Today's date _____

Venue/event_____

Name of helper_____

Patient's name _____

Address _____

_____Postcode_____

Patient's date of birth (DD/MM/YYYY)_____

Dear Doctor,
Today the person named above attended Type 2 diabetes screening in your local area using Diabetes UK's Diabetes Risk Score. According to their risk score, their risk of developing diabetes within the next 10 years is:

☐ Moderate (an estimated 1 in 33 chance of having Type 2 diabetes and a 1 in 7 chance of having non-diabetic hyperglycaemia).

☐ High (an estimated 1 in 14 chance of having Type 2 diabetes and a 1 in 3 chance of having non-diabetic hyperglycaemia).

Diabetes UK recommends that your patient should now:

☐ (Moderate risk) Attend clinic for further follow up, possible tests and referral for lifestyle advice. We have advised your patient to make an appointment to see you.

☐ (High or moderate risk) Attend clinic for Type 2 diabetes diagnostic tests and lifestyle advice.

We have advised your patient to make an appointment to see you.

Yours faithfully _____

NOTES FOR GPs

The Type 2 diabetes risk score can be used to reliably identify those at high risk of IGR in multi-ethnic populations. The score is simple (seven questions), non invasive and applicable to a wide variety of settings.

- This tool can be used as part of a first stage screening strategy in line with the NHS Health Check programme and a recommendation for screening for Type 2 diabetes.
- It was developed using data from 6,390 subjects aged 40–75 from the ADDITION-Leicester screening study from a multi ethnic UK setting (76% White European, 22% South Asian, 3% other). All participants were given a 75g Oral Glucose Tolerance Test.
- It was developed using logistic regression models for predicting IGR (IFG/IGT/T2DM) using data from self-reported questionnaires.
- The best fitting model externally validated the tool, using data from 3,298 subjects aged 40–75 screened as part of a previous independent screening study.
- The format and design elements were piloted in a local patient population on several occassions to establish the clearest method of providing the risk score and communication of the results.