

# Diabetes Prevention Programme, 2017-18

## Diagnoses and Demographics

England

# Introduction

- The NHS Diabetes Prevention Programme (NHS DPP) is a joint commitment from NHS England, Public Health England and Diabetes UK to deliver, at scale, evidence based behavioural interventions that can prevent or delay the onset of Type 2 diabetes in adults who have been identified as having non-diabetic hyperglycaemia.
- Non-diabetic hyperglycaemia refers to blood glucose levels, that are above normal but not in the diabetic range (HbA1c 42-47 mmol/mol (6.0 – 6.4%) or fasting plasma glucose 5.5-6.9 mmol/l). People with non-diabetic hyperglycaemia are at increased risk of developing Type 2 diabetes. They are also at increased risk of other cardiovascular conditions.
- This report uses data collected alongside the National Diabetes Audit (NDA) for the period January 2017 to March 2018 inclusive. Unlike the NDA, this report is for England only.

# Registrations

**Table 1: Type 2 diabetes and non-diabetic hyperglycaemia registrations and prevalence, 2017-18, England**

Audit Year	People registered at GP practices, aged 16+	People diagnosed with type 2 diabetes		People diagnosed with non-diabetic hyperglycaemia, aged 16+	
		Count	Percentage	Count	Percentage
2017-18	57,487,515	2,914,670	5.1%	1,294,495	2.3%

There are 2.9 million people in England with diagnosed Type 2 diabetes, and 1.3 million with recorded non-diabetic hyperglycaemia.

The National Cardiovascular Intelligence Network (NCVIN) estimates there are 4 million people with Type 2 diabetes and 5 million people with non-diabetic hyperglycaemia:

<https://www.gov.uk/guidance/cardiovascular-disease-data-and-analysis-a-guide-for-health-professionals#estimates-of-cvd-prevalence>

# NHS Diabetes Prevention Programme – invitation to attend and uptake of offer

Although referrals to and attendance at DPP behavioural change courses are sometimes recorded in GP records, the data is not complete. Once data from the Diabetes Prevention Programme providers has been linked to the GP data that forms the basis of this report a more complete picture of referral and attendance will be available.

