

Non-diabetic hyperglycaemia (NDH) and the Diabetes Prevention Programme audit 2021-22, England

NDH (also referred to as prediabetes) means your blood glucose is higher than usual, but not high enough for you to be diagnosed with type 2 diabetes. NDH is a warning sign that you are at high risk of developing type 2 diabetes.

If you are identified as being high risk, your GP or nurse can refer you on to the NHS Diabetes Prevention Programme (DPP). The DPP is a behaviour change programme that supports people to maintain a healthy weight, improve nutrition and be more active. These things have been proven to reduce the risk of developing type 2 diabetes.

Every year people with NDH should have a blood test to check blood glucose levels and a weight measurement taken.

This report covers people with a diagnosis of NDH between 1 January 2021 and 31 March 2022.

Findings

Between January 2021 – March 2022,

582,820 people were newly diagnosed with NDH



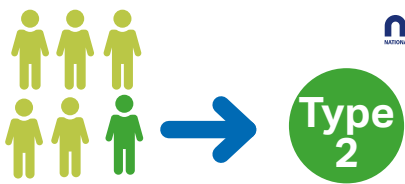
NDH



% of people getting the **two checks*** varies due to **geography, sex, age, ethnicity and deprivation**

* blood test to check glucose levels and weight measurements

1 in 6 with NDH in 2017-18 had **type 2** diabetes by March 2022



NDH DPP Completing the DPP reduced the rate of progression to **type 2 diabetes**

Referred, but **did not attend DPP** **21%** developed **type 2 diabetes**
Completed DPP **15%** developed **type 2 diabetes**

Find out more

1. [National Diabetes Audit](#)



SCAN ME

2. [Audit results for your local services National Diabetes Audit dashboards](#)