per day have reduced their risk of developing type 2 diabetes by 50-60%

This report contains the outcome data from the focus group conducted, as well as the evaluations following each course

Walking Away from Diabetes

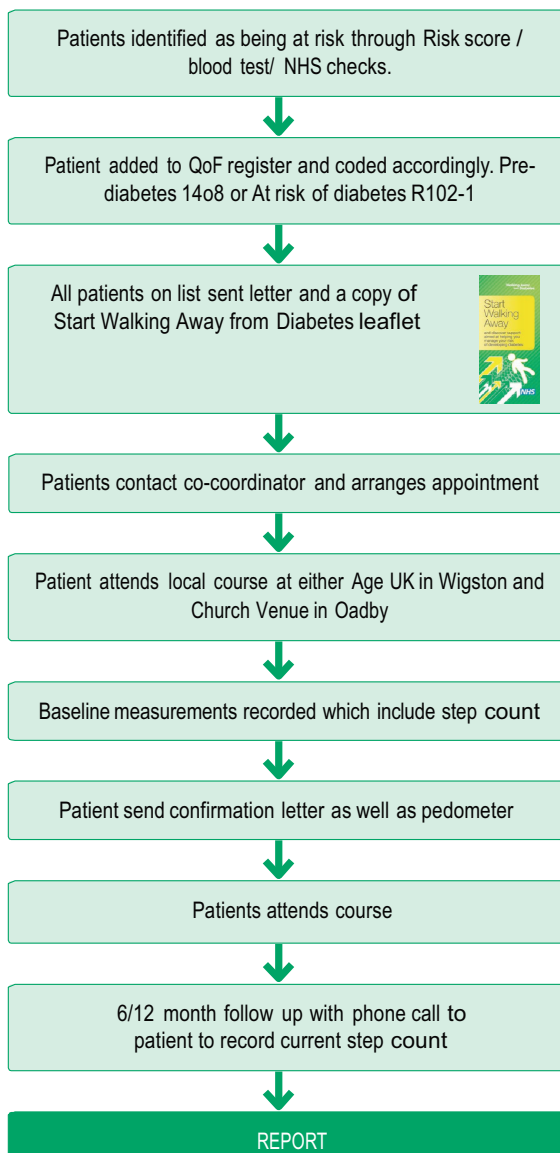
- For those at risk of developing Type 2 diabetes
- 3 hours of structured self management education
- Delivered by 2 trained Educators
- In groups of up to 10 participants who may wish to bring a partner/friend with them
- Supported by specially designed resources
- Deliverable in community venues

Content includes:

- Thoughts and feelings of the participants
- Understanding more about diabetes and blood glucose
- How being at risk can affect long-term health
- Understanding what factors contribute to being at risk of diabetes and cardiovascular disease
- Reducing risk:
 - Physical activity
 - Healthy eating
- Planning for the future



Referral Pathway for Patients:



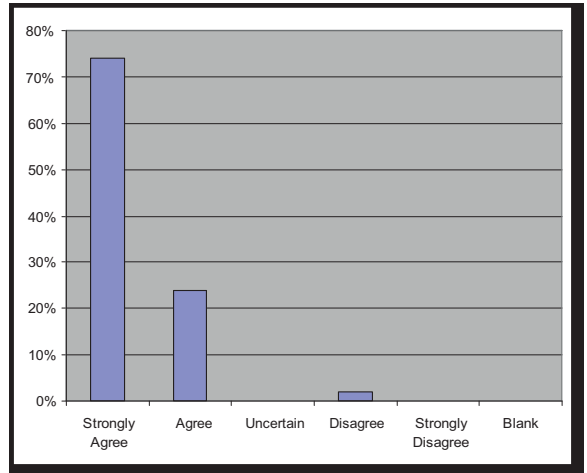
Report formulated on outcomes to include:

- Patient satisfaction
- Step count improvements
- Focus group on overall experience conducted and transcribed
- Statistical analysis of available biomedical outcomes

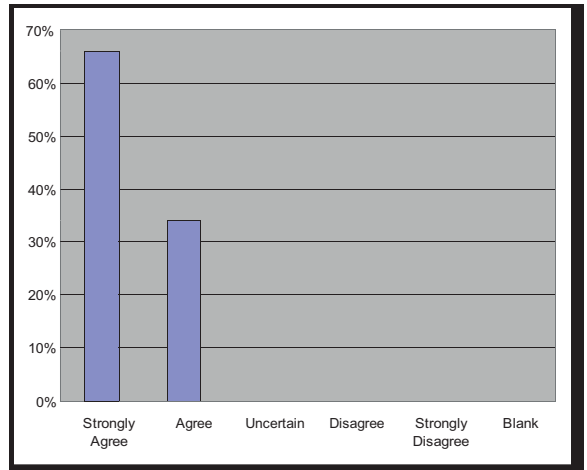
Patient Experience of the Course Oadby Church of Immaculate Conception: June – Sept 2013

