



De Nationale Diabetes Challenge





Atlanta - 1996

Mission





De Nationale Diabetes Challenge

GOALS

- Improve the QOL of life of people with DT2
- Show the effects of walking as a treatment
- Mobilise the community for diabetes

2014

The start...



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Self management



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Nijkerk



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2015

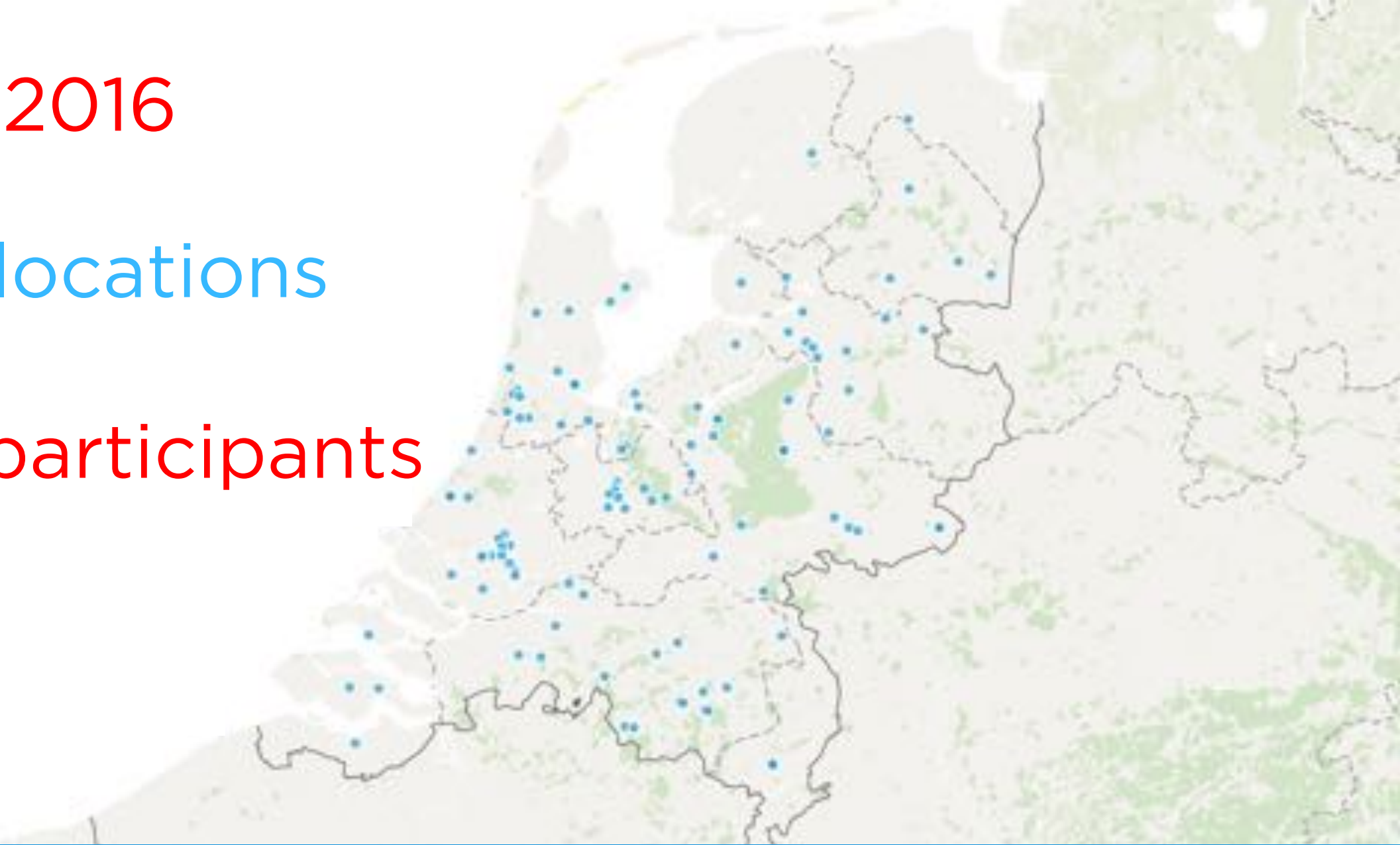


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2016

123 locations

2.587 participants

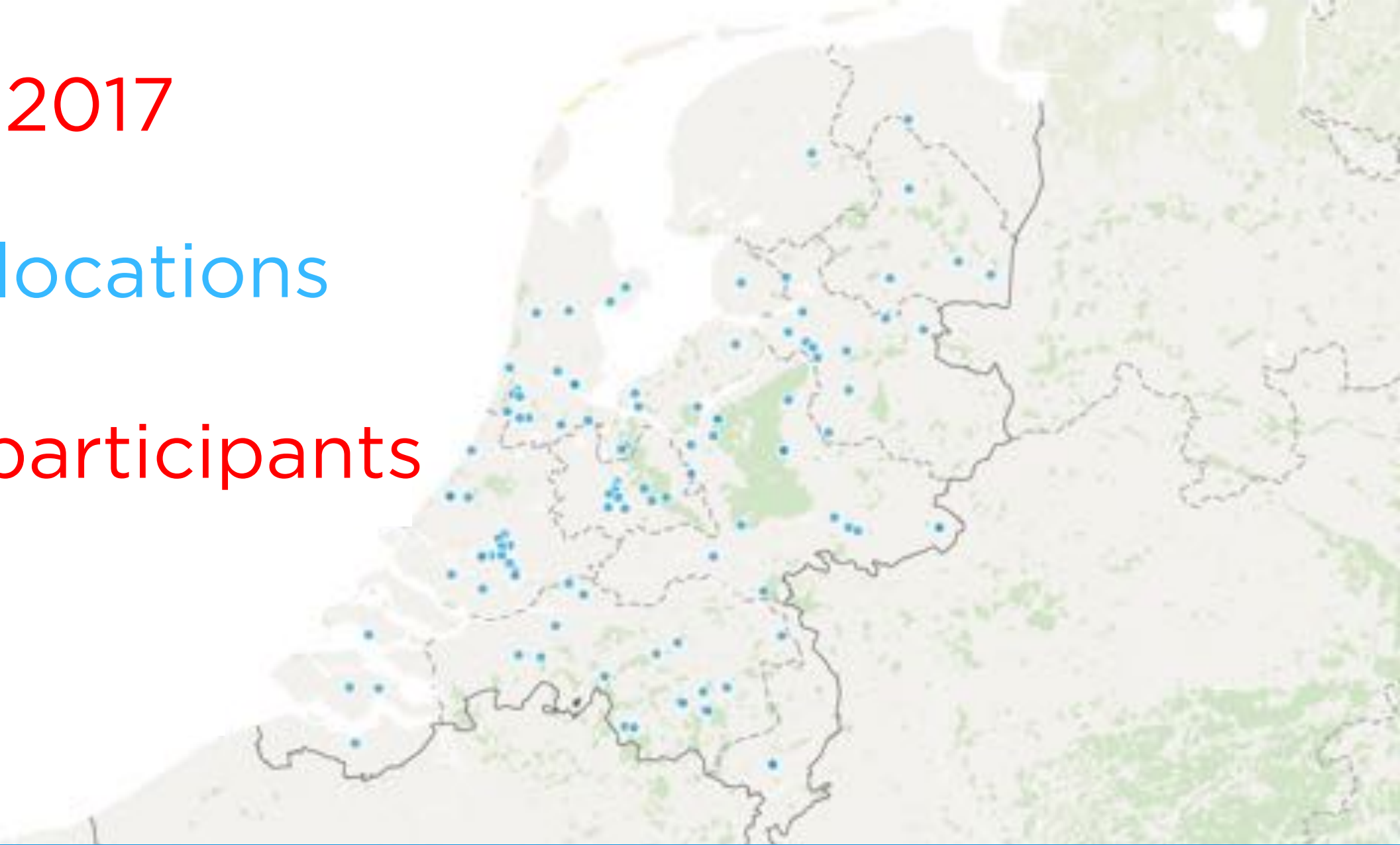


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2017

162 locations

3.277 participants



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20 weeks of hiking
3 day challenge
1 big final/festival



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Patient background

A group of people, mostly wearing light blue t-shirts, are walking away from the camera on a wooden boardwalk path that winds through a lush green field. The scene is set during sunset, with the sun low on the horizon, casting a warm, golden glow over the trees in the background. The overall atmosphere is peaceful and natural.

