

Non-Diabetic Hyperglycaemia, 2019-20

Diabetes Prevention Programme

England

Published 8th July 2021

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 identified as having non-diabetic hyperglycaemia.

The DPP report uses data collected alongside the National Diabetes Audit (NDA) for the period January 2019 to March 2020 and data from providers of the Diabetes Prevention Programme (DPP) relating to referrals up to March 2020 inclusive.

This report is for England only.

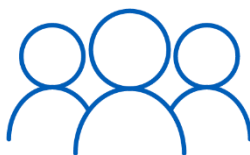
What is Non-Diabetic Hyperglycaemia (NDH)?

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 cardiovascular conditions.

People with NDH



2.1 million people in England are recorded as having non-diabetic hyperglycaemia.

3.2 million people have Type 2 diabetes.

Care processes

People with NDH have usually had a recent glycaemic test (**78%**) and Body Mass Index (BMI) recording (**64%**).



Diabetes Prevention Programme



According to DPP provider records, 535,400 people have been offered a place on a DPP course.

Developing diabetes



1.3 million people identified in the 2017-18 audit had a GP-recorded diagnosis of non-diabetic hyperglycaemia.

More than one third (**35%**) had no GP-recorded diagnosis of NDH or diabetes.

1.7 million people diagnosed with NDH had a recent glycaemic test. **71%** had a result which made them eligible for the DPP.

By 2019-20, **10%** of these people currently had diabetes. People with high HbA1c or BMI, and those from more deprived areas were more likely to develop diabetes.