(69 Evaluation forms complete)

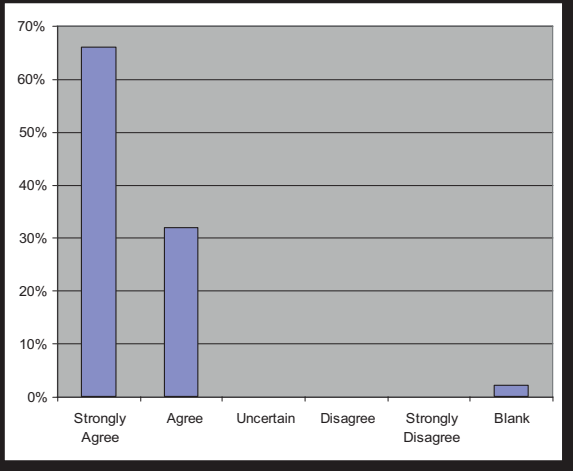
Q1. I was able to get to Walking
Away Programme easily



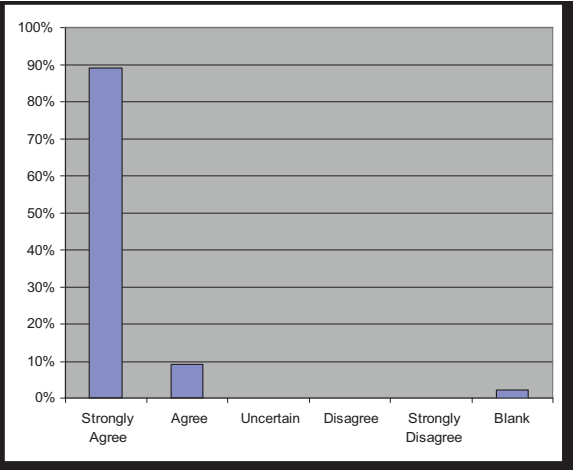
Q2. I felt I was able to keep up with all
the information that was given.



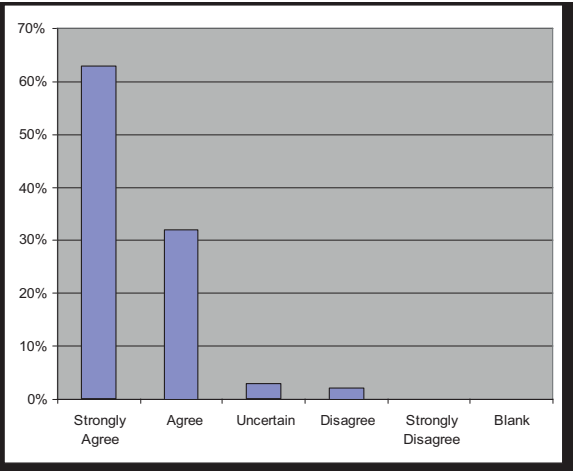
Q3. I was clear about the key messages that were given.



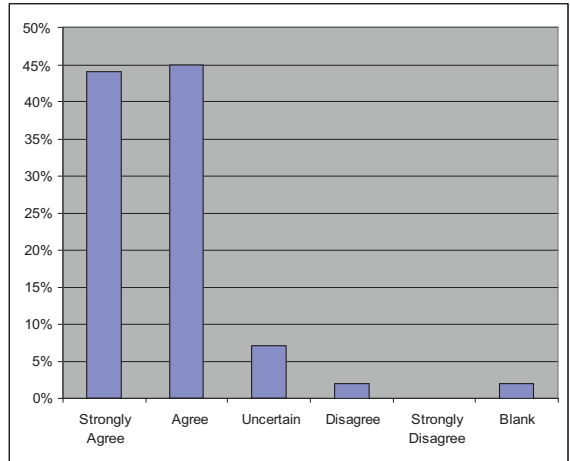
Q4. The Educators seemed warm and friendly to me.



