

NHS Diabetes Prevention Programme (NHS DPP) – Healthier you

New Self-Referral Process

NHS England has launched new self-referral online tool for the NHS Diabetes Prevention Programme.

Eligible participants will be able to sign themselves up to the programme online without a GP referral or blood test using the [Diabetes UK 'Know your risk' tool](#), which assesses risk using a set of basic questions about age, weight, waist circumference and ethnicity.

If someone's risk score comes back as moderate, they will now be able to refer themselves to a local Healthier you programme and will be given a link to the referral form.

Programme overview

Healthier You (NDPP) supports people to lose weight and adopt healthier habits.

The nine to 12 month programme is designed to stop or delay the onset of Type 2 diabetes through a range of personalised lifestyle interventions, including:

- education on lifestyle choices
- advice on how to reduce weight through healthier eating
- bespoke physical activity programmes.

FAQs for healthcare professionals

Some frequently asked questions have been developed for about the implications of the new additional method of referral:

Q: Why has the referral route into the programme changed?

The new route was introduced in response to the COVID-19 pandemic to help people at risk of Type 2 diabetes benefit from the Healthier You programme and to reduce pressure on primary care and phlebotomy services. It 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. This route will be available until at least the end of March 2021.

Q: Should GPs and healthcare professionals still continue to refer?

Yes it is still really important to invite people having non-diabetic hyperglycaemia via HbA1c to the programme. Previously, people had to go to their GP or visit a healthcare professional and get a blood test before a referral, but the risk of coronavirus has meant that fewer people have had face-to-face GP appointments and fewer people are accessing blood tests and is part of the rationale for change in process. The self-referral model is designed as an additional route into the programme, over and above general practice referrals.

Q: Are GP practices notified if somebody from their practice self refers?

Reed (who are the service providers for Leeds) 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). Further information on this shall be shared with practices when available.

Q: Should GP practices also conduct annual reviews for people who have self-referred to the Healthier You programme?

If someone who self-refers to the Healthier You programme already has previously been identified with non-diabetic hyperglycaemia, it is expected that an annual review with their GP practice shall still be undertaken.

Q: What are the risk assessment outputs on the risk assessment tool?

| | | |
|--------------|----------------|--|
| Score 0 – 16 | Low risk | Offers regular DUK website information |
| Score 7-15 | Increased risk | As above |
| Score 16-24 | Moderate risk | Link to NHS DPP self-referral form |
| Score 25-47 | High risk | Advises you to contact your GP and make an appointment |

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.

No bloods shall be undertaken by provider.

Q: 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.

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.

For any further information or if you have any questions please contact leisa.batkin@nhs.net