



Public Health Reform: Ensuring a Scotland Where Everybody Thrives

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Stewart Harris

Chief Executive, sportscotland

SPORT FOR LIFE



Sport for life

sportscotland
the national agency for sport



**Healthier
Scotland**
Scottish
Government

SCOTLAND PERFORMS

A MORE ACTIVE SCOTLAND

MORE
ACTIVE

STAY
ACTIVE

PHYSICAL
CONFIDENCE &
COMPETENCE

PEOPLE
& PLACES

WELLBEING
& RESILIENCE

PARTICIPATE
PROGRESS
& ACHIEVE

PARTNERS



TIME



EXPERTISE



INVESTMENT



INFORMATION



PEOPLE



PLACES



PROFILE



CLUBS &
COMMUNITIES



SCHOOLS &
EDUCATION



PERFORMANCE
SPORT



TAKE PART
AT ALL LEVELS

WIDER OUTCOMES

OUR COMMITMENT TO INCLUSION UNDERPINS EVERYTHING WE DO

TRANSPORT

ENVIRONMENT

EDUCATION

HEALTH



Healthier
Scotland
Scottish
Government

MAKING AN IMPACT TOGETHER

Making a contribution

- **sportscotland** performance practitioners
 - Medical staff
 - Physiotherapists
 - Nutritionists
- Moving Medicine (in partnership with Health Scotland)
- Population Health (East End of Glasgow)
- SAMH partnership

Alison Diamond

*Professional Advisor, Type-2 Diabetes
Prevention, Early Detection and Early
Intervention Framework Implementation*

Public Health Priorities For Scotland

Priority 1: A Scotland where we live in vibrant, healthy and safe places and communities.

Priority 2: A Scotland where we flourish in our early years.

Priority 3: A Scotland where we have good mental wellbeing.

Priority 4: A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs.

Priority 5: A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all.

Priority 6: A Scotland where we eat well, have a healthy weight and are physically active.

Why a focus on Type 2 Diabetes Prevention?

17,000 

Every year 17,000 people are diagnosed with type 2 diabetes in Scotland.¹⁵

500,000

An estimated 500,000 people in Scotland are at high risk of developing type 2 diabetes.¹⁶

87%



of people with type 2 diabetes are above their ideal weight.¹⁷



Being overweight and obese is the most significant risk factor for developing type 2 diabetes.¹⁸



The NHS spends around 9% of its total health expenditure treating type 2 diabetes.¹⁹

50% 

Up to 50% of women diagnosed with gestational diabetes develop type 2 diabetes within 5 years of the birth of their baby.²⁰

Background of development of framework

- **SDG – Diabetes Improvement Plan 2014**
- **The Diabetes Improvement Plan sets out the priorities and actions to deliver improved prevention, treatment and care for all people in Scotland affected by diabetes.**

Priority 1 – Prevention and Early Detection of Diabetes and its Complications

- **Aim: To establish and implement approaches to support the prevention and early detection of type 2 diabetes, support rapid diagnosis of type 1 and to implement measures to promptly detect and prevent the complications of diabetes**

Diet and Healthy Weight Delivery Plan

Over 60 actions across 5 outcomes:

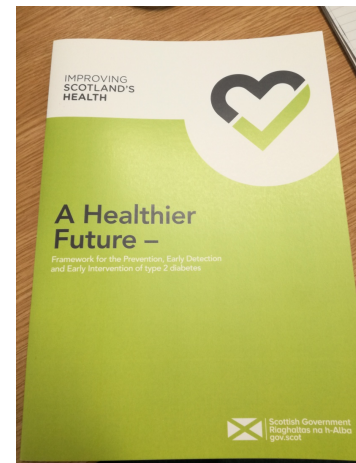
- 1: **Children** have the best start in life – they eat well and have a healthy weight
- 2: The **food environment** supports healthier choices
- 3: People have access to effective **weight management services**
- 4: **Leaders** across all sectors promote healthy diet and weight
- 5: Diet-related **health inequalities** are reduced

Being overweight and obese is the most significant risk factor in developing type 2 diabetes



Year 1 of Framework Implementation

- Framework launched in July 2018
- £42 million allocated from SG, over 5 years to implement framework
- 3 early Adopters boards identified to lead on implementation in Year 1 (2018/2019)
 - East Region Collaborative – Borders , Fife and Lothian
 - Tayside
 - Ayrshire and Arran
- Other Health Boards given ‘seed’ money to start planning implementation of the Framework



