

Implementing digital type 2 diabetes management and prevention education programmes across Wales



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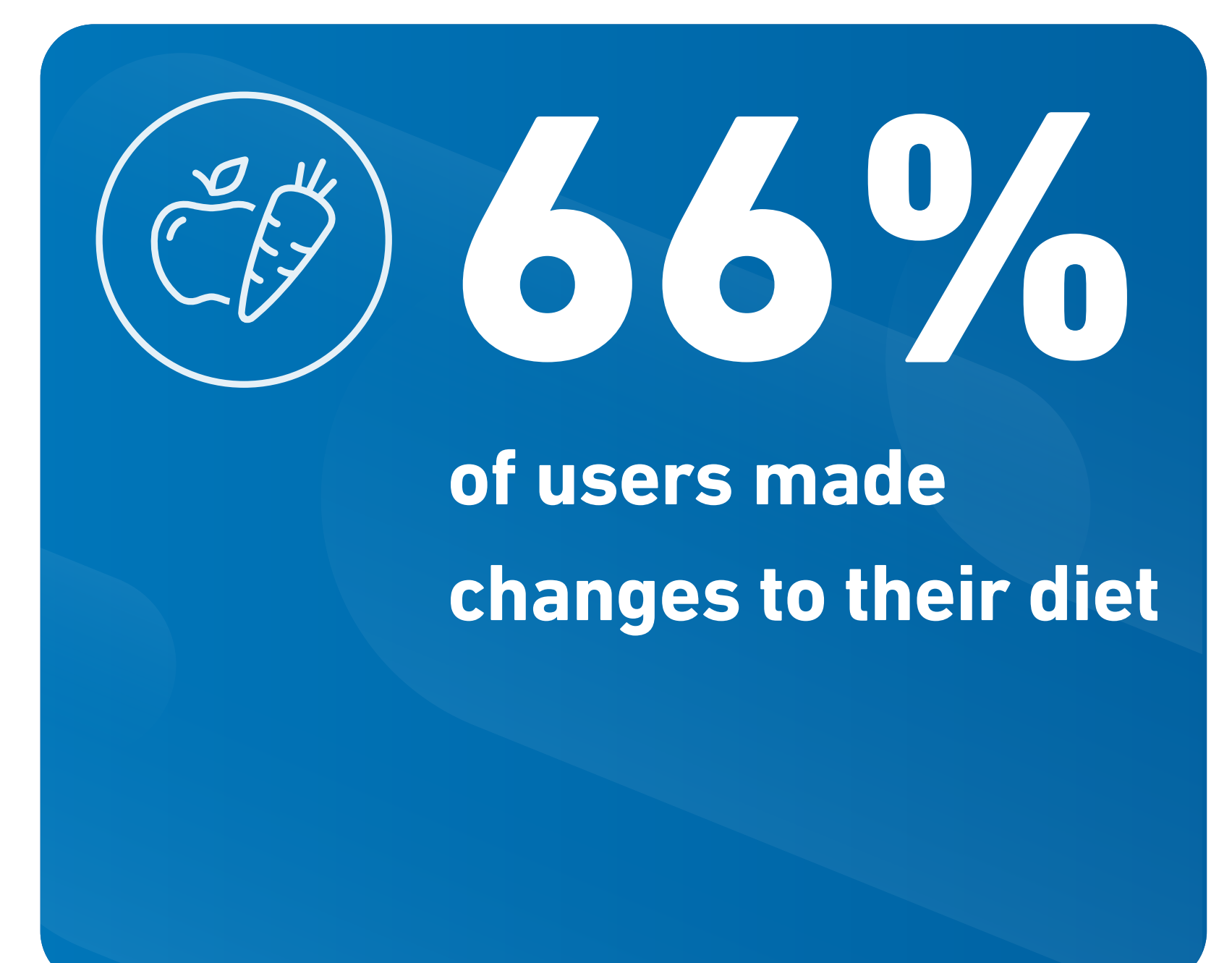
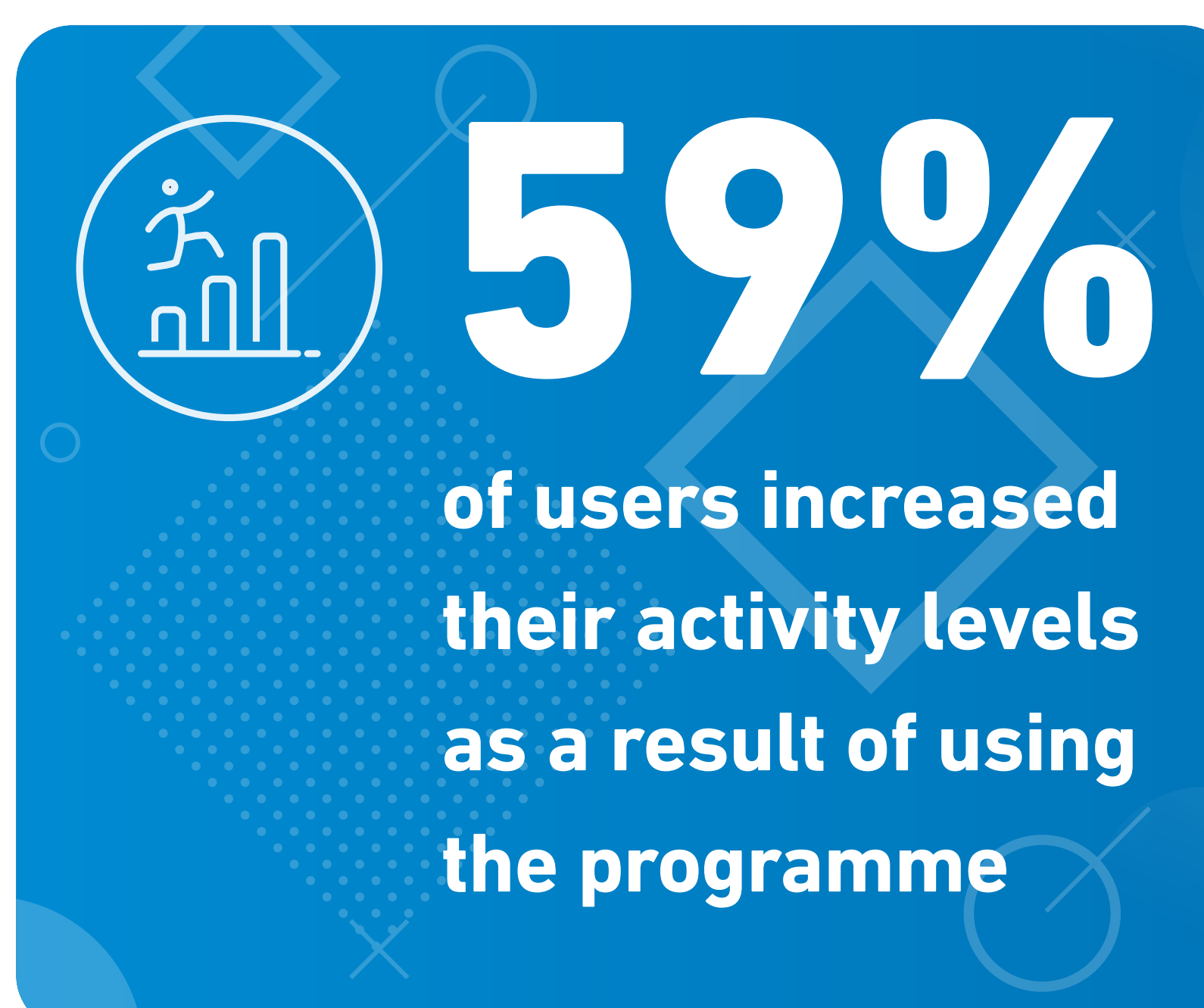
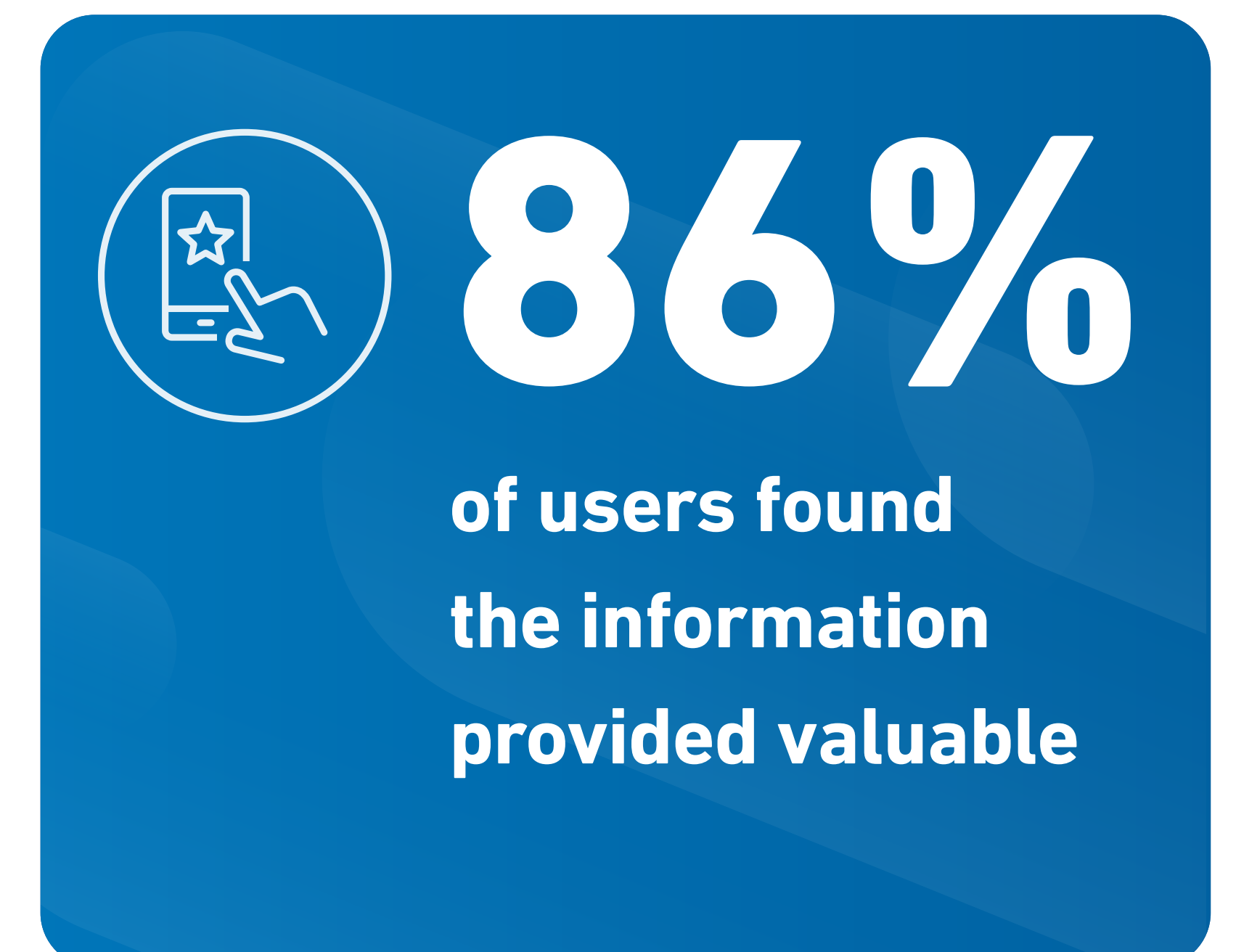
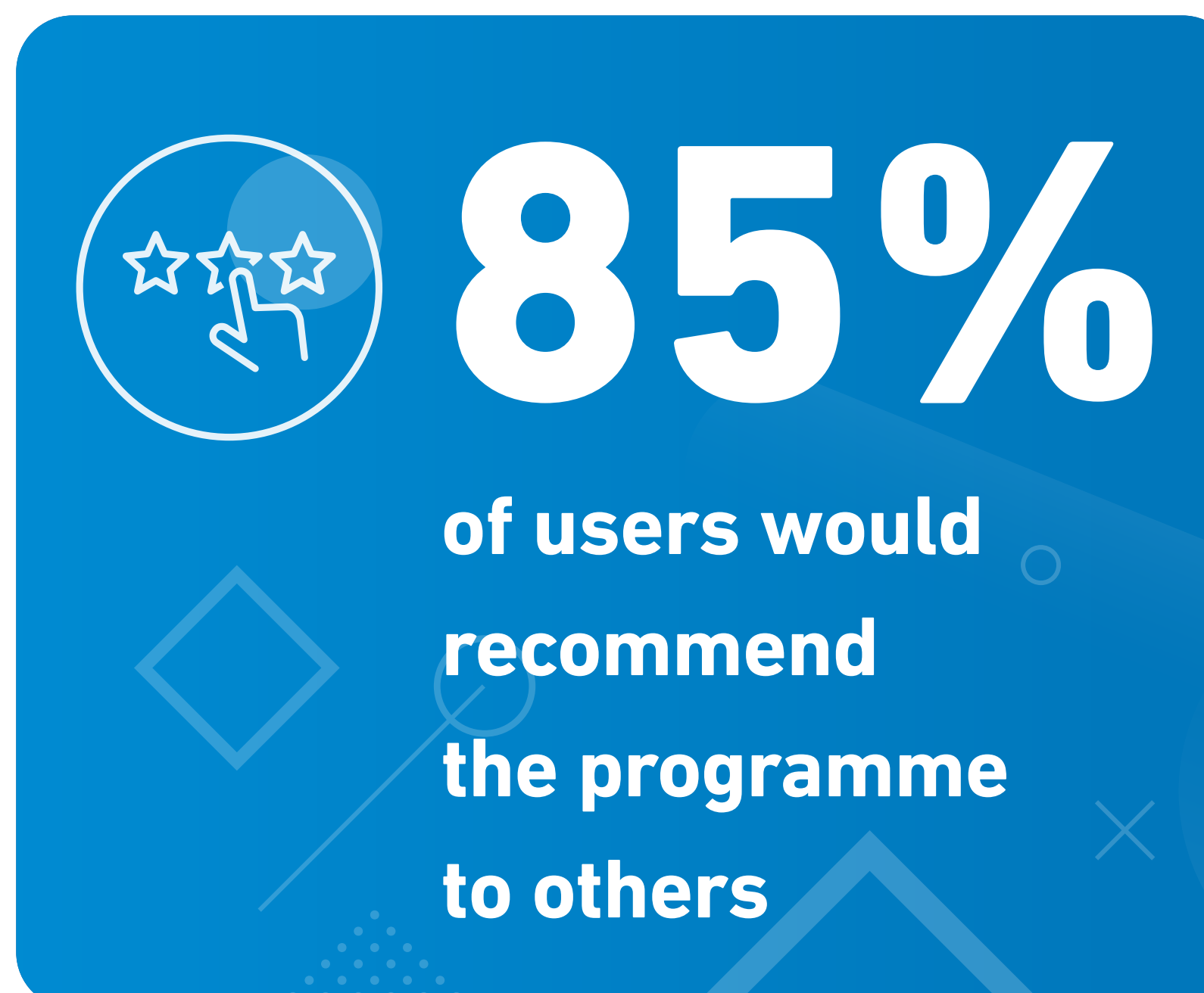
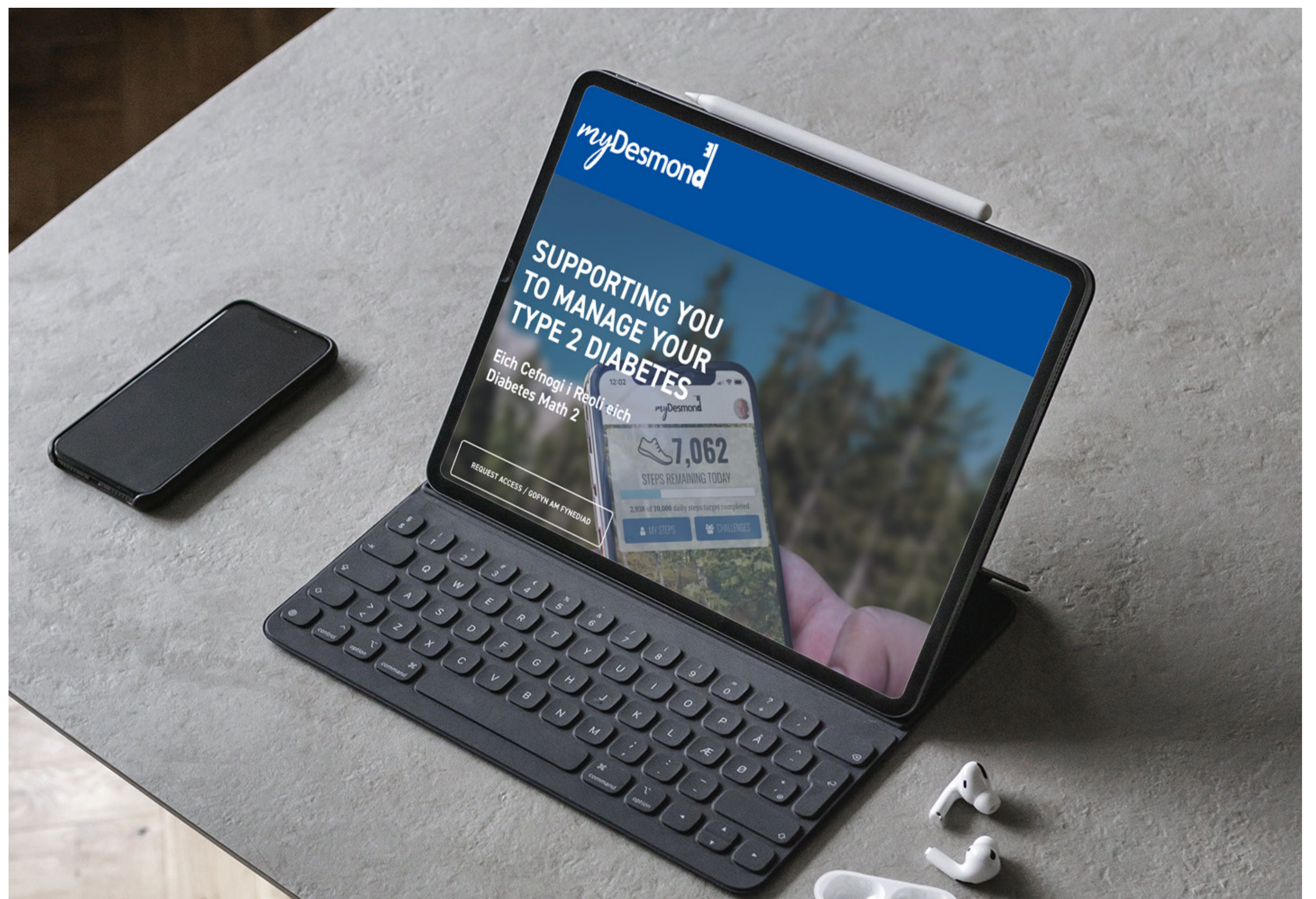
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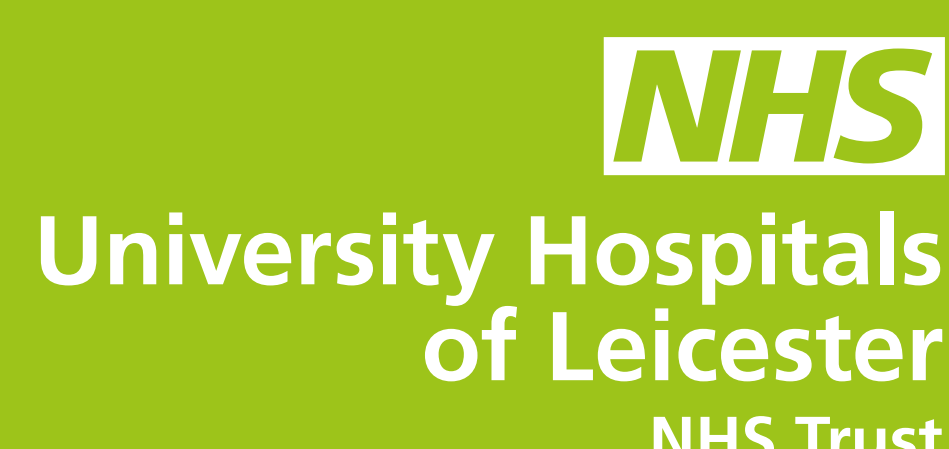
