NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

# NICE indicator guidance

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## Indicator NM149

The percentage of patients 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.

## Indicator type

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

## Rationale

Patients with an elevated HbA1c between 42-47 mmol/mol or fasting plasma glucose of 5.5-6.9 mmol/l are described as having non-diabetic hyperglycaemia and 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.

## Source guidance

[Type 2 diabetes: prevention in people at high risk. NICE guideline PH38](https://www.nice.org.uk/guidance/ph38) (2012), recommendation 1.5.4.

## Specification

Numerator: The number of patients in the denominator referred to a Healthier You: NHS Diabetes Prevention Programme for intensive lifestyle advice.

Denominator: The number of patients newly diagnosed with non-diabetic hyperglycaemia in the preceding 12 months.

Calculation: e.g. (Numerator/denominator)\*100

Inclusions: Only referrals made (or declined) to the NHS England commissioned Healthier You: NHS Diabetes Prevention Programme are included. Referral to locally developed lifestyle intervention programmes will not be included in this indicator.

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

## Further information

This is NICE indicator guidance, which is part of the [NICE menu of indicators](https://www.nice.org.uk/Standards-and-Indicators/index). This document does not represent formal NICE guidance.