



NHS Diabetes Prevention Programme in Leeds

Referrals to the NHS Diabetes Prevention Programme (NDPP) have not recovered following the pandemic and the number of people at high risk of developing type 2 diabetes is increasing.

Leeds now has over 30,000 patients at high risk of developing type 2 diabetes who are eligible for the NDPP but less than 9% of patients have been referred in 2023 so far.

Overview of NDPP

The NDPP is a 9 month behaviour change programme that supports participants to live a healthy lifestyle and reduce their risk of developing type 2 diabetes, underpinned by a decade of research into community-based diabetes. The programme is free and can be accessed face to face, remotely or through a mobile app.

An independent evaluation has found that completers of the NDPP reduce their risk of developing type 2 diabetes by 37%, and that the programme resulted in a 7% reduction in population level incidence in areas where the programme was delivered.

Eligibility for NDPP

- **Individuals 18+**
 - Those over eighty years old require GP/Health professional confirmation to the Provider that benefits of the NDPP outweigh any potential risks of participating in a weight loss programme for that individual
- **Individuals who have 'non-diabetic hyperglycaemia'**
 - HbA1c of 42 – 47 mmol/mol (6.0 – 6.4%) or an FPG of 5.5 – 6.9 mmol/l within the 12 months prior to the date of referral into the Service.
- **Individuals who have a previous history of Gestational Diabetes Mellitus (GDM) and 'normoglycaemia'**
 - HbA1c lower than 42 mmol/mol or an FPG of less than 5.5 mmol/l within the 12 months prior to date of referral into the Service

If you would like any support with identifying and referring eligible patients to the NDPP please contact Georgia.Blaney@leeds.gov.uk.