

# **NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE**

## **NICE GENERAL PRACTICE INDICATOR DEVELOPMENT PROGRAMME**

### **Resource impact statement: NM149**

**Date:** August 2017

#### **Indicators**

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.

#### **Introduction**

Progression to type 2 diabetes may be prevented or delayed in people with non-diabetic hyperglycaemia-through lifestyle changes with a focus on diet, weight and exercise. People are more likely to be successful if they receive intensive support to make these changes. NHS England, Public Health England and Diabetes UK have invested in an intensive lifestyle change programme targeted at this group of people, called [Healthier you: NHS diabetes prevention programme](#).

This statement covers a new indicator that is part of the NICE menu of indicators for general practice, following the recommendations of the NICE indicator advisory committee in June 2017.

#### **Resource impact**

Referral to a Healthier You: NHS Diabetes Prevention Programme is assumed to take place in the same consultation that diagnosis of non-diabetic hyperglycaemia is discussed. Because the programme is already resourced, no additional costs are anticipated as a result of this indicator. Long-term

savings are anticipated as a result of progression to type 2 diabetes being prevented or delayed for some people who receive intensive lifestyle advice.