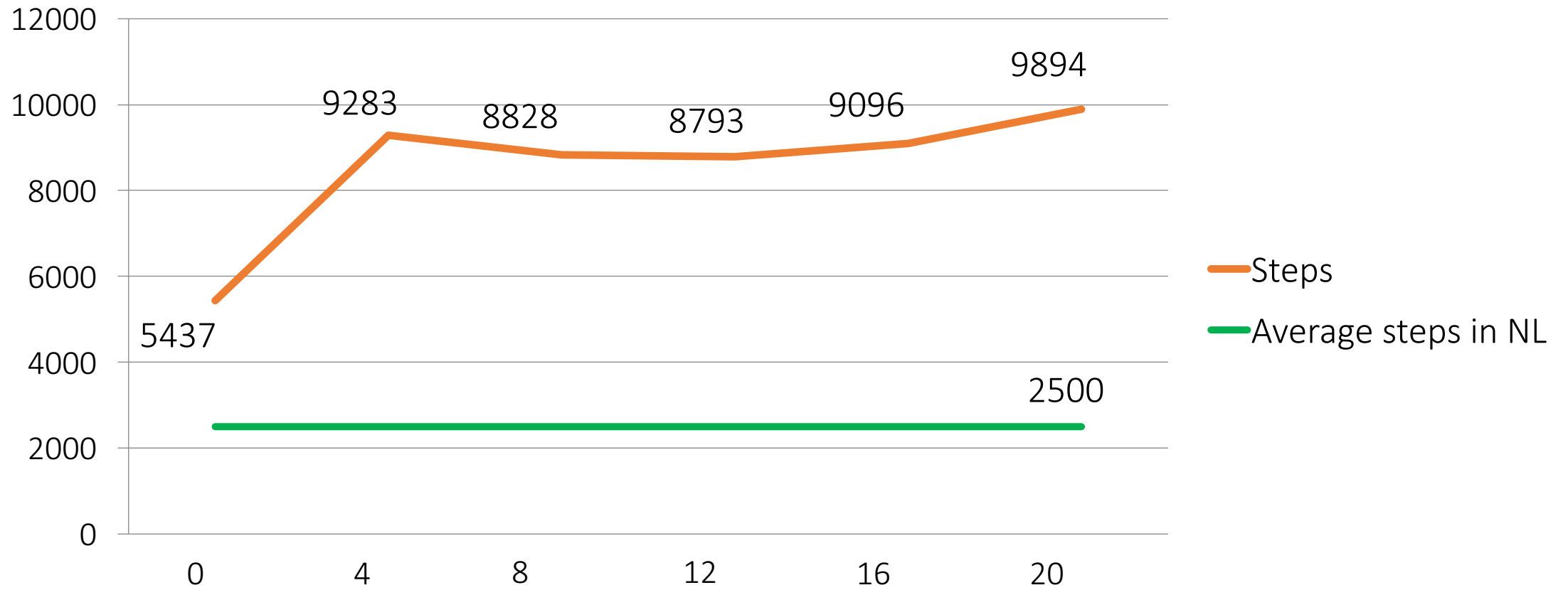
76% lower educated
74% multi-morbidity
63% unemployed or retired

