

## Healthier You NHS Diabetes Prevention Programme

### Self-referral model - FAQs for Healthcare Professionals

#### Why has the referral route into the programme changed?

In response to the COVID-19 pandemic, the Healthier You NHS Diabetes Prevention Programme has expanded access by moving from a referral only route (from General Practice) to add a self-referral route via an online risk tool.

This additional referral route was introduced to help our population at risk of Type 2 diabetes to benefit from the Healthier You programme, recognising the capacity and clinical pressures faced by General Practice during the COVID-19 pandemic and reduced capacity within phlebotomy services. It also aligns with plans to reduce inequalities relating to the development of Type 2 diabetes; in particular, efforts will be directed at promoting uptake of Healthier You in people from black and South Asian ethnic backgrounds, who tend to be at higher risk of Type 2 diabetes at younger ages.

#### How is the programme being delivered safely with social distancing rules in place?

New referrals into the programme are offered the option of either the 'remote group' service – attending group sessions via telephone or videoconference - or an online service using websites and apps.

#### How can eligible participants refer themselves onto the programme?

Eligibility to self-refer to the Healthier You programme will be based on the Diabetes UK risk tool (a validated Type 2 diabetes risk assessment tool) which can be completed on the Diabetes UK website or on Healthier You service providers' websites.

People scoring at or above a risk threshold will be signposted to self-refer with their local DPP provider (identified by postcode). It is possible that this risk threshold may change once further data is available regarding the self-referral pathway.

Anyone scoring at or above the risk threshold will be eligible to join provided they are aged 18-79, not pregnant and that they do not have a current Type 2 diabetes diagnosis.

#### How long will the new self-referral model be in place?

This route will be available until at least the end of March 2021.

#### Can healthcare professionals still refer patients into the programme the original way?

Yes. Please continue offering the programme to people who are identified as having non-diabetic hyperglycaemia via HbA1c or fasting plasma glucose (FPG) testing during clinical care; it is important that referrals into Healthier You continue from GP practices where possible.

#### Is the programme different for people who self-refer compared to the programme offered for people referred by their GP practice?

No, the same programme will be offered regardless of the route of the entry.

#### Are GP practices informed if someone has self-referred?

Healthier You providers will share details of people who have self-referred to the programme with their GP practice (provided consent has been obtained) and will update the practice at key points in the Healthier You journey including first attendance, completion of the programme and discharge (if completion not achieved).

**NICE recommends an annual review for people with non-diabetic hyperglycaemia. Should GP practices also conduct annual reviews for people who have self-referred to the Healthier You programme?**

NICE guidance PH38 recommendations for annual review relate to people with non-diabetic hyperglycaemia (NDH). If someone who self-refers to the Healthier You programme already has previously been identified with non-diabetic hyperglycaemia, it is expected that processes should already in place for an annual review with their GP practice.

However, many people who have self-referred to Healthier You on the basis of a Know Your Risk score may not have a glycaemic result recorded (HbA1c or FPG). NICE PH38 recommends that anyone highlighted to be at increased risk of Type 2 diabetes by a validated risk filter, such as the Diabetes UK Know Your Risk tool, should be offered a blood test to check for non-diabetic hyperglycaemia or undiagnosed Type 2 diabetes. Therefore anyone who self-refers to Healthier You should be offered such testing by their GP practice if and when sufficient phlebotomy capacity is available.

Follow-up and recall arrangements are likely to vary depending on the outcome of this blood test. If NDH is revealed, NICE guidance recommends yearly glycaemic monitoring. If the person is found to have normoglycaemia, NICE recommends monitoring every 3 years (they are classed as moderate risk of Type 2 diabetes due to the elevated risk score).

**What happens if someone self-refers to Healthier You but is then found to have Type 2 diabetes?**

If someone is found to have previously undetected Type 2 diabetes after self-referring to Healthier You, they may continue on the programme provided they appreciate that messaging around preventing Type 2 diabetes will no longer be applicable for them. However, they may still benefit from support regarding improving nutrition, increasing physical activity and achieving a healthy weight.

Whether they choose to remain on Healthier You or not, it is important that full usual care is initiated as for any new diagnosis of Type 2 diabetes, including referral for structured education, completion of diabetes care processes and appropriate pharmacological management.

**Is it a problem if someone has self-referred to Healthier You but is found to have normoglycaemia on blood testing?**

No, they should continue on Healthier You as they still have various risk factors for the development of Type 2 Diabetes.

**How should GP practices code self-referral to the NHS DPP in the clinical record?**

Follow the guidance of your local team; if there are no reasons why this may not be suitable (such as local incentive schemes based on coding data), it would be reasonable to use the same code for self-referral as would be used for referral by a healthcare professional ('Referral to the National Health Service Diabetes Prevention Programme' – SNOMED: 1025321000000109).

