

BSc (Hons) Health and Social Care

Module: Introduction to Independent Research Skills (BMHP5019)

Assessment title: Assessment 1 - Research Proposal

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Research Proposal

Topic:

Investigating the Impact of Lifestyle Interventions for Managing Type 2 Diabetes in Older Adults within UK Health and Social Care: A Scoping Review.

1) Review question:

How effective are lifestyle interventions such as diet, exercise, and self-management support in helping older adults with Type 2 diabetes manage their condition within the UK health and social care system?

2) Objectives:

- Identify the types of lifestyle interventions used in UK health and social care settings for older adults with Type 2 diabetes.
- Examine how these interventions affect outcomes such as blood glucose control, self-management, wellbeing, and healthcare use.
- Explore what helps or hinders the success of these interventions in everyday practice.
- Identify which theories or behaviour change models are being used to inform these interventions.

3) Rationale:

Type 2 diabetes is one of the most significant long-term health conditions affecting people in the UK. Around 90% of people diagnosed with diabetes have Type 2 diabetes, and prevalence increases with age (Diabetes UK, 2023). Older adults are particularly at risk of complications such as cardiovascular disease, reduced mobility, and reduced quality of life.

Lifestyle factors such as diet, physical inactivity, and obesity are key contributors to the development and progression of Type 2 diabetes. Because of this, lifestyle interventions play an important role in both prevention and ongoing management. National initiatives such as the NHS England Diabetes Prevention Programme highlight the importance of structured support for behaviour change and have shown positive outcomes in improving weight and blood glucose levels (Valabhji et al., 2020).

However, lifestyle interventions may not have the same impact across all age groups. Older adults are more likely to experience multi-morbidity, reduced mobility, and social isolation, all of which can influence their ability to engage in physical activity or dietary change. In addition, factors such as cognitive decline, fixed

income, and access to community or digital services may affect how successfully older adults are able to participate in structured self-management programmes. For this reason, it is important to examine how lifestyle interventions are working specifically for older adults within UK health and social care settings.

This scoping review will help map existing UK evidence and identify gaps in knowledge relating to lifestyle support for older adults living with Type 2 diabetes.

This review will briefly consider behaviour change and self-management theories that underpin lifestyle interventions. For example, Social Cognitive Theory and other behaviour change frameworks are often used to guide diabetes education and support programmes (Hawkes et al., 2021; Katangwe-Chigamba et al., 2023). The review will identify whether and how such theoretical approaches are incorporated within UK-based interventions for older adults.

4) Methods:

(Scoping Review):

A scoping review will be conducted to explore the range and nature of research available on lifestyle interventions for older adults with Type 2 diabetes in the UK. A scoping approach is appropriate as it allows for mapping existing evidence and identifying gaps without limiting the review to one type of study design (Tricco et al., 2018).

Search Strategy:

Academic databases such will be searched using key terms including "Type 2 diabetes," "older adults," "lifestyle interventions," "self-management," and "UK."

Inclusion Criteria:

- Peer-reviewed studies published between 2016 and 2026
- UK-based research
- Participants identified as older adults (generally aged 60 years and over) with Type 2 diabetes
- Interventions focused on diet, physical activity, or structured self-management support

Exclusion Criteria:

- Studies conducted outside the UK
- Research focusing on children or Type 1 diabetes
- Publications before 2016
- Non-peer-reviewed sources

Data will be extracted and summarised to identify intervention types, reported outcomes, and key themes relevant to UK health and social care practice.

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5) Ethical considerations:

The review will follow ethical research standards by referencing accurately, reporting findings fairly, and avoiding plagiarism. As a secondary study, it involves no direct contact with participants. However, attention will be given to equality and inclusion—for example, recognising how access to lifestyle interventions may differ across social and cultural groups.

References

Diabetes UK (2023) Diabetes prevalence 2023. London: Diabetes UK.

Hawkes, R.E., Miles, L.M. and French, D.P. (2021) 'The theoretical basis of a nationally implemented Type 2 diabetes prevention programme.' *International Journal of Behavioral Nutrition and Physical Activity*, 18(1).

Katangwe-Chigamba, T. et al. (2023) 'Theory-informed strategies to influence Type 2 diabetes prevention in England.' *BMC Public Health*, 23(1).

Tricco, A.C. et al. (2018) 'PRISMA extension for scoping reviews (PRISMA-ScR): checklist and explanation.' *Annals of Internal Medicine*, 169(7), pp. 467–473.

Valabhji, J. et al. (2020) 'Early outcomes from the English National Health Service Diabetes Prevention Programme.' *Diabetes Care*, 43(1), pp. 152–160.