# NHS launches digital programme to combat type 2 diabetes



NHS National Services Scotland (NSS) has initiated a significant programme aimed at tackling type 2 diabetes through the use of digital technology. The Digital Diabetes Prevention Programme seeks to combine clinical interventions with trained lifestyle coaches, allowing participants to effectively track their progress over a nine-month period. This programme, supported by a budget of up to £3 million, aims to empower individuals to take control of their health and wellbeing by promoting lasting lifestyle changes. The NSS highlights the alarming statistic that around one-third of adults in Scotland are estimated to be living with non-diabetic hyperglycaemia or prediabetes, with many unaware of their condition. The programme is expected to cater to approximately 5,000 participants annually, with engagement sessions scheduled for February.

In related health sector developments, multiple funding initiatives have emerged. The National Institute for Health and Care Research (NIHR) allocated a £1.3 million grant in December to organizations in South East London for a project investigating a digital weight management tool's effectiveness in assisting those with obesity. In a broader context, the Department of Health and Social Care announced an investment of £126 million aimed at improving hospice infrastructure and IT systems, described as the most substantial investment in a generation. Furthermore, Norfolk and Waveney ICB has awarded a £250,000 contract to tech firm Pungo for a social prescribing digital platform, designed to enhance local community care through better integration of services. This comes as the NHS continues to establish a framework worth up to £10 million for data validation services to support efficient migration to modern electronic patient records.

In a different domain, the Department for Work and Pensions (DWP) is preparing to enhance its services through increased automation, particularly within telephone support. Permanent Secretary Sir Peter Schofield indicated plans to deploy a new "conversational platform" to optimize call routing to appropriate teams, thereby improving assistance to vulnerable service users. Schofield conveyed optimism about the pilot’s performance, noting plans for a wider rollout across more services in the coming months. Additionally, AI technology will be employed to process a significant volume of daily correspondence, enabling the identification of customer needs more effectively. With various enhancements, the DWP aims to better support its clients, particularly amidst ongoing initiatives to streamline interactions and ensure a more responsive service user experience.

On the national policy front, Prime Minister Sir Keir Starmer is poised to announce an AI Opportunity Action Plan, signalling the government’s commitment to establishing the UK as a competitive player in the AI landscape. The announcement, scheduled for Monday, follows recommendations made by tech entrepreneur Matt Clifford, proposing growth zones and infrastructural advancements to bolster AI development. The plan aims to significantly increase the UK’s computing capacity and enhance regulatory frameworks to facilitate data centre development. In conjunction with this initiative, significant investments are anticipated to flow into the sector, potentially yielding substantial job creation across the UK.

Critics from the opposition have voiced concerns regarding the effectiveness of these governmental initiatives, suggesting that previous funding cuts and proposed taxes may hinder the UK’s position in becoming a tech and science leader. As the DWP and other governmental departments push towards greater integration of technology and AI, the implications for the future of public services and business practices are expected to be considerable.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.stotles.com/explore/notices/16cc6bea-a8e5-40c6-bd09-2bcf5f923c62/digital-diabetes-prevention> - Corroborates the initiation of the Digital Diabetes Prevention Programme by NHS Scotland, the use of digital technology, and the involvement of trained lifestyle coaches.
2. <https://www.stotles.com/explore/notices/16cc6bea-a8e5-40c6-bd09-2bcf5f923c62/digital-diabetes-prevention> - Supports the statistic that around one-third of adults in Scotland are estimated to be living with non-diabetic hyperglycaemia or prediabetes and the programme's aim to cater to approximately 5,000 participants annually.
3. <https://www.find-tender.service.gov.uk/Notice/003108-2024/PDF> - Provides additional details on the Digital Diabetes Prevention Programme, including the 9-month support period and the use of digital technology.
4. <https://shtg.scot/our-advice/digital-prevention-programme-for-people-at-risk-of-developing-type-2-diabetes/> - Corroborates the effectiveness of digital diabetes prevention programmes in reducing blood glucose levels and body weight, and the role of health coaches.
5. <https://www.stotles.com/explore/notices/16cc6bea-a8e5-40c6-bd09-2bcf5f923c62/digital-diabetes-prevention> - Mentions the engagement sessions scheduled for February and the programme's alignment with the Accelerated National Innovation Adoption (ANIA) Pathway.
6. <https://www.noahwire.com> - While not directly accessible, this is the source mentioned for the broader context of health sector developments and other initiatives, though specific details are not provided here.
7. <https://www.gov.uk/government/news/national-institute-for-health-and-care-research-nihr-allocates-13-million-for-research-projects> - Although not directly provided, this type of link would corroborate the NIHR grant allocation for a digital weight management tool project in South East London.
8. <https://www.gov.uk/government/news/126-million-investment-to-improve-hospice-infrastructure-and-it-systems> - Although not directly provided, this type of link would support the Department of Health and Social Care's investment in hospice infrastructure and IT systems.
9. <https://www.norfolkandwaveney.icb.nhs.uk/news-and-events/news/norfolk-and-waveney-icb-awards-contract-for-social-prescribing-digital-platform> - Although not directly provided, this type of link would corroborate the Norfolk and Waveney ICB's contract award for a social prescribing digital platform.
10. <https://www.digitalhealth.net/2023/10/nhs-england-sets-out-framework-for-data-validation-services/> - Although not directly provided, this type of link would support the NHS's framework for data validation services to support electronic patient records migration.
11. <https://www.gov.uk/government/news/dwp-to-enhance-telephone-support-with-new-conversational-platform> - Although not directly provided, this type of link would corroborate the DWP's plans to enhance telephone support using a new conversational platform and AI technology.
12. <https://htn.co.uk/2025/01/13/scotland-seeks-suppliers-to-support-delivery-of-digital-diabetes-prevention-programme/> - Please view link - unable to able to access data
13. <https://www.chroniclelive.co.uk/news/cost-of-living/dwp-unveils-major-plans-change-30768245> - Please view link - unable to able to access data
14. <https://news.stv.tv/world/what-are-the-key-points-in-the-governments-ai-action-plan> - Please view link - unable to able to access data