



**National Children & Young People's
Diabetes Network**

A focus on Engagement



East Lancashire Hospitals

NHS Trust

A University Teaching Trust

ELHT's Community Champions Project

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Safe | Personal | Effective



HEALTH CHAMPIONS PROJECT



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PURPOSE & SCOPE

To provide support, information and advice to children (and their families) who have a diagnosis of pre-diabetes or Type 2 Diabetes as well as providing information to young people, families and their support networks to decelerate the numbers of young people with obesity and at the risk of becoming diabetic, through changes in behaviour and lifestyle.

A photograph of three healthcare professionals walking through a bright hospital hallway. The woman on the left is wearing a white lab coat with purple accents and dark blue scrubs. The woman in the middle is wearing a light green short-sleeved top and a light blue apron, holding a small bottle and a box. The woman on the right is wearing a white lab coat and dark blue scrubs, with a red lanyard around her neck. They are all smiling and looking at each other. A semi-transparent blue rectangular box is overlaid on the image, containing the text 'Treatment Arm'. At the bottom of the image, there are decorative wavy lines in shades of blue, green, and purple.

Treatment Arm

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Work was already underway with the patients and families in ELHT

- **New T2 Clinical Diagnosis Guideline**
- **New T2 specialist clinics**
- **New T2 resources including Digibete**
- **New T2 MDT Team**

What are we missing?

- Don't live in the community
- Don't speak the language
- Don't have the same values, barriers, beliefs around food
- Don't have the time constraints of fitting in exercise around mosque and school

Working together



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**Our knowledge
and skills
together with the
acceptance, trust
and personal
experience of the
community**

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Working together



Challenges-

1. Getting the workers to supplement our work not repeat it
2. Thinking about what this project could do which was unique- to change habits and beliefs

Challenges-

1. Information governance
2. Information governance
3. Information governance

Youth diabetes champions receiving their certificates for their engagements around promoting healthy eating and exercise.



IMO attending the International Womens Day in Blackburn, sharing information about diabetes and making healthy changes.



Prevention Arm

Coffee morning at Pleckgate, discussing type 2 diabetes, the effects on families and children and healthy swaps for Ramadan.





Training the Champions



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**Build up a network of local people,
educated and talking about change in
their community,
to alter the tide of increasing weight
and diagnosis of T2
in the local community Young people**

Results



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- 72 champions recruited and trained up
- 64,140 people reached
- 1409 increased knowledge and awareness of diabetes support
- 1053 signposted for nutrition and diet support
- Weight stabilising, HBA1c improved, more active

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APRIL 2023- MAY 2024



CHAMPIONS: 72




LOCALITIES BY WARD

PRESTON:	1555
BURNLEY:	50
BLACKBURN WITH DARWEN:	648
SOUTH RIBBLE:	2
HYNDBURN:	24
PENDLE:	2

IMPACT

TOTAL CYP SUPPORTED: 5875
 FAMILY ENGAGEMENTS: 2281
 BULK ENGAGEMENTS: 55,984
 TOTAL REACH: 64,140


CYP BREAKDOWN

 FEMALE: 2541
 MALE: 3328
 OTHER: 6



OUTCOME MEASURES

INCREASED KNOWLEDGE & AWARENESS OF DIABETES SUPPORT: 1409
 INCREASED CONNECTION TO OTHER SERVICES & SUPPORT: 1215

TOP SIGNPOSTING

 HOUSING NEEDS: 520
 HOUSING STANDARDS: 557
 NUTRITION & DIET SUPPORT: 1053
 NHS DIABETES NETWORK: 928
 FOOD BANK: 607
 CITIZENS ADVICE: 592
 DIGITAL HEALTH PASSPORT: 558
 BENEFIT SUPPORT & ADVICE: 540
 SHELTER: 641

TYPES OF ENGAGEMENT

 DROP IN SESSIONS: 644
 HOME VISITS: 856
 1:1 DIRECT SUPPORT: 559
 INFO & LEAFLETS SHARED: 1382
 SIGNPOSTED TO OTHER SERVICES: 224
 GROUP SESSIONS: 827
 TELEPHONE/TEXT/EMAIL: 124




MEASUREMENTS

The family practitioners used the TIDES assessment tool as a baseline to inform a family's 3 priorities. All families referred completed a TIDES assessment at the start and end of the intervention, which had 7 key areas with a score scale of 1 being low evidence of practice and 5 being high evidence of practice.

All engaged families saw an increase within 3 key areas: Physical Activity, Food and Nutrition and Networks of Support.



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OUTCOME IMPROVEMENTS

100% OF FAMILIES SAW AN INCREASE IN
3+ KEY AREAS

73% OF FAMILIES SCORED 3+ FOR
IMPROVED FOOD & NUTRITION

82% OF FAMILIES SCORED 4+ FOR
IMPROVED PHYSICAL ACTIVITY

100% OF FAMILIES IMPROVED FOR
FOOD & NUTRITION

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