The same codes can be used for the self-referral pathway as for HCP-referral pathway; there are codes for programme started (SNOMED: 1025271000000103), completed (SNOMED: 1025251000000107) and not completed (SNOMED: 1025211000000108).

### **How should GP practices code a person's Diabetes UK risk tool score?**

The Diabetes UK risk tool is a rebrand of the Leicester Diabetes Risk Assessment tool. The numerical score can be input into the clinical record using the code 'Leicester Diabetes Risk Score' – SNOMED: 1025601000000108.

### **Do self-referrals count towards an area's allocation of places on the programme?**

The self-referral model is designed as an additional route into the programme, over and above General Practice referrals. It is not intended to replace current methods and pathways for referrals from primary care. Referrals from General Practice should therefore continue as allocated capacity allows and should be stepped back up wherever possible. Self-referrals do not count towards these allocated places and local health economies will have sufficient capacity to meet their normal profiled demand. Any sites with queries about places, or currently profiled activity, should discuss this with their regional team.

### **Will the provider take baseline glycaemic readings for people who self-refer?**

No, the provider will not perform any blood testing for anyone on the programme (self-referred or referred by GP Practice).

### **When will the delivery model for Healthier You revert to group face-to-face?**

The Healthier You programme will continue to adhere to Government guidelines regarding social distancing. Any changes to this advice will inform decisions regarding mode of delivery of the programme.

# Healthier You NHS Diabetes Prevention Programme

## Self-referral model - FAQs for Patients and the Public

### What is the Healthier You NHS Diabetes Prevention Programme?

The Healthier You programme helps those at high risk of Type 2 diabetes to reduce their risk. It is a 9-12 month programme which includes help and guidance to eat well and provides tips on weight loss (where appropriate) and physical activity.

To help keep you focused and motivated on your goals, you'll have access to trained health coaches, and you'll be able to meet other people in your area who are also trying to reduce their risk of Type 2 diabetes.

### How is the programme being delivered during the pandemic?

Although the programme is normally delivered in groups at different times and locations, right now it's offered over telephone or group video conference, or online through apps and websites. Participants will need access to a phone and/or a computer or tablet.

### Who is eligible to join?

Anyone who is identified as at moderate to high risk of Type 2 diabetes using the [Diabetes UK risk tool](#), or through a blood test from their GP practice, is eligible to join the programme – provided they are not pregnant, are aged 18-79 and do not have a current diagnosis of Type 2 diabetes.

### How do I join the programme?

The easiest way to see if you are eligible and to sign up to the programme is to complete the Diabetes UK risk tool at [riskscore.diabetes.org.uk](https://riskscore.diabetes.org.uk). If you score 16 or more you will be able to sign up to your local Healthier You service. You will need to know your waist, height and weight measurement to complete the Diabetes UK risk tool.

### How can I join if I can't access the Diabetes UK risk tool?

If you are unable to use the Diabetes UK risk tool to sign up then you can be referred by your GP practice.

### What will I achieve on the programme?

Your free local Healthier You service can help you put your health back in your hands by supporting you to make changes to your diet, get more physically active and lose weight (where appropriate). Taking this action is really important as it can reduce your risk of developing Type 2 diabetes.

You can watch short videos of previous participants' experiences on the Healthier You programme using the links below:

- [Harry's story](#)
- [Adrish's story](#)
- [Mabel's story](#)
- [Hansa's story](#)
- [Pam's story](#)
- [Michael's story](#)

### Why should I reduce my risk of Type 2 diabetes?

Type 2 diabetes can be a very serious health condition that can cause long-term health problems.

It can lead to sight loss, kidney failure, loss of a limb, and makes you at least twice as likely to have a heart attack or stroke. Being diagnosed with Type 2 diabetes can have a huge impact on you and your family and can mean lots of changes to the way you live your life.

It's very important that you find out if you are at high risk of Type 2 diabetes so you can get support to lower your risk.

