

Type 2 diabetes: prevention in people at high risk (PH38): Guideline Update

1 Background

Type 2 diabetes: prevention in people at high risk guideline (PH38) was not referred via the usual guideline surveillance process. The Expert Scientific and Clinical Advisory Panel for the UK Health Check programme raised the issue of the blood sugar threshold for personal intervention with NICE in 2016. The current NICE recommendation in Type 2 diabetes: prevention in people at high risk is 5.5 mmol/l; the previous threshold for PHE action was 6.0 mmol/l. The NICE threshold has now been adopted but there is real concern that it is too low and that significant resource would be committed on people at low risk of progression.

2 Guideline Update

The following questions will be answered:

- What is the effectiveness of providing intensive face to face lifestyle-change programmes, digitally delivered lifestyle-change programmes or metformin in preventing type 2 diabetes in adults with fasting plasma glucose concentrations of 5.5 – 6.9 mmol/L or HbA1c of 42 – 48 mmol/L (6.0% to 6.5%)?
- What is the uptake of intensive face to face lifestyle-change programs, digitally delivered lifestyle-change programmes and metformin for impaired glucose regulation amongst those for whom it is offered?

3 Guideline Update process

The guideline update will be produced using a standing Committee. More information about the process can be found here:

[Guideline Updates](#)

Committee meeting dates: 9 January 2017, 24 February 2017, 4 April 2017,
30 May 2017

Consultation dates: 17 April 2017 – 15 May 2017

Expected publication date: 26 July 2017