62,8 average age
31,6 average BMI
23% indication for a
depression



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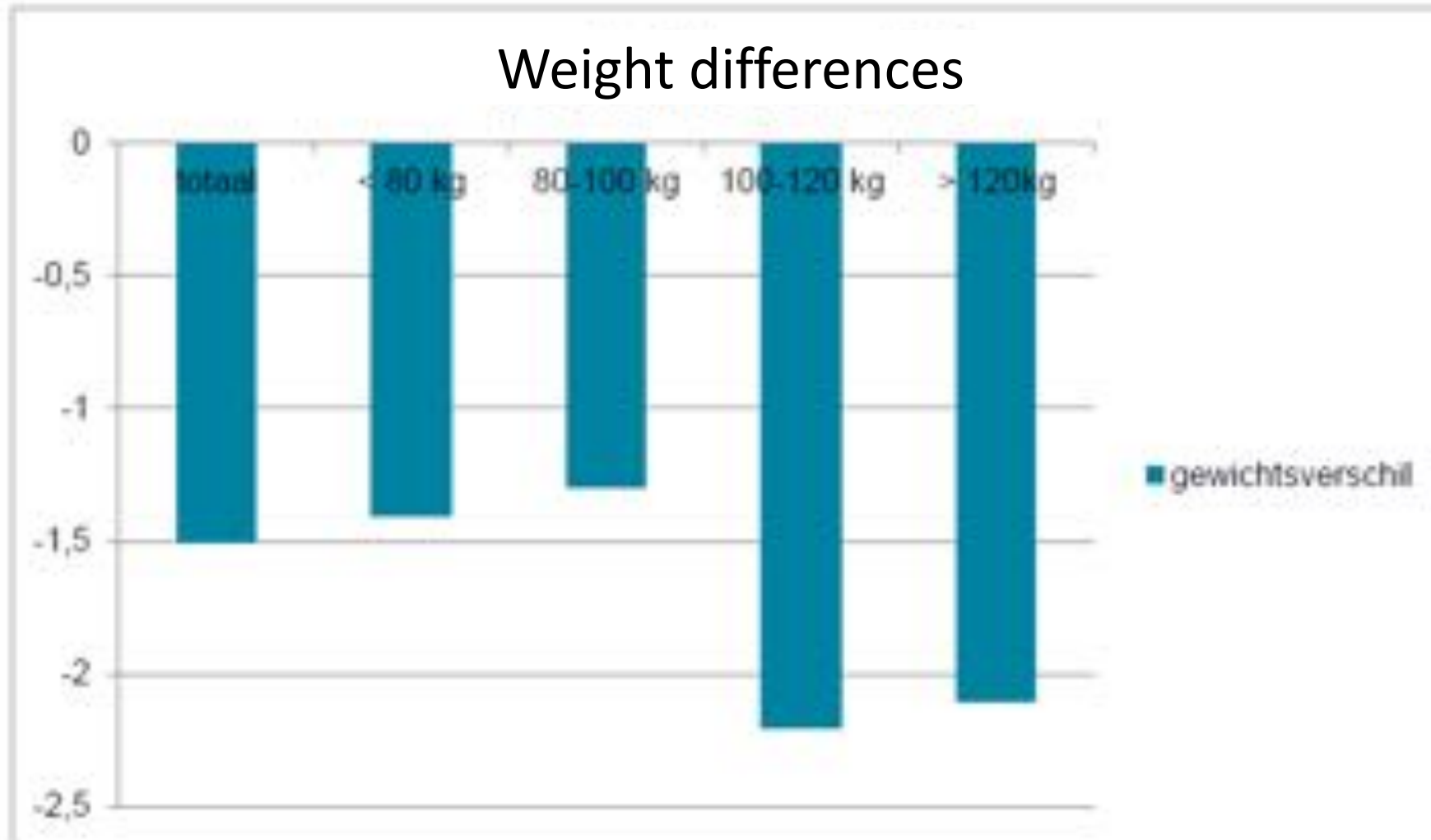
Steps