### **Who is more at risk of Type 2 diabetes?**

Anyone can develop Type 2 diabetes, but certain factors can increase your risk:

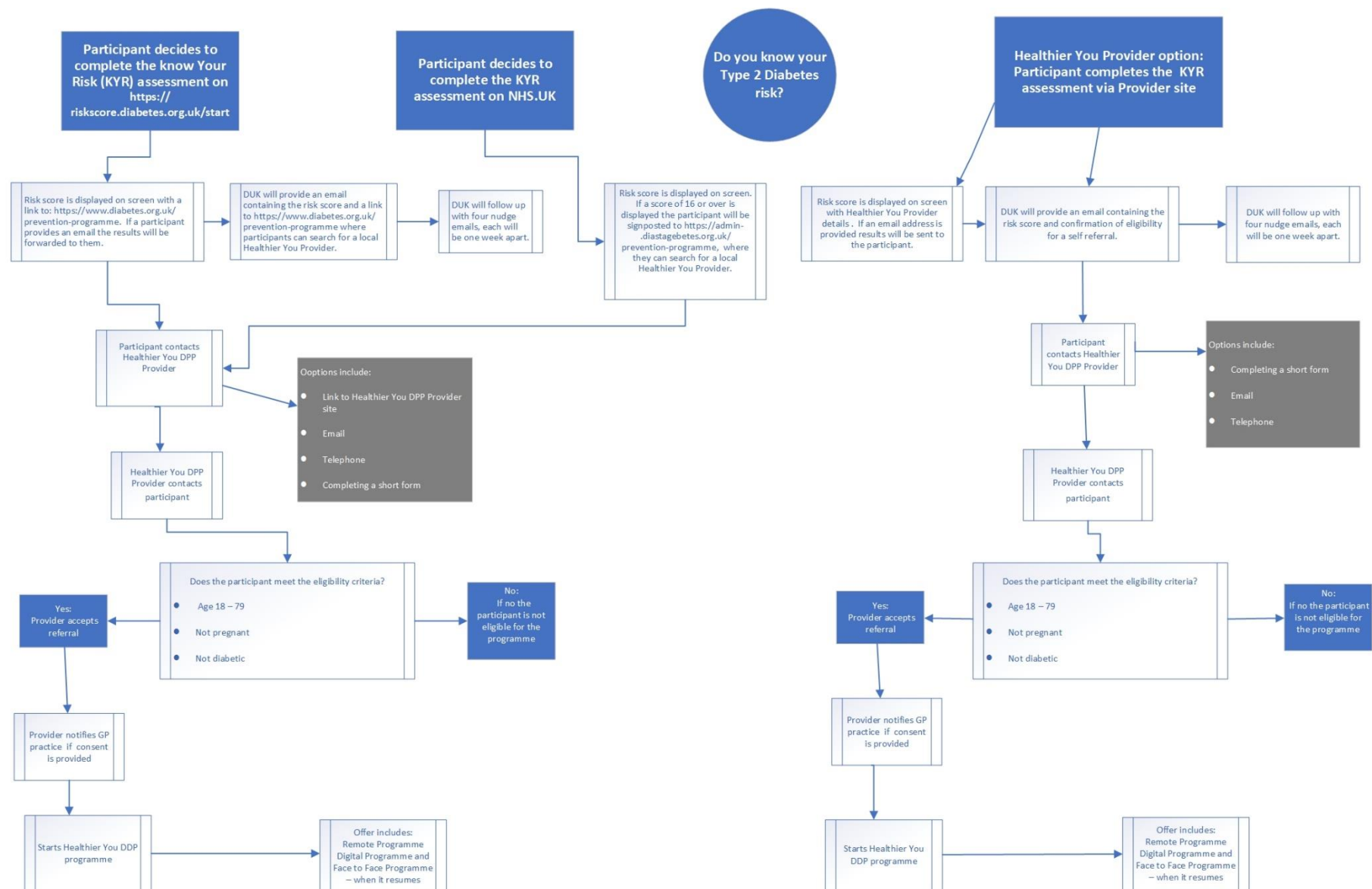
- The older you are, the greater your risk is likely to be. However, those from the ethnic groups outlined below tend to be at risk at a younger age.
- You're two to six times more at risk if you have a parent, child, brother or sister with Type 2 diabetes.
- You're more likely to get Type 2 diabetes if you're over 25 and from a Chinese, South Asian, African-Caribbean or Black-African ethnic background.
- You are more at risk of type 2 diabetes if you carry excess weight, have obesity or if you've ever had high blood pressure.

Other factors associated with an increased risk include:

- You're more at risk if you've ever had a heart attack or stroke, if you've ever had schizophrenia, bipolar disorder or depression, or if you are receiving treatment with anti-psychotic medication
- You're more at risk if you are a woman who has had polycystic ovarian syndrome, gestational diabetes, or given birth to a baby weighing over 10 pounds

## Know Your Risk Tool

### Self Referral to Healthier You NHS Diabetes Prevention Programme



## Appendix B

**Step 1:** Access the Diabetes risk tool at: [riskscore.diabetes.org.uk](https://riskscore.diabetes.org.uk)

**TYPE 2 DIABETES  
KNOW YOUR RISK**

Finding out your risk of Type 2 diabetes only takes a few minutes. It could be the most important thing you do today.