**Table 2: Top level numbers from GP sourced data, 2017-18, England**

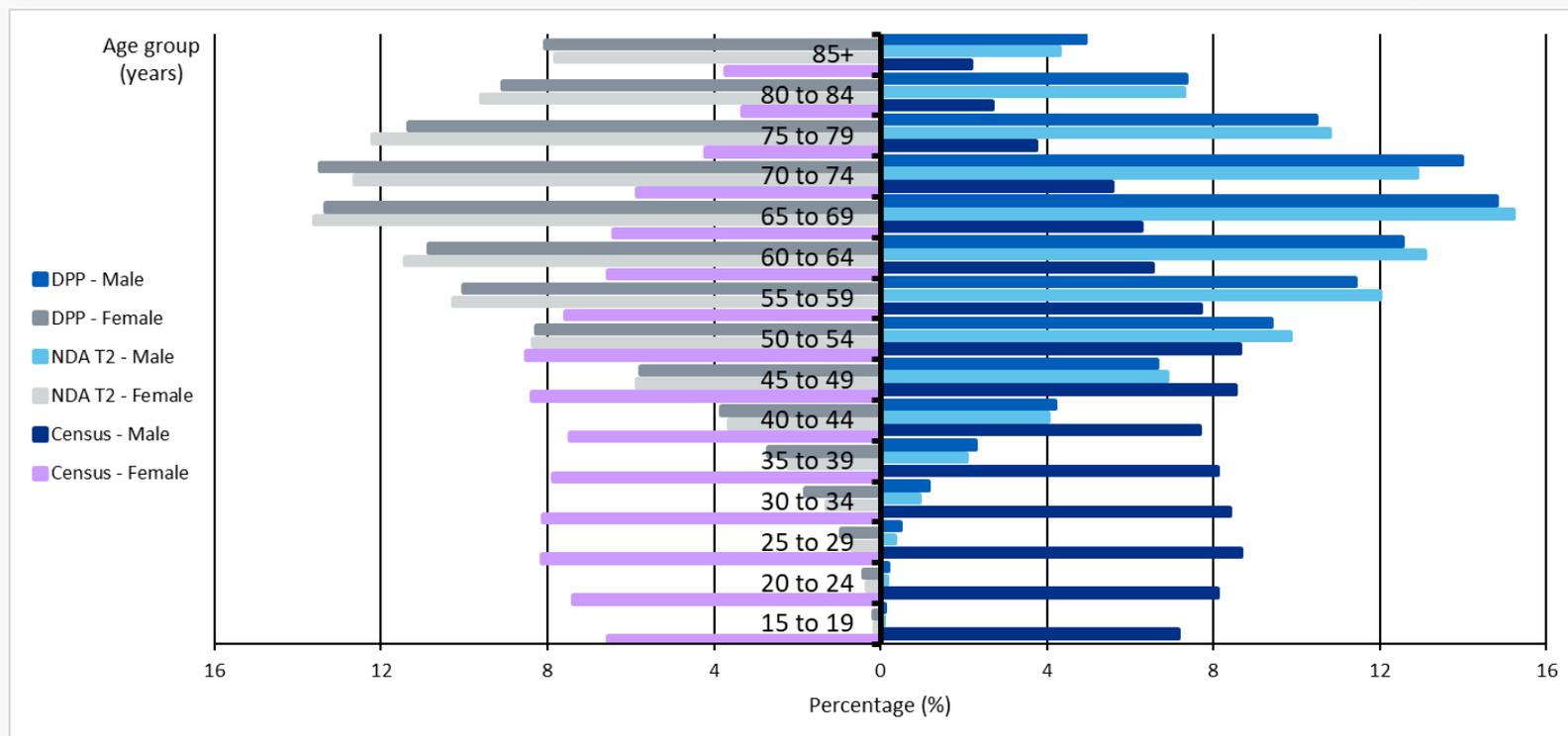
<b>From GP Clinical System</b>	<b>DPP Offered</b>	<b>DPP Offered and not declined</b>	<b>DPP Offered but Declined</b>
	147,135	93,740	53,395

The GP record data shows 147,135 people being offered attendance on a prevention course, and 53,395 of these people declining the offer.

# Demographic information on people with Non-Diabetic Hyperglycaemia

# Age and Sex Breakdown

**Figure 1: Age and Sex Breakdown – Non-Diabetic Hyperglycaemia (NDH), Type 2 Diabetes (T2DM) and Census Comparison, 2017-18, England**



The Non-Diabetic Hyperglycaemia population and the Type 2 Diabetes population are similar to one another, though a higher proportion of men have Type 2 diabetes. Both populations are markedly older than the general population.

