

New NICE guidance on diabetes

Increase in number of people with Diabetes

The number of people [living with diabetes in the UK](#) has increased by 59.8 per cent in a decade, according to a new analysis by Diabetes UK. The new figures, extracted from official NHS data, shows that there are now 3.3 million people diagnosed with diabetes, which is an increase of more than 1.2 million adults compared with ten years ago when, in 2005, when there were 2.1 million people diagnosed with the condition. This figure doesn't take into account the 590,000 adults estimated to have undiagnosed diabetes in 2013-2014.

Additional link: [BBC News report](#)

Diabetes prevention programmes: evidence review

Public Health England has published [A systematic review and meta-analysis assessing the effectiveness of pragmatic lifestyle interventions for the prevention of type 2 diabetes mellitus in routine practice](#). This document updates and extends a previously conducted systematic review and meta-analysis assessing the effectiveness of 'real-world' interventions for the prevention of type 2 diabetes mellitus (T2DM) in high risk populations. The review supports previous research, demonstrating that diabetes prevention programmes can significantly reduce the progression to T2DM and lead to reductions in weight and glucose compared with usual care. It concludes those developing prevention programmes should adhere to the NICE and/or IMAGE guidelines to increase efficacy.

NHS Diabetes Prevention Programme: non-diabetic hyperglycaemia

The National Cardiovascular Intelligence Network has published [NHS Diabetes Prevention Programme – non-diabetic hyperglycaemia](#). Non-diabetic hyperglycaemia refers to raised blood glucose levels, but not in the diabetic range. People with non-diabetic hyperglycaemia are at increased risk of developing Type 2 diabetes. This analysis uses a population representative sample of people with valid measurements to indicate non-diabetic hyperglycaemia. The accompanying spreadsheet outlines the number of people in each local authority who are estimated as having non-diabetic hyperglycaemia.

NICE guidance

NICE has published the following guidance:

- [Type 1 diabetes in adults: diagnosis and management](#). NICE guideline (NG17).
- [Diabetes \(type 1 and type 2\) in children and young people: diagnosis and management](#). NICE guideline (NG18).
- [Diabetic foot problems: prevention and management](#). NICE guideline (NG19).