



GM SCN Diabetes Network Clinical Assessment Support Tool

This guidance has been produced by the Greater Manchester Strategic Clinical Network's Diabetes Programme Team to help primary care teams understand lifestyle programmes that are available to their cohort of adults living with type 1 or type 2 diabetes or non-diabetic hyperglycaemia.

This document contains an outline of the pathways and eligibility criteria for the various services on offer to people with diabetes to support them with diabetes education and weight loss. It is designed to help clinicians identify appropriate programmes with those in their care to support them in the management of their diabetes.

People without Diabetes

HbA1C ≤ 41

There are a number of lifestyle services available to people in your care who are not in the prediabetes or diabetes range.

Local Tier 2 Weight Management Services

BMI of 25 kg/m² +

Tier 2 services are delivered by local community weight management services. Eligibility criteria and content vary by locality but normally people can access these group based services for dietary and nutrition advice if they have a BMI over 25.

NHS Digital Weight Management Programme (NHS DWMP)

BMI of 30+ kg/m² and hypertension

The [NHS DWMP](#) provides targeted support and access to weight management services on a digital app. It is delivered over 12 weeks and participants have access to one to one online support during the programme.

People with Non-diabetic Hyperglycaemia

42 ≤ HbA1C ≤ 47

Healthier You NDPP

42 ≤ HbA1C ≤ 47 mmol/mol in last 2 years

[Healthier You](#) is a 9 month programme delivered in groups or by a digital app. Participants will learn what is a healthy diet, ways to increase physical activity and how to remove barriers to a healthier lifestyle. Thousands have accessed the course in GM to reduce their weight and risk of Type 2 diabetes

In addition to Healthier You people are still eligible for

- Local Tier 2 Weight Management services if BMI is in range
- [NHS DWMP](#) if BMI 30+ and Hypertension

Women with previous gestational diabetes and HbA1C ≤ 41 reading (in the last 2 years)

Self-management for People with Diabetes

HbA1C ≥ 48

(Tested on 2 separate occasions)

Diabetes My Way Patient Platform (DMW)

The [DMW web based platform](#) provides a personalised dashboard populated with patient data readings, care process record, information on treatment targets as well as goal setting and tailored recommendations

Available to all people with Type 1 or Type 2 diabetes:

Local Structured Education Offer

Diabetes self-management education is provided by your local provider so that everyone with diabetes has the skills and confidence to take control of their diabetes.

DMW Digital Structured Education

DMW provides a range of [Qismet accredited structured diabetes](#) education modules which people with diabetes can complete. Attendance will be fed back to practice for coding.

NHS Healthy Living

An [online self-management support programme](#) with an accompanying structured education pathway for adults with type 2 diabetes.

Structured Education for People with Diabetes

HbA1C ≥ 48

(Tested on 2 separate occasions)

Weight Loss for People with Diabetes

HbA1C ≥ 48

(Tested on 2 separate occasions)

There are also a number of additional programmes available for your cohort of patients with diabetes that meet additional eligibility criteria that you can offer:

NHS Low Calorie Diet Programme

HbA1C ≥ 48 mmol/mol in last 6 years and BMI of 27kg/m² +

Delivered in groups the [NHS LCD Programme](#) provides a low calorie diet treatment for people who are overweight and living with Type 2 diabetes. During this time participants will replace all normal meals with these products.

Bariatric Surgery

HbA1C ≥ 48 mmol/mol and BMI of 30 kg/m² +

Consider for a bariatric assessment in line with [NICE guidance CG189](#) if the person has a BMI of 30+. Those whose BMI is 35+ should be offered an expedited assessment for bariatric surgery.

NHS Digital Weight Management Programme

HbA1C ≥ 48 mmol/mol and BMI of 30kg/m² +

The [NHS DWMP](#) provides targeted support and access to weight management services on a digital app, delivered over 12 weeks with access to one to one online support.