# Ethnicity breakdown

**Table 3: Ethnicity Breakdown of people with Non-Diabetic Hyperglycaemia, 2017-18, England**

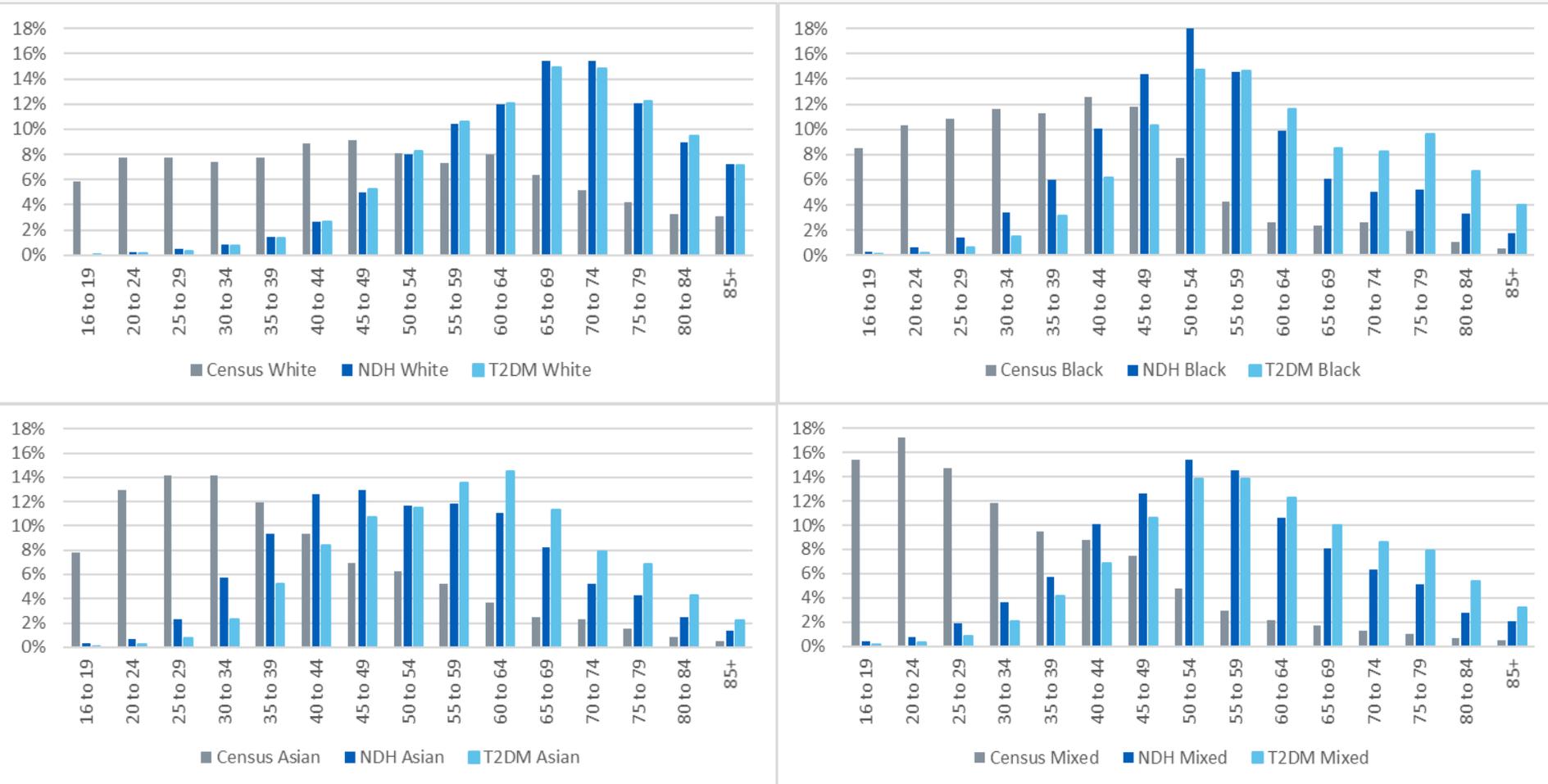
	Asian	Black	Mixed	Other	Unknown	White
Registrations	120,720	47,395	13,005	18,085	228,260	868,690
Percentage of registrations	9.3%	3.7%	1.0%	1.4%	17.6%	67.0%

15.4% of people recorded with non-diabetic hyperglycaemia are known to be from black, Asian and ethnic minority groups (BAME)

BAME people with non-diabetic hyperglycaemia have a lower age distribution than white people (next slide)

