



**cities  
changing  
diabetes**



## Joint Working Agreement - **Summary of outcomes and learnings Leicester Cities Changing Diabetes project**

Cities Changing Diabetes Leicester was a joint working project funded by Novo Nordisk and developed in collaboration between Leicester Diabetes Centre and Novo Nordisk.

*This report has been developed and distributed in collaboration between Leicester Diabetes Centre and Novo Nordisk. The production of the report has been funded by Novo Nordisk*

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Leicester Diabetes Centre





## Summary of project

This summary outlines the work of the Leicester Cities Changing Diabetes project, undertaken as part of a joint working agreement funded by Novo Nordisk and developed in collaboration between Leicester Diabetes Centre and Novo Nordisk between 2020 and 2022.

The Leicester Cities Changing Diabetes project is linked to the wider Cities Changing Diabetes programme. Cities Changing Diabetes is a global partnership programme launched in 2014 by Novo Nordisk, University College London and Steno Diabetes Centre in Copenhagen to stem the rise in type 2 diabetes within urban environments. More than 40 cities around the world are engaged in the global network, sharing knowledge about how a range of different partners are working together to support health improvements for their communities.



## Outcomes

Through the joint working agreement, outcomes delivered as part of the Cities Changing Diabetes Leicester include the following:

- ① **The establishment of a new 12-week health education and physical activity programme tailored to support the needs of Leicester’s South Asian community**, who are amongst those more at risk of developing type 2 diabetes.<sup>1</sup> Working with the Centre for Ethnic Health Research and local South Asian community representatives, Leicester Diabetes Centre developed a culturally-relevant education curriculum for the Healthy Goals programme.
- ② **Staff from local professional sports clubs trained to deliver the Healthy Goals education curriculum to participants in the programme, alongside physical activity.** To date 16 colleagues from Leicester City in the Community, Leicester Tigers Rugby Club, the Leicester Riders Basketball Club and the Centre for Ethnic Health Research have been trained by Leicester Diabetes Centre to confidently deliver the Healthy Goals programme. Healthy Goals is now incorporated into the professional sports club’s health and wellbeing offering to their own communities. A report of learnings from this work, to help inform the sustainability of the Healthy Goals programme, is currently being finalised by Leicester Diabetes Centre alongside Leicester City in the Community.
- ③ **Recruitment and training of 43 community champions to date, to help raise awareness amongst their peers about the risks of developing type 2 diabetes and steps they can take to protect their health.** The community champions represent a range of community organisations and groups across Leicester (four professional sports clubs, community organisations and a house of faith). Leicester Diabetes Centre has developed a full training curriculum for community champions, which is around eight hours long and can be delivered virtually or face-to-face over a two-day period. This includes training to help identify those at risk of developing type 2 diabetes, using the Diabetes Risk Score developed by Leicester Diabetes Centre, as well as the provision of learning guides and a resource handbook to support the community champions in their work. The Centre has developed a short questionnaire, which it has made available to the community champions, to help them measure the impact of any type 2 diabetes screening events they hold in the community in the future and to understand whether this helps to raise awareness of the condition amongst those screened. A report summarising the learnings from the development and implementation of the community champions programme is currently being finalised by Leicester Diabetes Centre.





- ① **Training by academics from Leicester Diabetes Centre, to empower staff from local professional sports clubs with skills and knowledge to evaluate the impact of their health and wellbeing programmes.** An evaluation framework tool has also been developed by Leicester Diabetes Centre researchers to support the sports clubs with this, to help measure the benefits of their health programmes and to help support their sustainability.
- ① **Evaluation of the implementation of the Daily Mile initiative to support the health of children in Leicester schools.** Academics from Leicester Diabetes Centre worked with Leicester City Council to promote the implementation of the programme and to gather data and insights from local schools about their experiences of delivering this health and wellbeing initiative. An evaluation report was subsequently shared with Leicester City Council, as well a 'Top Tips' toolkit to help schools implementing the Daily Mile, with an [article published in the BMJ Open summarising the findings](#)<sup>2</sup>.



## Learnings

- ⊙ **As a result of the relationships built through the Leicester Cities Changing Diabetes programme, local partners (including the Centre for Ethnic Health Research) now work more closely alongside Leicester City Council, to support the local authority's work with communities to improve health and wellbeing within the city.** During the pandemic, this included support to engage Leicester's diverse communities on the importance of being vaccinated as a form of protection against COVID-19.
- ⊙ **The importance of including community representatives in the development of new health and wellbeing services and initiatives has been recognised by statutory local partners, through the work of the Leicester Cities Changing Diabetes programme.** Leicester City Council has committed to continuing to work with community representatives, the local NHS and other partners to ensure this approach continues.
- ⊙ **Academic researchers working with community outreach groups within Leicester's professional sport clubs, as a result of the Leicester Cities Changing Diabetes programme, has created a unique partnership, which has brought benefits to the work of both parties.** With their skills and knowledge, Leicester academics have been able to work with the sports clubs to ensure that the health and wellbeing programmes that the professional sports clubs provide for the community are evidence-based and have the best opportunity to result in positive lifestyle behaviour changes amongst those who take part. Academic partners have also learnt implementation skills from the sports clubs and benefited from the opportunity to achieve real-world impact with their research. In addition, collaborative approaches between Leicester Diabetes Centre and the sports clubs to identify and secure funding grants to support the delivery of health promotion programmes, have been adopted.

<sup>1</sup> Hanif W et al. Type 2 diabetes in the UK South Asian population: An update from the South Asian Foundation. 2014.

<sup>2</sup> Routen A, Gonzalez Aguado M, O'Connell S, et al. The Daily Mile in practice: implementation and adaptation of the school running programme in a multi-ethnic city in the UK. BMJ Open 2021.