

## Referral Support Service

### Type 2 Diabetes Prevention

**Code: DI02**

**Healthier You: National Diabetes Prevention Programme**

#### About the programme

The Healthier You: NHS Diabetes Prevention Programme (NHS DPP) identifies those at high risk and refers them onto a behaviour change programme. It is a joint commitment from NHS England, Public Health England and Diabetes UK. The current provider for the Humber, Coast and Vale Healthier You: Diabetes Prevention Programme is ICS Health and Wellbeing

There is strong international evidence which demonstrates how behavioural interventions, which support people to maintain a healthy weight and be more active, can significantly reduce the risk of developing the condition. The programme focuses on helping people to reduce their weight, increase their physical activity levels and improve their diet, empowering them to take charge of their health and wellbeing and learn how to prevent diabetes.

The Diabetes Prevention Programme runs for the duration of 9 months. It consists of a mixture of 1-to-1 and group sessions delivered by specially trained health and wellbeing coaches. Throughout the programme participants learn how to prevent diabetes by incorporating healthier eating, physical activity, problem-solving, stress-reduction and coping skills into their daily lives.

Groups are held in community venues across the Vale of York. Locations are determined by demand in postcode areas. Therefore the majority of people should not need to travel far to attend a course.

#### Definition

A person is defined as being at high risk of developing Type 2 diabetes if they have a:

- HbA1c of 42–47 mmol/mol [6.0–6.4%]
- Fasting plasma glucose of 5.5–6.9 mmol/mol

#### Management

People identified at high risk of developing Type 2 diabetes should be offered a blood test at least once a year (preferably using the same type of test). Also offer to assess their weight or BMI. This includes people without symptoms of Type 2 diabetes whose:

- First blood test measured HbA1c of 48 mmol/mol (6.5%) or greater, but whose second blood test did not confirm a diagnosis of type 2 diabetes. [2012]

#### Outcome

If a person is identified as at high risk of developing Type 2 diabetes it is recommended they are offered a place on the Healthier You: National Diabetes Prevention Programme

Responsible GP: Dr Emma Broughton

Clinical Effectiveness Advisory Group approved: Aug 2019

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Next Review: Aug 2020

## Referral Information

### Information to include in referral form

- HbA1c reading between 42-47mmol/mol
- Date of HbA1c reading

### Referral Criteria

- 18 years old and over
- Registered with a GP Practice in one of the following areas:
  - **East Riding of Yorkshire**
  - **Hull**
  - **North East Lincolnshire**
  - **North Lincolnshire**
  - **Scarborough and Ryedale**
  - **Vale of York**
- HbA1c between 42-47 mmol/mol (6.0%-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmols/l within the last 12 months
- Not pregnant
- Able to take part in light to moderate physical activity – *please note: this will be discussed with individuals at the initial assessment appointment with the provider. Chair based exercises can be incorporated into the programme for individuals who require it and therefore this should not be a reason to exclude individuals from referral.*

### Referral form

To refer an individual to the Healthier You: NHS Diabetes Prevention Programme, please ensure they meet the eligibility criteria then complete the referral form and send it to: NHS email - [scwcsu.hcv-ndpp@nhs.net](mailto:scwcsu.hcv-ndpp@nhs.net)

Instructions on where to download/import referral forms can be found in the [Practice Mobilisation Pack](#)

### Self-Referral

Alternatively individuals can make a self-referral if they have their:

- NHS number
- HbA1c reading between 42-47mmol/mol
- Date of HbA1c reading

A self-referral can be made by calling the contact centre on 0333 577 3010. The booking team are available from 8am-5pm Monday – Friday. They can also register their place via the NHS Diabetes Prevention Programme website by inputting this link into their web browser: <https://preventing-diabetes.co.uk/self-referral/>

## **Additional resources**

A [letter template](#) has been drafted to support practices with contacting people who are already coded in their clinical systems as at high risk of developing Type 2 diabetes and therefore eligible to attend the Healthier You: NHS Diabetes Prevention Programme.

All practice staff are asked to make every contact count to support those who are motivated to make a lifestyle change by signposting them to the NHS Diabetes Prevention Programme if they are eligible. A referrer and patient information leaflet can be downloaded from the Practice Mobilisation Pack to support these conversations.

## **Patient information leaflets/ PDAs**

- [About Healthier You: National Diabetes Prevention Programme](#)
- [Diabetes UK Know Your Risk tool](#)
- [NDPP Patient Information Leaflet](#)
- [NDPP Patient Story](#)

## **Supporting documents for Health Care Professionals**

- [NDPP Referrer Information Leaflet](#)
- [Diabetes UK Know Your Risk tool](#)
- [Practice Mobilisation Pack including FAQs](#)
- Diabetes UK Information Prescriptions  
Diabetes UK has developed Information Prescriptions for people at high risk of developing Type 2 diabetes. These provide simple and clear information to help your patient's live healthier lives.
  - [Eating well](#)
  - [Being active](#)

## **References**

[NICE Guidance \[PH38\] Type 2 diabetes: prevention in people at high risk  
Healthier You: NHS Diabetes Prevention Programme](#)