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Preventing long-term conditions in people with high blood pressure through lifestyle changes

Submission date
09/12/2025

Recruitment status
Recruiting

Registration date
19/12/2025

Overall study status
Ongoing

Last Edited
10/03/2026

Condition category
Circulatory System

[X] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims
Multiple long-term conditions are associated with poorer health outcomes, higher death rates and greater use of health care services. While this has led to the development of guidelines for their treatment, their prevention has received less attention.
In 2016 the NHS in England established the Healthier You NHS Diabetes Prevention Programme (NHS DPP), a 9-month lifestyle intervention supporting behaviour change to achieve weight loss, increased physical activity, and better-quality nutrition for those at high risk of developing type 2 diabetes. Research has shown that completion of the NHS DPP may reduce incidence of other long-term conditions, resulting in this study for adults with hypertension (high blood pressure) to formally assess the effectiveness of this approach in reducing the risk of developing other long-term conditions over subsequent years.

Who can participate?
Individuals aged 18-79 years, or 80 years and over with written approval from their GP, with a diagnosis of hypertension who are registered with one of the General Practices that are taking part in the study.

What does the study involve?
Individuals will receive a text or letter from their General Practice which will invite them to attend the Healthier You Hypertension Pilot to prevent long-term conditions. The pilot involves a 9-month lifestyle behaviour change programme, with a choice of attending the intervention face-to-face or online. Face-to-face involves 13-group based sessions over 9 months, while online delivery is at the individual level over a similar time period. Individuals who attend the programme will be supported in setting appropriate goals to help loose weight if living with overweight or obesity, or the maintenance of a healthy weight, as a result of improved diet, increased levels of physical activity and improved quality of nutrition.

What are the possible benefits and risks of participating?
Those that attend the programme will have access to a lifestyle behaviour change programme, designed to reduce weight in those that are living with overweight or obesity by better quality nutrition and physical activity. The longer term benefits are expected to include a reduced risk of developing a number of long-term conditions. There are no risks associated with programme

participation, and the lifestyle programme is consistent with current national guidelines for people living with hypertension.

Where is the study run from?
The study is being run by NHS England and takes places across 216 General Practices across England (UK)

When is the study starting and how long is it expected to run for?
This study starts in January 2026 and will finish in December 2028

Who is funding the study?
NHS England (UK)

Who is the main contact?
Prof. Jonathan Valabhji, j.valabhji@imperial.ac.uk

Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Integrated Research Application System (IRAS)
350015

Study information

Scientific Title
Healthier You Hypertension pilot to prevent long-term conditions

Acronym
Healthier You-BP

Study objectives
Multiple long-term conditions are associated with poorer health outcomes, higher mortality and greater use of health care services. While this has led to the development of guidelines for their treatment, their prevention has received less attention.
In 2016 the NHS in England established the Healthier You NHS Diabetes Prevention Programme (NHS DPP), a 9-month lifestyle intervention supporting weight loss, increased physical activity, and better-quality nutrition for those at high risk of developing type 2 diabetes. Research has shown that completion of the NHS DPP may reduce incidence of other long-term conditions, resulting in this study to more formally assess whether or not this is the case.

The primary objective of this study is to evaluate the effectiveness of access to a lifestyle intervention (a tailored version of the NHS DPP) in people living with hypertension in reducing incidence of long-term conditions when compared to 'usual' care.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 21/08/2025, North West - Greater Manchester South Research Ethics Committee (3 Piccadilly Place, London Road, Manchester, M1 3BN, United Kingdom; +44 (0)207 104 8014; gmsouth.rec@hra.nhs.uk), ref: 25/NW/0209

Primary study design
Interventional

Study design
Stepped-wedge cluster randomized controlled trial

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Hypertension and subsequent development of other long-term conditions

Interventions
A stepped-wedge cluster randomised controlled trial in 216 GP practices (clusters) within eight Integrated Care Systems (ICSs) in England over 4 years.

In year one, all GP practices will offer usual care. In year two, a third of GP practices will be randomly allocated to start to offer interventions while the remaining two-thirds will continue to offer usual care. In year three, a further third of GP practices will be randomly allocated to start to offer the interventions while the remaining third will continue to offer usual care. In year four, the final third of GP practices will start offering the interventions, so that interventions will then be offered by all 216 GP practices.

