



# Diabetes: annual dietary review

NICE indicator

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[www.nice.org.uk/indicators/ind89](http://www.nice.org.uk/indicators/ind89)

## Indicator

The percentage of patients with diabetes who have a record of a dietary review by a suitably competent professional in the preceding 15 months.

## Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

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## Rationale

Diabetes is a progressive long-term medical condition that is predominantly managed by the person with the diabetes and/or their carer as part of their daily life. Accordingly, understanding of diabetes, informed choice of management opportunities, and the acquisition of relevant skills for successful self-management play an important role in achieving optimal outcomes. Having a review by a competent professional gives the opportunity for dietary advice and support to help with self-management.

## Source guidance

Type 1 diabetes in adults: diagnosis and management. NICE guideline NG17 (2015, updated 2022), recommendations 1.4.6 and 1.4.7

Type 2 diabetes in adults: management. NICE guideline NG28 (2015, updated 2022), recommendation 1.3.1

## Specification

**Numerator:** The number of patients in the denominator who have a record of a dietary review by a suitably competent professional in the preceding 15 months.

**Denominator:** The number of patients on the diabetes register.

**Calculation:** Numerator divided by the denominator, multiplied by 100.

**Exclusions:** None.

**Minimum population:** The indicator would be appropriate to assess performance at individual general practice level.

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