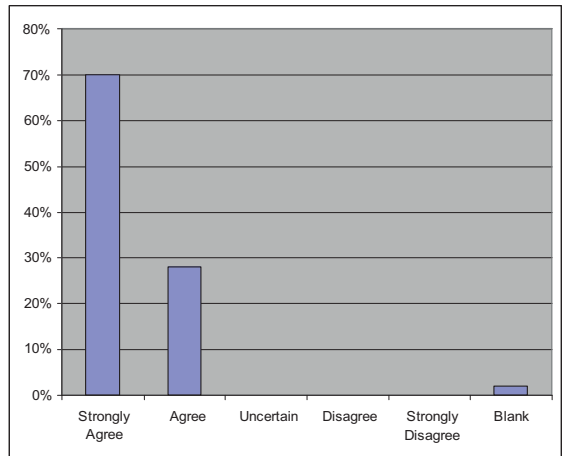
Q8. The Walking Away course has relieved my worries about my risk.



Q9. I expect it will be easy to me to make the sort of changes I learnt about on the Walking Away course



Q10. Making the sort of changes I learnt about on the Walking Away course will be worth the trouble it will take.



Patient comments: Oadby

“When I went I was not sure what I am going for, Walking Away course gave me encouragement, Confidence and motivation to be healthy, to keep fit and fight with Diabetes, and I definitely learnt lots, Thank you for the course”

“An informative and worthwhile course which will act as a timely prompt to take suitable action and activity to maintain my health”

“I enjoyed the course and found it beneficial

Extremely friendly knowledgeable trainers - Excellent Thank you”

“A very valuable opportunity to learn and share, I feel it is crucial and should be made available widely and also more information to prevent ever becoming at risk”

“I learnt a lot about this and could be able to start making a change in my daily routine”

“I realise it does not take to much extra effort to incorporate more activity into my life very informative”

“Informative Guidance, awareness of things to consider and to focus on ways to help yourself“

“Group session great idea, learn more from others”

“I felt at ease and welcomed allayed lots of myths and replaced with fact”

“Certainly made me aware of my inadequacies regarding personal activity”

“It as given me more confidence to do exercise and other things”

“Thank you for the course it eased a lot of my anxieties, hopefully I will be able to prevent the onset of diabetes”

“I really enjoyed the session, very informative and practical. I recommend to my family and friends to attend these sessions”

“Very useful information on fat content in foods and good and bad cholesterol learnt how body functions (affects onset of Diabetes). Good advise on how to reduce risk of Diabetes”

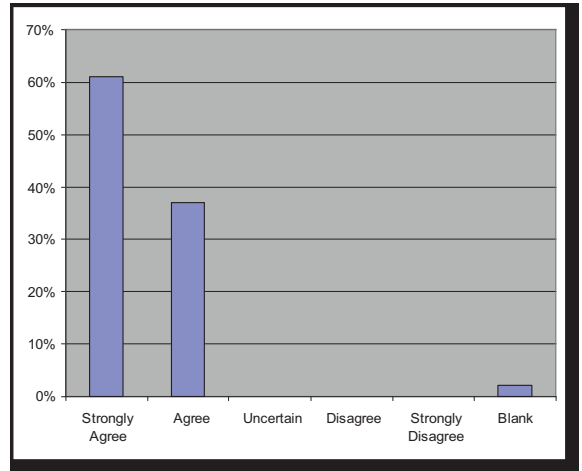
“I was unaware of many of the matters raised and it should help me to prevent the move towards type 2 Diabetes. It is clear that diet and activity changes are the key to success and the message was clearly presented”

“I thought the course was accessible to variety of levels of prior understanding. I found it helpful to talk to other people who were surprised by their blood sugar results, I was reassured that changes I am making should help”

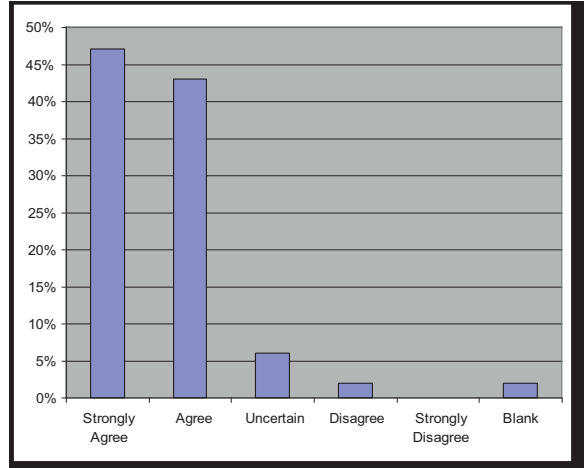
Patient Experience of the Course
 Wigston - Age UK:
 June – Sept 2013

(69 Evaluation forms completed)