Framework at a glance



Levels for Tiered Approach Pathways



Level 1 and 2 Early Identification

- Risk stratification
- Promotion of self assessment
- Targeted education and screening for moderate to high risk

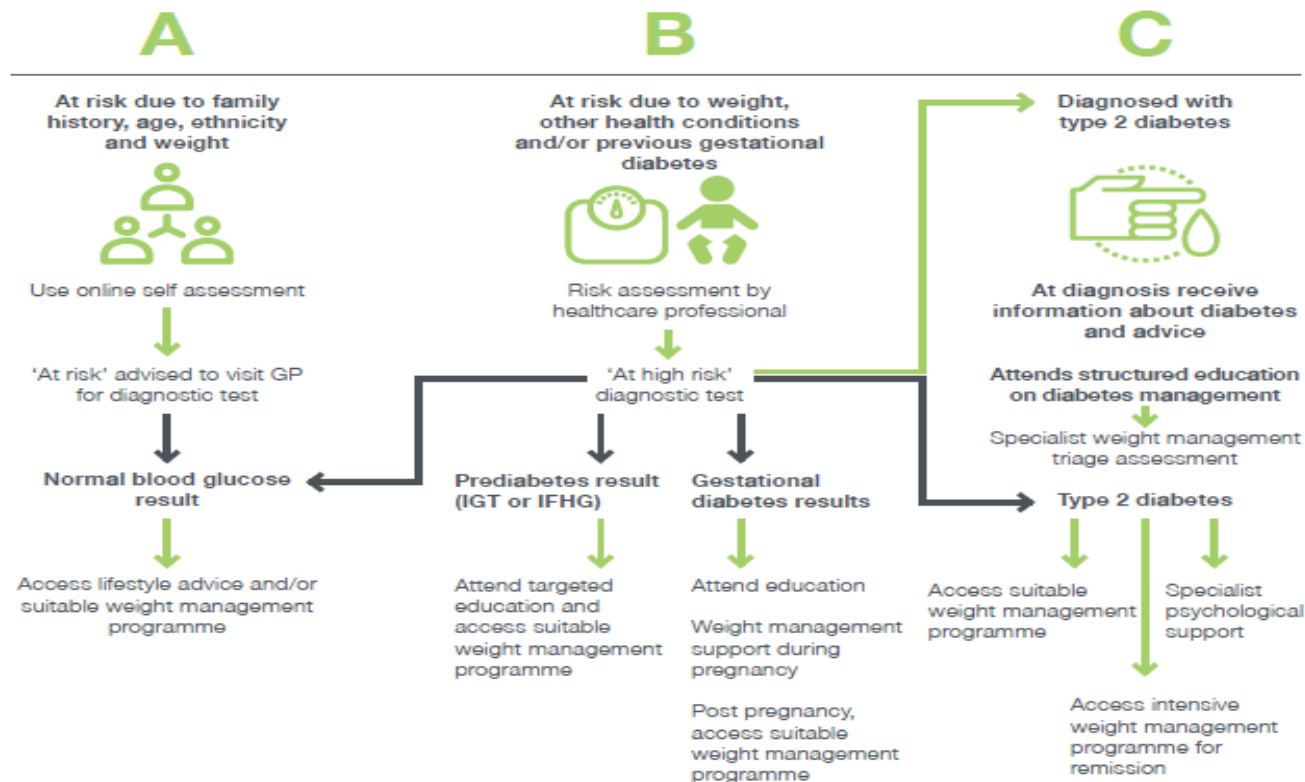


Level 2/3/4 Early, targeted and complex Interventions

- Access to evidence based information
- Timely access to structured education
- Equitable access to targeted interventions eg. Pre-diabetes courses, GDM education
- Access to weight management services with range of programme options including physical activity and behaviour change
- Access to specialist input e.g. Intensive programmes for potential remission of T2 DM
- Complex case management
- Psychology



Examples of pathways



Year 2 Progress and current status ...

- All Boards have established their integrated Oversight Group for planning and governance of framework
- 2019/20 implementation plans submitted and approved for all Scottish boards
- ALL plans highlight the need for coproduction of services and targeting communities vulnerable to health inequalities
- Key initial delivery themes focus on Gestational Diabetes , Pre Diabetes, Complex Pregnancy, Type 2 Diabetes Education, weight management with physical activity and behaviour change and Type 2 Diabetes Remission



Thank-you for listening

For further information on the framework – please contact:

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