



## Summary of NICE Guidelines

Title	Preventing type 2 diabetes: population and community-level interventions in high-risk groups and the general population
NICE Reference	PH35
Date of Review:	July 2018
Date of Publication	May 2011
Summary of Guidance (Max 250 words)	<p>This is NICE's formal guidance on preventing type 2 diabetes using population and community-level interventions with high-risk groups and the general population. It is aimed at improving the health of adults (18-74yrs), in particular those from black and minority ethnic groups and lower socioeconomic groups. The guidance is aimed at Commissioners and providers of national public health services working in partnership with, other government departments allied to health, local commissioners and providers of public health services, the commercial sector and national voluntary sector, not-for-profit and non-governmental organisations.</p> <p>The recommendations highlight the need to:</p> <ol style="list-style-type: none"><li>1) Develop an integrated national strategy on non-communicable diseases</li><li>2) Assess local strategic needs</li><li>3) Develop a local strategy</li><li>4) Intervene in communities at High risk of Type 2 diabetes</li><li>5) Convey the message to local populations</li><li>6) Promote a healthy diet – locally and nationally</li><li>7) Promote physical activity – locally and nationally</li><li>8) Train those involved in promoting healthy lifestyles.</li></ol>
Impact on Lab (See below)	<input checked="" type="checkbox"/> None
Lab professionals to be made aware	N/A
Please detail the impact of this guideline (Max 150 words)	This guideline impacts on health professionals working in the community and how they deal with people at high risk of developing diabetes.

### Impact on Lab

- None:** This NICE guideline has no impact on the provision of laboratory services
- Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

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**Reviewed by: Professor Eric Kilpatrick**