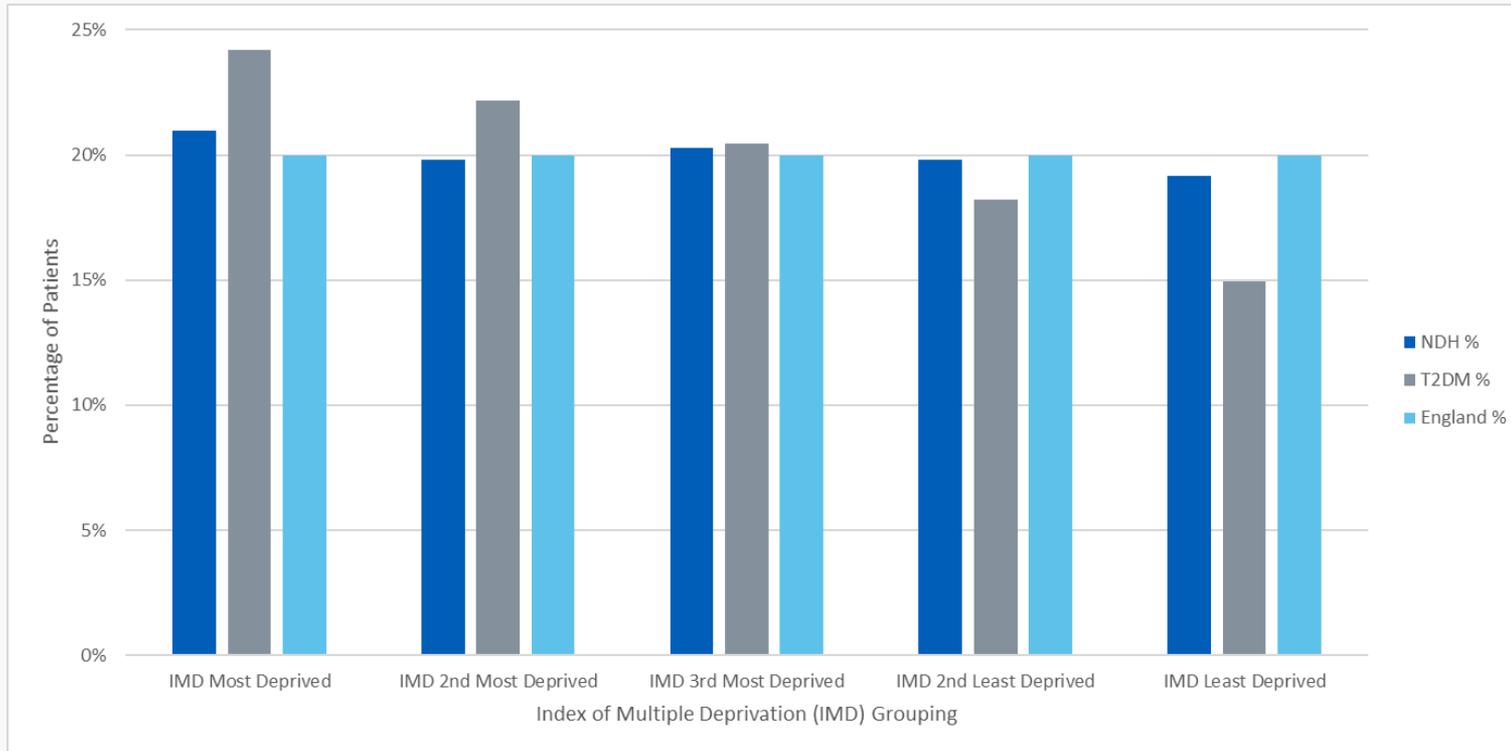
# Distribution of Age by Ethnicity Code

**Figure 2: Distribution of Age Group by Ethnicity - 2017-18 Non-Diabetic Hyperglycaemia (NDH), Type 2 Diabetes (T2DM) and 2011 Census comparison.**



# Deprivation Breakdown

**Figure 3: Deprivation Breakdown by quintiles, Non-Diabetic Hyperglycaemia (NDH), Type 2 Diabetes (T2DM) and England Comparison, 2017-18**