Aim: To begin the first Wales-wide implementation of a digital type 2 diabetes education programmes for people diagnosed with or identified as at risk of developing type 2 diabetes.

Method: Self-referral portals, with relevant governance, were set up to enable those eligible to request free access to their chosen programme. Programmes available are: MyDESMOND for people with type 2 diabetes (launched June 2021), Let's Prevent for anyone at risk of developing type 2 diabetes in the future (launched January 2022) and Babysteps for women who had gestational diabetes (GDM) in a recent pregnancy (launched January 2022). Key videos were translated into Welsh. Marketing primarily focused on health board diabetes services and GP practices with flyers, posters and animations provided across Wales. Press releases were circulated to all media outlets across Wales.

Results: Since launch 798 have requested access to MyDESMOND, 291 to Let's Prevent and 88 to Babysteps. Demographics for all programmes: 55% are female. 20% are between 18-40 years, 17% 41-50 years, 26% 51-60 years, 26% 61-70%, 10% over 71 years. 89% are White British. 85% of users would recommend the programme to others, 86% found it easy to use, 87% found the information provided valuable with 59% of users increasing their activity levels as a result of using the programme, and 66% made changes to their diet (all data correct as of October 2022).



Conclusion: Promotion of these programmes widely across Wales continues. The work so far highlights the acceptability of these programmes for people from Wales; more detailed analysis of self-reported biomedical information is underway.



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