

Momenta CVD Prevention programme for patients with hypertension and obesity

What is the programme?

Momenta’s targeted multi-component CVD Prevention programme supports people with hypertension or early-stage coronary artery disease to reduce their blood pressure and risk of progression to more serious conditions by making sustainable improvements to their diet, activity, weight and medication adherence. It combines CVD-specific guidance and evidence with relevant elements of the more mature evidence-base from Momenta’s successful DPP.

CVD Prevention comprises 18 structured sessions delivered over nine months to ‘closed’ in-person or virtual groups of up to 20 participants. Participants work towards 18 key nutrition and physical activity behaviours and targets, distilled from the most reliable and robust science, and are supported to:

- Understand what heart and circulatory diseases are, why they’re important and how to reduce their risk
- Achieve clinically significant weight loss
- Reduce their risk of other cardiovascular diseases and associated comorbidities.

Who is eligible?

Inclusion criteria	Exclusion criteria
<ul style="list-style-type: none"> • BSOL resident / registered with a BSOL GP • Age 18+ (System searches exclude 80+ due to different treatment of hypertension) • Diagnosed hypertension • BMI $\geq 25\text{kg/m}^2$ (adjusted to $\geq 23.5\text{kg/m}^2$ for people of Asian, Black African and African-Caribbean origin) • Able to undertake moderate intensity physical activity • Ability to attend and benefit from a group programme virtually or in the community 	<ul style="list-style-type: none"> • Pregnant • Type 2 diabetes on insulin or Type 1 diabetes • Angina • MI, TIA or stroke • Frail (mild-severe) • Co-morbidities that significantly impact participation in a group-based environment e.g. severe learning disability, significant cognitive decline, dementia, terminal disease • Diagnosed eating disorder • Currently on a weight management programme or under the care of a dietitian (unless referred by them)

Notes:

- EMIS and SystmOne searches exclude patients on the following QOF Registers: CHD, Heart failure, PAD, Stroke/TIA, Frailty, Learning Disability, Dementia and Palliative care
- Secondary care referral criteria vary slightly

What outcomes are expected?

Participants tend to lose weight, reduce their blood pressure and cholesterol levels, increase their fitness, wellbeing and quality of life and improve their diet (less salt, processed meats and refined foods, more fruit and veg) and medication adherence.

What is the patient experience?

After registration and onboarding by phone patients can choose the most suitable programme (day, time, location). Sessions are practical, interactive and fun, delivered by trained Momenta Coaches in a safe group environment. Participants build their knowledge and skills in a stepped way, with activities structured to meet specific learning outcomes and respecting their life experiences, context, culture and traditions. Learning is supported by accessible user-friendly resources including a comprehensive, personalisable 290-page A5 Workbook, a pedometer and 12 months' free access to the premium version of the EXi physical activity app.

Momenta CVD Prevention programme – Session by session summary		
Phase	Session	Overview
On-boarding	Individual assessment	A Momenta Health & Wellbeing Adviser will register potential participants, confirm eligibility, explain the programme, check suitability and readiness and either book onto their preferred programme or discharge and signpost.
Getting started: Weeks 1-6 (weekly)	S01: Getting started	Explores what high blood pressure is and how the programme can help participants to reduce or better control it to reduce their risk of cardiovascular disease (CVD) <i>SMART Goal focus: Setting a personal weight loss goal</i>
	S02: Know how to eat well	Teaches participants the basic principles of healthy eating (based on the Eatwell Guide) and energy balance to support weight loss and achieve a healthy balanced diet <i>SMART Goal focus: Eating less salt, Eating '5 A Day'</i>
	S03: Make every day active	Supports participants to increase their daily lifestyle physical activity levels <i>SMART Goal focus: Reducing sedentary behaviour, Increasing daily step count (including Momenta Step challenge and local activity options)</i>
	S04: Main meals and snacking	Teaches the importance of planning and eating regular meals and snacks (including fruit and vegetables) each day to help reduce overall calorie consumption and regulate appetite <i>SMART Goal focus: Eating regular meals, Limiting calories from snacks</i>
	S05: Relax and destress	Discusses the symptoms of stress and how it impacts CVD risk. Explores constructive stress management techniques and how to implement these <i>Key focus: Reducing negative stress</i>
	S06: Fats under the spotlight	Discusses the different types and sources of dietary fat and their impact on CVD risk <i>SMART Goal focus: Practical ways to reduce total fat and saturated fat</i>
Embedding change: Weeks 8-18 (Fortnightly)	S07: Carbs, carbs, carbs!	Discusses the importance of limiting starchy carbohydrate intake and explores how to choose higher fibre options to support CVD risk reduction and weight loss <i>SMART Goal focus: Practical ways to limit starchy carbohydrates and eat more fibre</i>
	S08: Protein under the spotlight	Explores the benefits of both protein for appetite regulation and substituting some protein foods for healthier alternatives to reduce CVD risk <i>SMART Goal focus: Limiting processed and red meat consumption, Including fish in diet</i>
	S09: Know your external triggers	Discusses how the environment can trigger unhealthy behaviours and explores potential solutions to address this <i>Key focus: Identifying and managing external triggers</i>