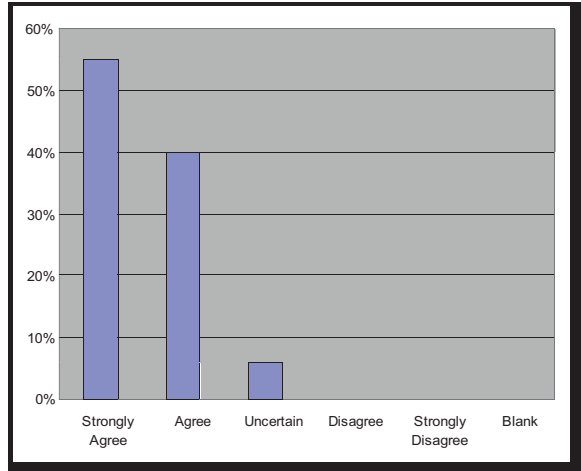
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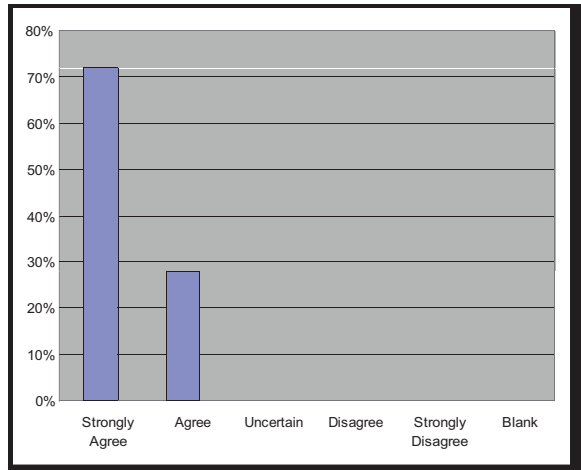
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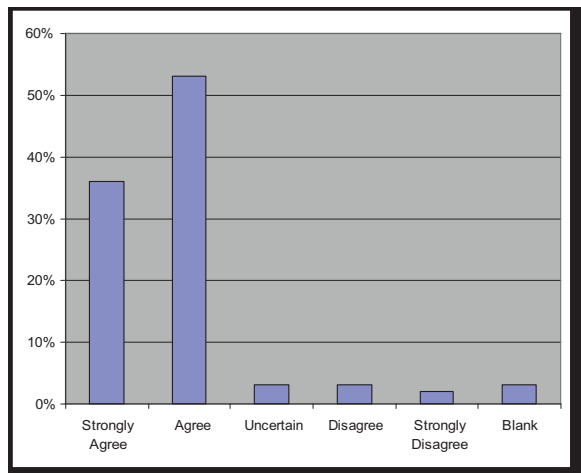
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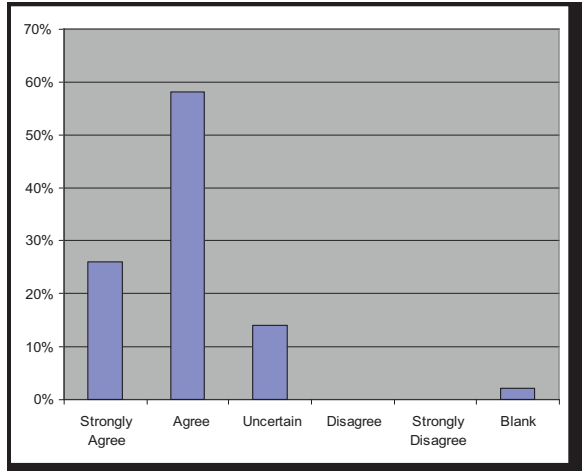
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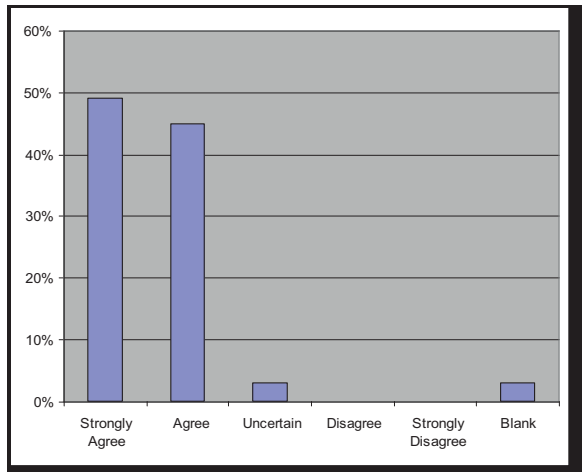
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Patient comments: Wigston

“The course was well prepared and presented. It covered any queries anyone my have had, I am going away better prepared and able to avoid developing this disease, I will be watching my diet and exercise more carefully”

“It was thoroughly enjoyable and an eye opener, It made me realise that I need to spend more time and attention to my life style if I want to avoid Diabetes”

“It certainly made me stop and think”

“I have had all my questions answered and am pleased I was given the opportunity to attend”

“Excellent course”

“I didn't know I was at risk before I came to this meeting but I will take what I have learnt on board, Thank you very much”

“Informative in practical ways, Great”

“Well presented in a clear manner, found it extremely useful and would recommend it to others”

Focus Group:

A Focus Group was conducted with 16 participants who attended the Walking Away programme. They were asked a series of questions and the following is a summary responses to these:

Can you tell me about how you found out that you were 'at risk'?