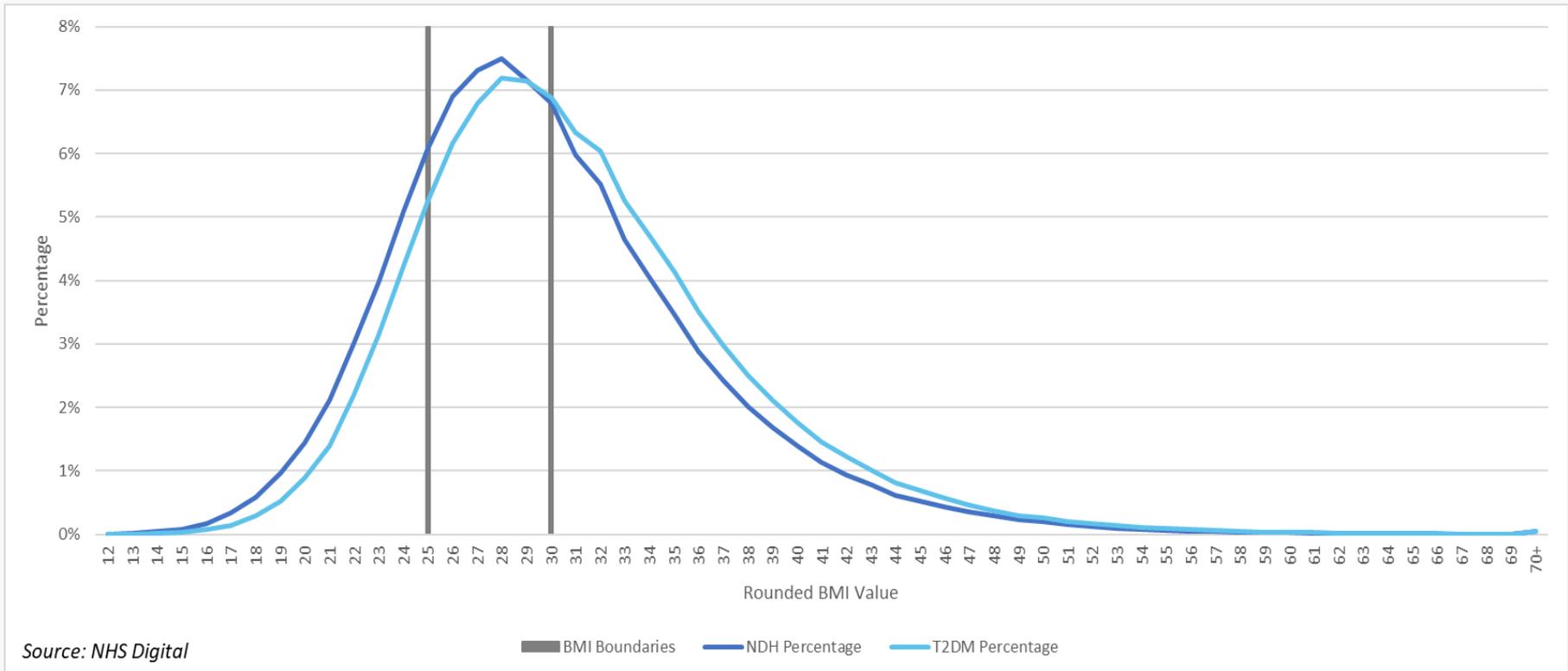


NDH - Similar number of people in each deprivation quintile, but there is a slight gradient from most deprived to least deprived.

Type 2 Diabetes – Clear percentage decrease from most deprived to least deprived  
England

# Distribution of BMI

Figure 4: Distribution of BMI, 2017-18 NDH and Type 2 DM.

