



**Abstract of parallel session: 15**

Title: Why does a cost-effective behavioural change programme have a negligible impact on the projected epidemic of type 2 diabetes?

Presenting Author: Gwyn Bevan<sup>1</sup>

Authors (s): Chiara De Poli<sup>1</sup>, Gwyn Bevan<sup>1</sup>, Mi Jun Keng<sup>1</sup>, Elena Pizzo<sup>2</sup>

Institutes: 1) London School of Economics and Political Science  
2) University College London

Abstract no: 99

Presentation language: English

**Abstract**

In England the flagship policy aimed at tackling the projected epidemic of Type 2 diabetes (T2D) is the National Diabetes Prevention Programme (NDPP). This is based on evidence from randomized controlled studies showing that encouraging high-risk individuals to adopt healthier lifestyles can be a cost effective way of preventing T2D. We developed Markov models to estimate, in 20 years' time, for a statistically average English local health economy, the numbers developing T2D and the costs to the English National Health Service (NHS), with and without the NDPP. We used these estimates to examine the cost-effectiveness of the NDPP and tested the robustness of our results with probabilistic sensitivity analysis. We estimate that the NDPP programme would have negligible impacts in reducing the numbers developing T2D and on savings to the national health system. This is because the NDPP has poor uptake, low completion rate and declining adherence by participants over time. We argue that although the criterion of cost effectiveness is widely used to justify health care interventions, it is irrelevant to the scale of the impact of that intervention on the burden of disease in a population.