

Reference: FOI.ICB-2526/159

Subject: Digital Health Technologies for People with Diabetes and/or Depression/Anxiety

I can confirm that the ICB does hold some of the information requested; please see responses below:

QUESTION	RESPONSE
<p>I am a researcher at the XXXX on an NIHR-funded project researching the use of digital health technologies for people living with Type 2 Diabetes and anxiety/depression (XXXX). We are carrying out a survey of Integrated Care Boards in England to identify digital interventions used to support people with Type 2 Diabetes and depression/anxiety in each area.</p> <p>We would like to include the NHS Bristol, North Somerset and South Gloucestershire Integrated Care Board in our survey, and wonder whether it would be possible for someone within your organisation to provide us with this information. I would therefore be grateful if you could forward this query to the appropriate person.</p> <p>Essentially, we are wanting to find out what Digital Health Technologies are available to people within the ICB area with Type 2 Diabetes, anxiety or depression, whether they are funded directly by the ICB or not. We'd ideally like to collate information on who funds/commissions each DHT, so that we can build our knowledge of which DHTs are available in which</p>	<p>There are no specifically commissioned Digital Health Technologies (DHT) for anxiety/depression, or for anxiety/depression with a Long-Term Condition(s).</p> <p>Digital Health Technologies are routinely used within NHS Talking Therapies, but this is in adherence to the NHS Talking Therapies manual rather than a commissioned pathway with BNSSG ICB. For further detail regarding the use of Digital Health Technology within NHS Talking Therapies, as the ICB does not hold this information, the requester is advised to contact the provider directly: enquiries@vhg.co.uk / https://www.vitahealthgroup.co.uk/contact-us/</p> <p>For DHTs related to Diabetes please see requesters template enclosed.</p>

ICB areas, and how these are funded (please see the attached information template). We would be very grateful for any help you can provide for this.

We are defining DHTs as any health technology that requires the use of a computer, smartphone or tablet. This includes health apps, websites where the user needs to input information about themselves, and wearable devices.

The information provided in this response is accurate as of 10 September 2025 and has been approved for release by Dr Joanne Medhurst, Chief Medical Officer for NHS Bristol, North Somerset and South Gloucestershire ICB.

Digital health technologies (DHTs) for people with Diabetes and/or Depression/Anxiety - information template

DHT/programme	Who is it for?	How is it commissioned?	How is it accessed?
Continuous glucose monitoring	Type 2 diabetic patients as per BNSSG Clinical Pathway for the use of diabetes technologies in all patients with Type 2 Diabetes	BNSSG ICB	Clinicians prescribe to eligible patients
Smart Insulin pens	Type 2 diabetics using corresponding insulin cartridges to administer their insulin	BNSSG ICB	Clinicians prescribe to eligible patients
Healthy Living for people with Type 2 diabetes	People living with Type 2 diabetes, can also be accessed by their friends, family, carers and healthcare professionals	NHS England	Online platform- self referral or Clinician referral