To calculate your risk we will ask you for sensitive personal data, for example about your health or ethnicity. This will help us provide you the most relevant information. We promise to store your sensitive personal data securely and keep it confidential.

☐ Please tick the box to tell us you are happy for us to use this information

Before you start, grab a tape measure and scales...

**Find out your risk** >

You must be 18 or over to complete this tool.  
Please note: the results will not be accurate if you are pregnant.

Developed by Diabetes UK, the University of Leicester and the University Hospital of Leicester NHS Trust

The Know Your Risk tool is not a diagnostic tool. It is designed for people without a current diagnosis of diabetes and is intended to highlight a person's risk of developing Type 2 diabetes in the next 10 years. The results are not medical advice. If you are at risk or concerned about diabetes, we advise visiting a healthcare professional for further information.

**You'll need an accurate measurement of your:**

- ✓ height
- ✓ weight
- ✓ waist

**TYPE 2 DIABETES  
KNOW YOUR RISK**

**Step 2:** Complete the risk assessment. A risk score will be displayed on screen and if the participant provides an email address the results will also be emailed to them.

If the participant gets a Moderate score 16-24 or a High Score 25-47 and meet the eligibility criteria they will be presented with a link to access the DDP Healthier You Programme.

Access the Diabetes risk tool at: [riskscore.diabetes.org.uk](https://riskscore.diabetes.org.uk)

RESTART | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | RESULTS

**Your risk is Moderate**  
Your answers add up to 21

Low: 0 - 6 | Increased: 7 - 15 | **Moderate: 16 - 24** | High: 25 - 47

1 in 10 people with your risk will get Type 2 diabetes in the next 10 years.

**Your health is at risk.** Your score shows you could be eligible for a free place on the Healthier You NHS Diabetes Prevention Programme designed to help people at risk of type 2 diabetes to reduce their risk. If you live in England find out who your local provider is and sign up.

to be tested for type 2 diabetes. See below for where you're scoring points and talk to your doctor about the areas that you can change to reduce your risk.

If you want to know more about your risk level, what makes you more at risk and how you can prevent type 2 diabetes, our website has a lot of simple information and advice. If you are able to, you may still want to contact your GP to discuss your results.

**Your risk explained**

| These are the risk factors that you can't change, so focus on the things that you can change or maintain. | Points | These are the risk factors that you can change. Even small changes can help reduce your risk. | Points |
|-----------------------------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------------------------|--------|
| <b>Age: 45</b>                                                                                            |        | <b>Waist measurement: 104.1cm</b>                                                             |        |
| 49 or younger                                                                                             | 0      | Less than 90cm (35.5in)                                                                       | 0      |
| 50 - 59                                                                                                   | 5      | 90 - 99.9cm (35.5 - 39.3in)                                                                   | 4      |
| 60 - 69                                                                                                   | 9      | 100 - 109.9cm (39.4 - 43.3in)                                                                 | 6      |
| 70 or older                                                                                               | 13     | 110cm (43.4in) or above                                                                       | 9      |
| <b>Gender</b>                                                                                             |        | <b>BMI: 29.8</b>                                                                              |        |

**Step 3:** From the results page the Participant will be directed to find their local Healthier You Provider via the postcode look up tool.

**HEALTHIER YOU NHS DIABETES PREVENTION PROGRAMME**

Because of the score you received from the Know Your Risk tool, your results show that you may be eligible to join the Healthier You NHS Diabetes Prevention Programme.

**Find your nearest Healthier You service:**

Enter a postcode

Healthier You is a joint partnership between Diabetes UK, Public Health England and NHS England. The programme is designed to help people who are at high risk of developing type 2 diabetes to change their habits and reduce their risk.

Your free, local Healthier You NHS Diabetes Prevention Programme (NHS DPP) will provide valuable support to help you put your health back in your hands by providing a range of personalised support to help you eat well and tips on weight loss and physical activity.

Although the programme is normally delivered in groups at different times and locations, right now it's offered over telephone or group video conference, or online through apps and websites. The programme is open to people who:

- live in England
- are over 18
- are not pregnant
- do not have diabetes currently
- and have received a score of over 16 when using the Know Your Risk tool

If you are able to, you may still want to contact your GP to discuss your results.

If you live in Scotland, Wales or Northern Ireland, the NHS DPP is not available. Find out more about [preventing type 2 diabetes](#) if you think you are at high risk.

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME

**You make our work possible**

Someone is diagnosed with diabetes every two minutes. Your donation can change lives.

**Donate now**