	S10: Get your heart rate up	Explores what cardiovascular (CV) exercise is and how it helps to reduce CVD risk. Individual 'Target Heart Rate' set using Heart Rate Reserve (HRR) calculation – emphasis on gradual progression <i>SMART Goal focus: Getting heart rate into personal CV target zone</i>
	S11 Sugars under the spotlight	Discusses the difference between naturally occurring and added sugars, supporting participants to make choices that reduce their CVD risk <i>SMART Goal focus: Limiting consumption of added sugar, Reducing alcohol consumption</i>
	S12: Sleep, glorious sleep	Discusses how sleep affects wellbeing and how to improve sleeping habits <i>SMART Goal focus: Personal sleep hygiene</i>
Moving forwards: Weeks 22-42 (Monthly)	S13: Eat our and party	Explores how to keep to healthy eating plans when eating outside the home, including in restaurants, at special events, when visiting family etc. <i>Key focus: Keeping to a healthy eating plan when eating away from home</i>
	S14: Know your internal triggers	Discusses how unhealthy eating behaviours can be triggered by factors such as hunger, cravings, thoughts and feelings <i>Key focus: Strategies for resisting cravings and breaking behaviour chains</i>
	S15: The benefits of meal planning	Supports participants with the practical challenges of planning healthy meals and snacks and creating healthy shopping lists <i>Key focus: Planning for balanced meals</i>
	S16: Cooking and recipe adaptation	Explores how to modify favourite recipes and find enjoyable new options for healthy meals and snacks on a budget <i>Key focus: Adapting meals & recipes to healthier versions, Eating healthily on a budget</i>
	S17: Build your strength	Supports participants to understand what strengthening activities are and their health benefits and to increase the amount of these that they do <i>SMART Goal focus: Do some strengthening activity / exercises</i>
	S18: Moving forwards	Supports participants to reflect on their Momenta journey and plan how to move forward without the support of the group, recognise and challenge any unhelpful thinking patterns. Signposting to relevant services. <i>Key focus: Identify successes and areas to continue working on in future</i>

Frequently Asked Questions

Will this create additional work for GPs or their practice?

Once a participant is referred to the programme it runs independently of the GP practice – the patient remains under the care of the GP. Patients will be encouraged to bring a resource “My heart health” to future appointments that involve having their blood pressure taken or blood test results discussed to help them monitor their own progress over time.

How do we refer patients?

Both primary and secondary care are under significant pressure. Therefore, with ICB colleagues, we have outlined three ways different healthcare professionals can support patients to access the service:

1. **Register search and invitation:** The most efficient approach to reach large numbers this involves running a register search to identify eligible patients and inviting them to find out more about the programme and register if interested. Invitations can be sent by text (AccuRx) or letter with a leaflet - latter is more expensive and takes longer but is typically twice as effective. We suggest

a manual screen for non-searchable eligibility criteria (e.g. pregnancy, ability to benefit from a group programme etc.) before inviting patients.

