

HEALTHY LIVING DIABETES: LONG-TERM INDEPENDENT NATIONAL EVALUATION (HED-LINE)

Type 2 diabetes is a serious health condition which can increase the risk of health complications, such as cardiovascular problems (NICE, 2015)

The **Healthy Living** programme is an NHS service which provides content to support people with type 2 diabetes to better self-manage their condition (NHS England, 2024). It is based on the 'HeLP-Diabetes' intervention which demonstrated effectiveness in a trial (Murray et al., 2017). Healthy Living was launched by NHS England in 2019, and the HED-LINE project commenced an independent evaluation of the programme in 2020.



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OBJECTIVES: The HED-LINE project set out to evaluate Healthy Living to see how well the programme works when rolled out in England.

FINDINGS...

ROLLOUT

NHS local leads were positive about Healthy Living as an addition to their type 2 diabetes education offers.

Most undertook one-way communications to general practices to inform them about Healthy Living. However, they reported wanting to receive information on uptake of the service, and they were unsure were Healthy Living fitted within existing type 2 diabetes services.

Brunton et al. (2024)

WEBSITE CONTENT

Content was generally in line with the original 'HeLP-Diabetes' programme, including key behaviour change content designed to help people self-manage their diabetes.

Support from healthcare professionals was not possible, so Healthy Living was rolled out as a self-led programme.

Benton et al. (2022)

USER EXPERIENCE

- Users valued having trustworthy information.
- Users valued learning about the impact of diabetes on their low mood.
- Users wanted more interactive website features.

Hawkes et al. (2024)

USAGE

Overall usage was in line with other digital interventions

2/3 users accessed some content

1/2 users only completed the first section of the curriculum

Females and those from the least deprived areas were more likely to spend time on programme than males and those from the most deprived areas.



The infographic reports independent research funded by the National Institute for Health and Care Research (Policy Research Programme, Healthy Living Diabetes - Long-term Independent National Evaluation (HED-LINE), NIHR200933). The views expressed in this blog are those of the authors and not necessarily those of the National Institute for Health and Care Research or the Department of Health and Social Care.

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