Weeks

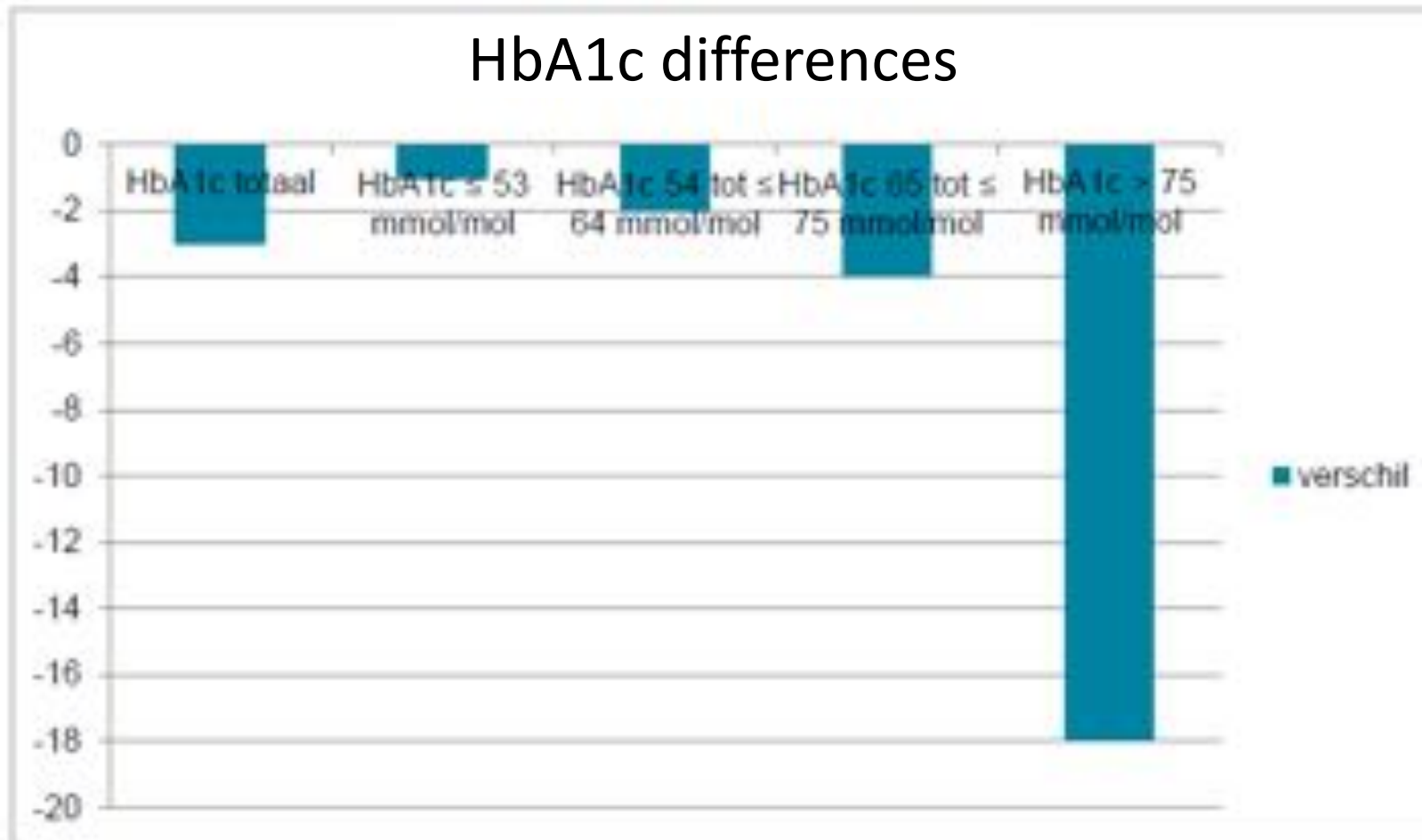


Weight differences





HbA1c differences





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		1-meting			Totaal
		Indicatie voor depressie	Verminderd welbevinden	Goed welbevinden	
0-meting	Indicatie voor depressie	10 (19.6)	15 (29.4)	26 (51.0)	51
	Verminderd welbevinden	9 (7.1)	23 (18.1)	95 (74.8)	127
	Goed welbevinden	11 (1.7)	29 (4.4)	612 (93.9)	652
	Totaal	30	67	733	830

80.4% of the participants moved from an indication from depression to a good wellbeing

Patient outcome

- 59% of the participants shift from a indication for depression to a good mental wellbeing.
- People have better blood glucose regulation (HbA1c).
- Significant decrease of BMI, weight, hip and abdominal size.
- Cost-efficiency

HCP outcome

- 82% indicates that the challenge contributes to a positive outcome on the quality of care.
- 88% indicates that the contact with their patients has improved.