2. **Ad hoc:** The most personal approach. If appropriate (e.g. at diagnosis, after a NHS Health Check, at a LTC review etc.) HCPs can offer to refer their patients to the programme directly using an auto-populating referral form.
3. **Signposting:** All practices are A4 posters and trifold leaflets to display in waiting / consultation rooms - these signpost patients to find out more and register if interested. HCPs can also use the Momenta Heart Health Check to support signposting.

How will patients be monitored?

Responsibility for the patient remains with primary care. Patients' weight will be monitored at each CPP session (measured if in-person or self-reported) and they will have a more extensive quarterly review.

Do patients do any physical activity in the sessions?

No, but they are encouraged to be more active every day. They are given an individually calculated *Target heart rate* using Heart Rate Reserve and taught to exercise within the moderate range (40-69%), starting between 40-50% and gradually building up (consistent with BACPR guidelines for people with mild-moderate coronary artery disease and high blood pressure). Three of the 18 sessions focus on physical activity: Lifestyle, Cardiovascular and Strengthening. These help participants understand the different types of activity and their benefits (with an emphasis on CVD risk reduction). They explore their own barriers and solutions to being more active and local activity options. Safety guidance is included but it is important that they can undertake this level of physical activity safely.

Will sessions be in-person or virtual?

Programmes will be both virtual and in-person. Virtual sessions will be delivered using Zoom and Advisers will support access as required. In-person programmes will be delivered in accessible and appropriate community venues. Programmes will be delivered on different days of the week at different times to maximise access.

Who are the Coaches and what training do they have?

Most Coaches have nutrition or physical activity backgrounds. They are selected based on their experience and ability to coach participants and provide a safe learning environment. Comprehensive training includes pre-course learning, 3-day programme and 2-day additional operations training and a post-course knowledge assessment. Momenta undertakes quality assurance of session delivery and Coaches have access to Momenta's Medical Director (GP), Clinical Director (Psychologist) and panel of experts including dietitians.

Do patients stick with a 9-month programme?

Momenta programmes have seen very positive retention and health outcomes. Our 9-month DPP has seen >50,000 starters and the best health outcomes on the NDPP framework (Valabhji et al, 2019). Programme retention varies by contract but is typically between 50-70%.

Don't these kinds of programmes widen health inequalities?

Evaluation of Momenta's programmes, including in Birmingham and Solihull for the NHS Low Calorie Diet programme, has shown them to be acceptable to participants across ethnic background and IMD

quintile – representative referral rates and no disproportionate drop-out through programme take-up or completion.

How is this difference to the Digital Weight Management Service (DWMS)?

The DWMS is a national 12-week weight management programme delivered via an app, with an initial focus on patients with obesity and Type 1 or 2 diabetes and/or hypertension. The CVD Prevention programme is a group-based face to face (in-person or virtual) programme over nine months designed specifically for people with hypertension or other cardiovascular disease by leading cross-sector experts.

Who wrote the programme?

Momenta's development team specialise in creating behavioural interventions that tackle the causes of long-term chronic disease. Our senior team have worked together for over 15 years and include specialists in psychology, behavioural science, physical activity, nutrition, adult learning, programme development and service delivery. Momenta's team developed the CVD Prevention programme in a unique cross-sector collaboration with:

- South Eastern Health and Social Care Trust: A leading cardiologist and experts in cardiac nursing, cardiac rehab, psychology, primary care and public health
- British Heart Foundation: Lead dietitian and patient involvement
- Past president, British Association of Cardiovascular Prevention and Rehabilitation

Momenta programmes, including *Diabetes Prevention*, *Diabetes Remission*, *CVD Prevention* and *Weight Management*, are currently being delivered in public contracts across the UK and demonstrate excellent outcome data. To date, over 75,000 people have benefitted from a Momenta programme.

For more information visit: <https://discovermomenta.com>