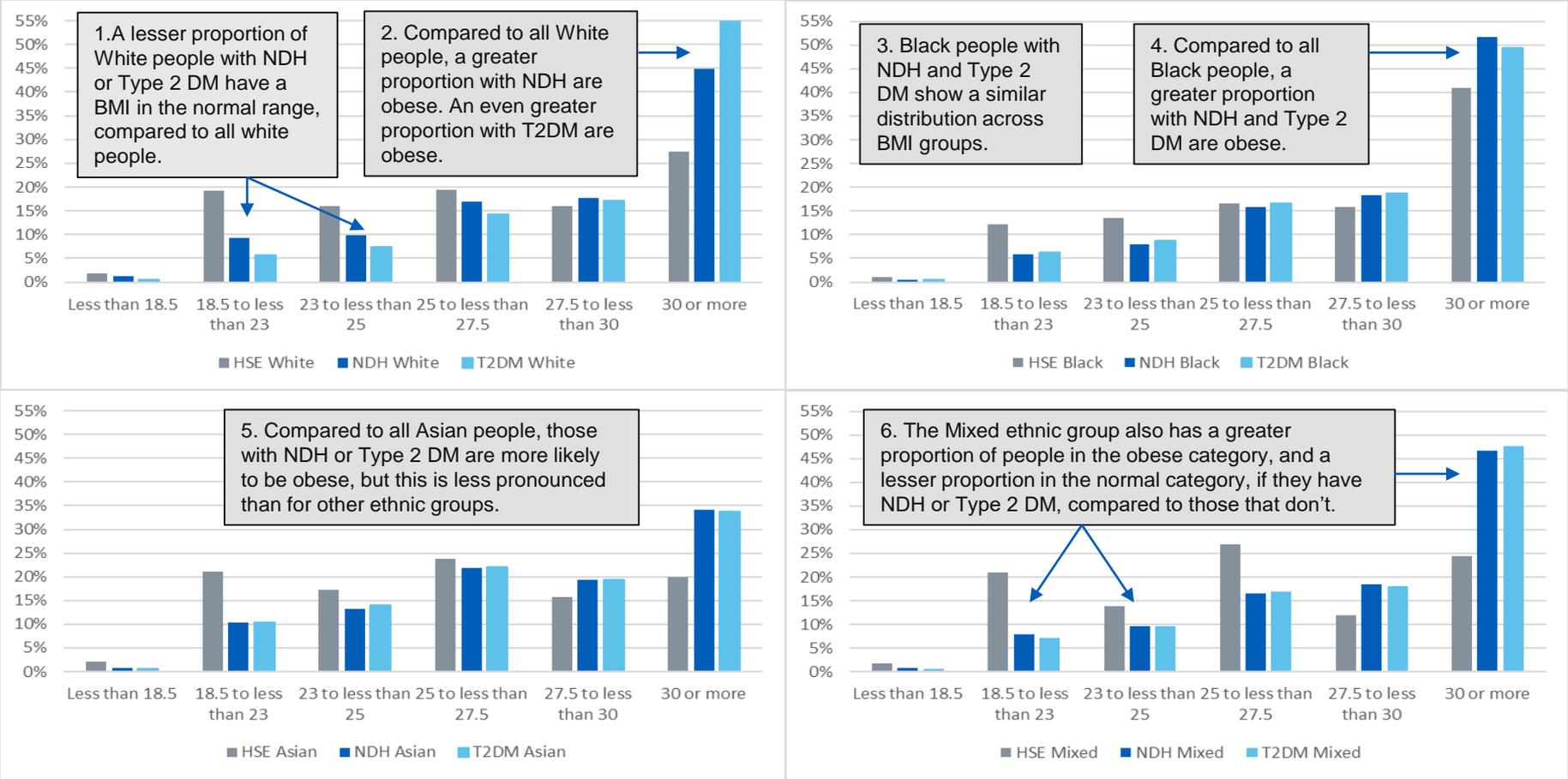


Source: NHS Digital

The distribution of normal, overweight and obese people with people with non-diabetic hyperglycaemia is similar to that for Type 2 Diabetes. The proportion of people in the 'healthy' weight category (BMI < 25) is slightly higher in the NDH population than in the Type 2 diabetes population.

# Distribution of BMI by Ethnicity Code – Comparison with Health Survey for England

Figure 5: Distribution of BMI Groups by Ethnicity, for the Health Survey for England (HSE) data, 2015-17, and the NDH and Type 2 DM (NDA) data, 2017-18.



BMI less than 18.5 – underweight  
 BMI 18.5 to less than 25 – normal  
 BMI 25 to less than 30 – overweight  
 BMI 30 or more – obese

# Impact of behaviour change programmes

# Current limitations and future plans

- There is not yet sufficient data to make an assessment on whether the behaviour change programmes are having an impact on reducing weight, progression to Type 2 Diabetes and other cardiovascular risk factors.
- This will be investigated in future reports on the Diabetes Prevention Programme.
- The GP data will be linked to the behaviour change programme provider data at person level in order to investigate the full journey of diagnosis through education and subsequent outcomes.