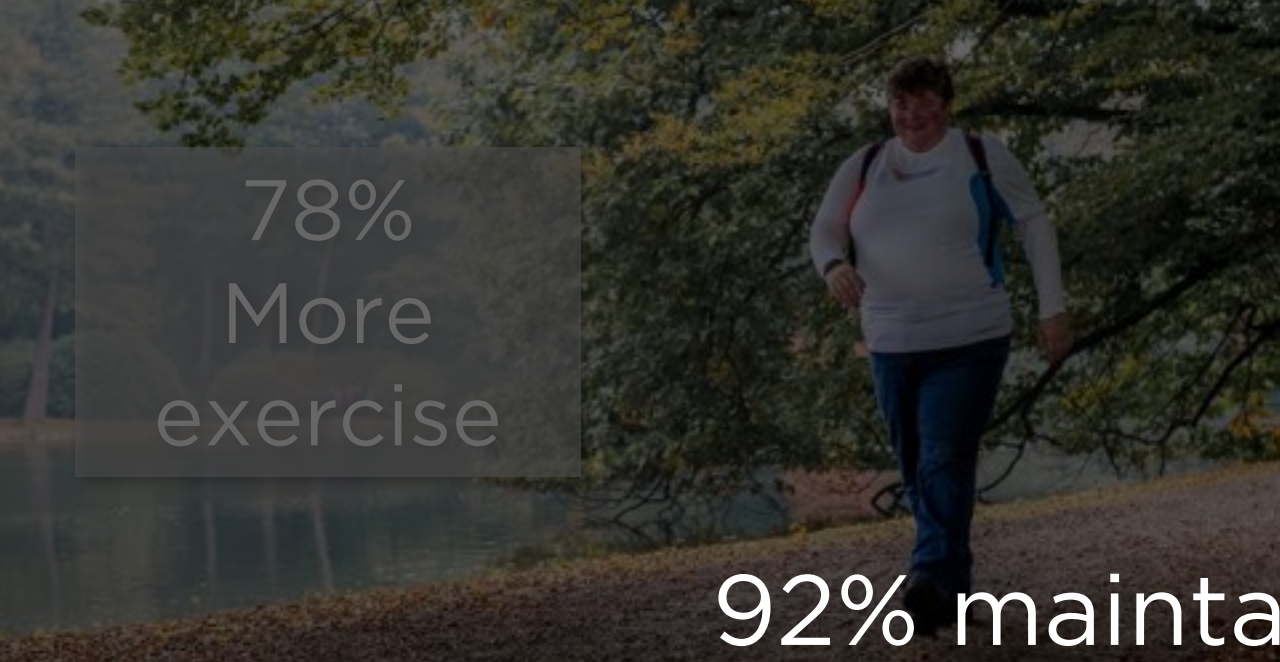
More responsibility for own health

Better sustain self-management skills


More control over personal health



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78%
More
exercise




49%
More
social
contacts

92% maintains walking

55% in the same group without HCP



32%
Pays more
attention
to food



24%
Mentally
stronger

NDC as an incentive



A photograph of three people walking along a paved path in a park. On the left is a man in a dark blue jacket and red pants, holding a blue bag. In the center is a woman in a yellow jacket and light blue pants. On the right is a woman in a red jacket and dark pants. All three are wearing white t-shirts with a colorful logo. The background shows trees with some autumn-colored leaves.

Multi disciplinary
health care



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New insights



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Quality of
work
improves



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Quick and
positive
results



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Energy
doubler



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Scale-up

- Target 25.000 participants in 2020
- (Non) health related cost
- Ownership of prevention
- Include sport and social domain
- Become a network organization



Partner-up



- Research
- Long term effects on QOL

TNO innovation
for life

- Personal health app
- Personalized health care



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Thank you!



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