All individuals living with hypertension within the intervention clusters will be eligible to be referred to the Healthier You Hypertension Pilot to Prevent Long-Term Conditions, a 9-month lifestyle intervention supporting weight loss, increased physical activity and better quality nutrition with a choice of face-to-face or digital delivery. Face-to-face delivery consists of 13 group-based intervention sessions over the 9-month period, while digital delivery is delivered at

the individual level and consists of 9 engagement periods (including a digital registration), each lasting 30 days. All individuals within the control clusters will receive usual care.

Intervention Type
Behavioural

Primary outcome(s)
The incidence of associated long-term conditions in individuals with hypertension within participating GP practices measured through the Bridges to Health Segmentation dataset, an existing dataset held within NHS England, at the end of each year in the study (years 1, 2, 3 and 4). Associated conditions have been defined as atrial fibrillation, cerebrovascular disease, chronic kidney disease, chronic liver disease, chronic pain, coronary heart disease, depression, diabetes, heart failure, osteoarthritis, peripheral vascular disease and physical disability.

Key secondary outcome(s)
1. The incidence of long-term conditions (associated and not associated conditions) in individuals with hypertension within participating GP practices measured through the Bridges to Health Segmentation dataset at the end of years 1, 2, 3 and 4.

In subgroup analyses of those with hypertension who are referred:
2. Weight change at the end of the programme measured using the Healthier You Minimum Dataset (MDS). Weight measurements will be taken on attendance of each intervention session, with weight change calculated by taking the difference between the first weight measurement and the weight for the last intervention session attended.
3. Completion (or non-completion) of the programme: completion is defined as attendance of 60% or more of the intervention sessions. Measured using the Healthier You Minimum Dataset (MDS).
4. Incidence of associated conditions measured through the Bridges to Health Segmentation dataset at the end of years 2, 3 and 4.

Associated conditions have been defined as atrial fibrillation, cerebrovascular disease, chronic kidney disease, chronic liver disease, chronic pain, coronary heart disease, depression, diabetes, heart failure, osteoarthritis, peripheral vascular disease and physical disability.

Not associated conditions have been defined as alcohol dependence, asthma, bronchiectasis, cancer, cancer, COPD, epilepsy, inflammatory bowel disease, frailty, multiple sclerosis, neurological organ failure, osteoporosis, Parkinson's disease, pulmonary heart disease, rheumatoid arthritis, sarcoidosis, serious mental illness, severe interstitial lung disease.

Completion date
31/12/2028

Eligibility

Key inclusion criteria
1. Diagnosed with hypertension and aged 18 years or over.
2. Individuals who are aged 80 years and older are eligible to access the programme if their clinician referrer provides written confirmation that the referrer perceives the benefits of the study outweigh any potential risks of participating in a weight loss programme for that individual.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
18 Years

Upper age limit
120 Years

Sex
All

Total final enrolment
0

Key exclusion criteria
1. Individuals with diabetes or non-diabetic hyperglycaemia
2. Individuals with an eating disorder
3. Individuals with severe/moderate frailty
4. Individuals who have undergone bariatric surgery in the last 2 years
5. Individuals aged under 18 years
6. Pregnant women

Date of first enrolment
01/01/2026

Date of final enrolment
31/03/2028

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
NHS North West London ICS
15 Marylebone Road
London
England
NW1 5JD

Study participating centre
NHS Greater Manchester ICS
3 Piccadilly Place
Manchester
England
M1 3BN

Study participating centre
NHS Herefordshire and Worcestershire ICS
Kirkham House, John Comyn Dr
Worcester
England
WR3 7NS

Study participating centre
NHS Norfolk and Waveney ICS
County Hall, Martineau Ln
Norwich
England
NR1 2DH

Study participating centre
NHS Bedfordshire, Luton and Milton Keynes ICS
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Luton
England
LU1 2LJ

Study participating centre
NHS Leicester, Leicestershire and Rutland
Pen Lloyd Building, Leicester Road
Leicester
England
LE3 8TB

Study participating centre
NHS North East and North Cumbria
Pemberton House, Colima Avenue
Sunderland

England
SR5 3XB

Study participating centre
NHS South East London ICS
160 Tooley Street
London
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SE1 2TZ

Sponsor information

Organisation
Chelsea and Westminster Hospital NHS Foundation Trust

ROR
https://ror.org/02gd18467

Funder(s)

Funder type
Not defined

Funder Name
NHS England

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file	version 2.1		10/03/2026	No	No