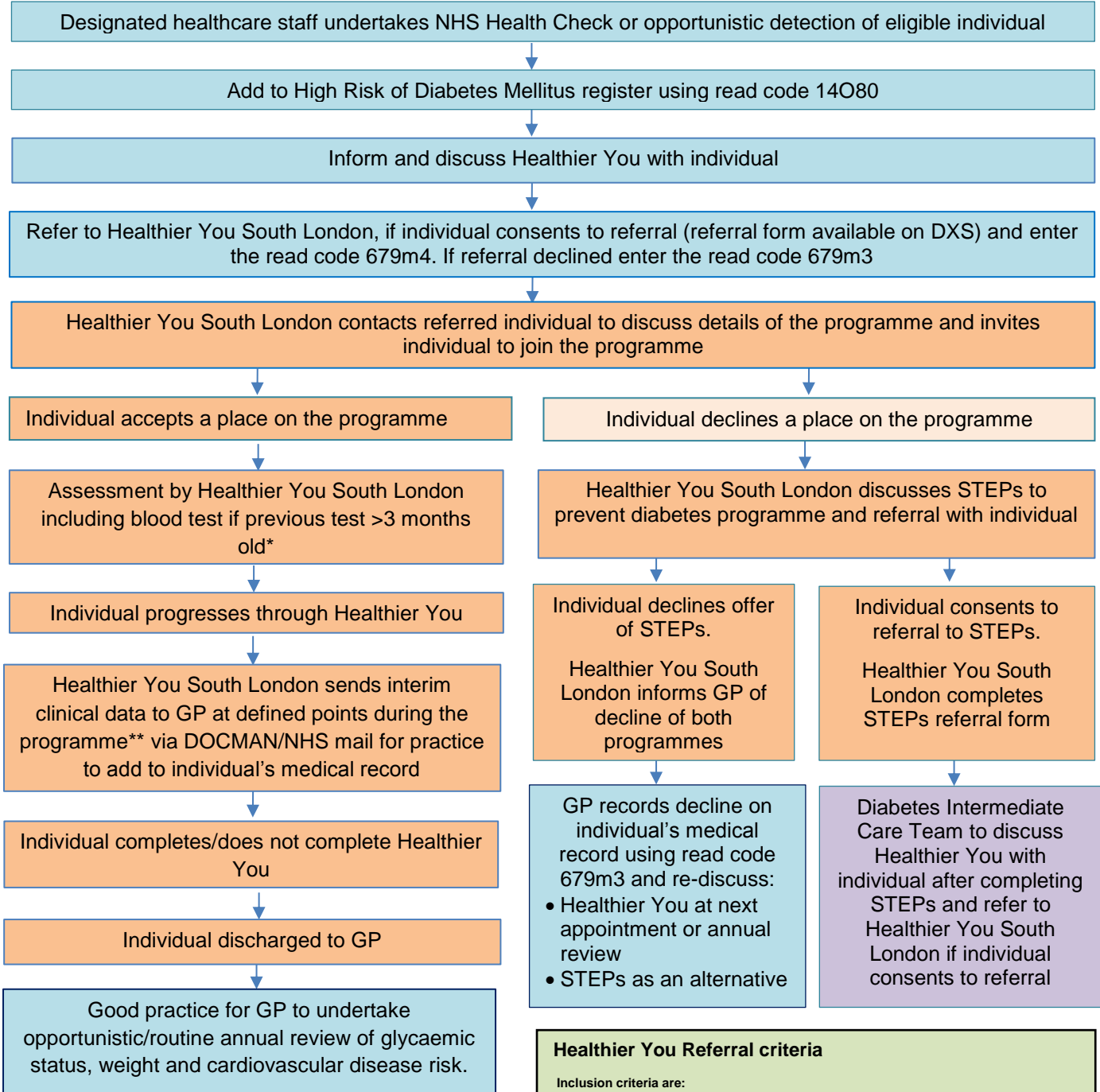


## Flow chart for referral to Healthier You by General Practice (GP)



Key: General practice (GP) ■  
 Healthier You South London ■  
 Lambeth Diabetes Intermediate Care Team ■

### Healthier You Referral criteria

**Inclusion criteria are:**

- Individuals 18 years or over
- HbA1c 42 – 47 mmol/mol or FPG 5.5 – 6.9 mmol/l within the 12 months prior to referral

**Exclusion criteria are**

- Individuals with a diagnosis of Type 2 diabetes
- Individuals with a normal blood glucose
- Individuals under 18 years old
- Pregnant women
- Palliative care individuals
- Individuals in care homes

**Useful read codes:**

Requirement	Read Codes
High Risk of Diabetes Mellitus	14O80
Referral to NHS Diabetes Prevention Programme	679m4
Referral to NHS Diabetes Prevention Programme declined	679m3
NHS Diabetes Prevention Programme started	679m2
NHS Diabetes Prevention Programme completed	679m1
NHS Diabetes Prevention Programme not completed	679m0

\*On referral, a 20 minute individual assessment will be delivered by Healthier You South London's trained staff, Healthier You South London partners Lloyds Pharmacy or other affiliated local pharmacies. This will include:

- Height, weight and BMI calculation
- Warwick-Edinburgh Mental Wellbeing Scale score
- Baseline blood glucose reading (HbA1c / FPG) (if no test in last three months)
- Where appropriate, very brief advice on smoking cessation

\*\* Clinical data will be sent after: initial assessment, 6 month check, 9 month check and discharge

Service provided by