

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## General practice indicators for NICE menu

**Indicator area:** Diabetes prevention

**Indicator:** NM149

**Date:** June 2017

### Introduction

The management of type 2 diabetes and its complications represents a significant cost to the NHS, with the incidence of type 2 diabetes expected to rise in line with increased levels of obesity and sedentary lifestyles. Therefore attention has shifted focus from disease management to disease prevention through targeted interventions and ongoing monitoring of people with a blood glucose above normal limits but not reaching the threshold for a diagnosis of diabetes. These people with an HbA1c of 42-47 mmol/mol or a fasting plasma glucose of 5.5-6.9 mmol/l are described as having non-diabetic hyperglycaemia (NDH). The National Diabetes Prevention Programme is currently being rolled out. This will provide locally provided, but nationally commissioned support services for people with NDH that local GPs can refer people to. The service is expected to have achieved national coverage by 2020.

### Indicator:

NM149: The percentage of people newly diagnosed with non-diabetic hyperglycaemia in the preceding 12 months, who have been referred to a Healthier You: NHS Diabetes Prevention Programme for intensive lifestyle advice.

### Source guidance and recommendations

Type 2 diabetes: prevention in people at high risk NICE guideline PH38 (2012)

*Recommendation 5: For people confirmed as being at high risk (a high risk score and fasting plasma glucose of 5.5-6.9 mmol/l or HbA1c of 42-47 mmol/mol:*

- *Tell the person they are currently at high risk but that this does not necessarily mean that they will progress to type 2 diabetes. Explain that the risk can be reduced. Briefly discuss their particular risk factors, identify which ones can be modified and discuss how they can achieve this by changing their lifestyle.*
- *Offer them referral to a local, evidence based, quality assured intensive lifestyle-change programme. In addition, give them details of where to obtain independent advice from health professionals.*

## **Rationale**

Patients with an elevated HbA1c between 42-47 mmol/mol (fasting plasma glucose 5.5-6.9 mmol/l) are at increased risk developing Type 2 diabetes. Progression to type 2 diabetes may be prevented or delayed in this group of patients through lifestyle changes with a focus upon diet, weight and exercise. People are more likely to be successful if they receive intensive support to make these changes and NHS England has invested in an intensive lifestyle change programme targeted at patients with non-diabetic hyperglycaemia. Roll-out of this programme has commenced in a small number of areas but should be available throughout England by 2020.

## **Reporting and verification**

See indicator wording for requirement criteria.

To be successful against this indicator referral must be made (or declined) to the NHS England commissioned Healthier You: NHS Diabetes Prevention Programme. Referral to locally developed lifestyle intervention programmes will not be included in this indicator.

## References

- Type 2 diabetes: prevention in people at high risk, NICE guideline PH38 (2012)