- I had a letter from my GP
- Doctor gave me a test
- I had a letter from the surgery and I was asked to see my nurse
- I had a long time whilst they were doing tests because I was considered to be borderline diabetic

When you were told you were 'at risk', what did it mean to you?

- Surprise
- Shock
- Frightened
- I actually didn't discover I was at risk until I attended the Walking Away meeting
- I now understand more

When you found out you were 'at risk', how did you feel?

- Frightened but I also knew that I had the opportunity of turning things round

The Walking Away programme itself – tell me a little bit about it

- It was really, really good
- It gives you a balance of information
- It gives you really clear advice
- It's also quite hard-hitting in that you have to do something about it

What made you want to come to the course?

- I wanted to gather some information
- I wanted to really start making a difference in terms of my life
- When you get to see a doctor, you don't actually have much time but on this course it feels like you are given all the time in the world.
- It's nice to meet people in a similar situation so you are not alone with it
- After the course, I went home and I shared this information.
- There is very little information about diabetes, in fact a lot of people still carry myths about the disease

What did you hope to get out of the programme?

- I currently have a gluten-free and a dairy-free diet so I didn't really want diabetes too
- I have subsequently lost over a stone in weight and feel so much better
- I really wanted to make a difference to my health
- I wanted to go along and see, I was a little bit curious about the whole thing

What did you like best about the course?

- The information, how it was portrayed, how it was put across, how it affects you
- The simple cartoons helped
- The emphasis on exercise was very clear
- I think that it needed more on diet, but that was just a personal interpretation
- The more simple language they use, the better, because if people don't understand, then they really start losing interest
- There were hard-hitting messages in there as well which seemed to help
- The whole idea of the exercise tasks adding up in 10 minute chunks made a really big difference

What didn't work so well?

- The pedometer – it only worked for a whole day
- It's very difficult to balance between providing pedometers at £15.00 per person versus a cheaper pedometer that potentially could go wrong, but you get to know in your heart as to what you can achieve and you aim then to improve beyond that

What other things would you like to say about this to encourage other people coming on board?

- Try and keep people more aware of the whole problem
- I wish I'd known earlier, but I do know now which means I can turn my life around
- If other people have managed to improve themselves, then I know I can do it as well
- It won't be for me, I do not want diabetes, I do not want to store up problems for the future
- People do need to hear these messages and it might be a bit of a shock tactic, but it really does work
- I have lost a stone since starting Walking Away
- It's really been beneficial
- The GP's really do need to encourage their patients to attend
- I think there needs to be investment in this. We hear loads of things about stopping smoking etc. whereas something like this is quite practical and easy to do. It's very worthwhile
- I have really enjoyed it and I am glad I've been to it

Walking Away Results: Oadby and Wigston

- **Baseline and follow-up data for the first 69 people through the course**
- **The was a significant ($p < 0.001$) increase in walking activity of 1250 steps/day from baseline to follow-up when looking at average results for all 69 individuals**
- **This equates to around an extra 12.5 minutes of walking activity per day**
- **Difference translates to around a 5-6% reduction in the risk of having a cardiovascular event¹**
- **53 individuals (77%) increased their activity over baseline. In these 53 individuals:**
 - > The average increase in walking activity was 1780 steps/day, equivalent to around 20 extra minutes of walking activity per day.
 - > This level of difference has been associated with a 50-60% reduction in the risk of developing type 2 diabetes and a 7-9% reduction in the risk of having a CVD event¹⁻³

1. Yates T, Haffner S, Schulte P, Thomas L, Huffman K, Bales C, Califf RM, Holman RR, McMurray JJ, Bethel A, Tuomilehto J, Davies MJ, Kraus WE, 2013. Association between change in daily ambulatory activity and cardiovascular events in people with impaired glucose tolerance (NAVIGATOR trial): a cohort analysis. *Lancet online first* doi:10.1016/S0140-6736(13)62061-9
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
3. 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

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