



# Diabetes: NDH diabetes prevention programme

NICE indicator

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[www.nice.org.uk/indicators/ind171](http://www.nice.org.uk/indicators/ind171)

## Indicator

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.

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](#).

## Rationale

Patients with an elevated HbA1c between 42 and 47 mmol/mol or fasting plasma glucose of 5.5 to 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 (2012, updated 2017), 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:** Numerator divided by the denominator, multiplied by 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.

**Exclusions:** People with an unresolved diabetes diagnosis; under 18s.

Personalised care adjustments or exception reporting should be considered to account for situations where the patient declines the referral or if the referral is not appropriate.

**Expected population size:** The NHS National Diabetes Audit - Diabetes Prevention Programme data (detailed analysis report) for January 2021 to March 2022 showed that 1.0% of people in England had newly diagnosed non-diabetic hyperglycaemia: 102 patients

for an average practice with 10,000 patients. To be suitable for use in QOF, there should be more than 20 patients eligible for inclusion in the denominator, per average practice with 10,000 patients, prior to application of personalised care adjustments.

## Update information

### Minor changes since publication

**September 2024:** We replaced information about the minimum population with that of the expected population size. We added information about personalised care adjustments and exception reporting.

**November 2020:** We added a specification (this included highlighting the inclusion criteria) and information about the minimum population. We amended the rationale section and added the recommendation number to the source guidance section. We removed the introduction section and recommendation wording.

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