

UK NSC Type 2 diabetes screening recommendation

Following a review of the evidence against strict criteria, the UK NSC does not currently recommend universal screening for Type 2 diabetes.

Type 2 diabetes is a serious problem leading to long term health complications for individuals with the condition.

- A large number of the population have undiagnosed diabetes (up to 20%)
- Current prevention methods (such as encouraging lifestyle change) are having a limited effect in tackling the problem

Key findings supporting the UK NSC recommendation

- It is not clear that early detection through screening would provide any benefit to the overall health of individuals compared to current diagnosis methods
- There are concerns over the available screening tests:
 - Some people who do not have diabetes may be identified as having other conditions such as high blood pressure, or be at risk of developing diseases (eg heart attacks and strokes) and it is not clear what would happen to these individuals
 - The preferred method of testing could miss up to 20% of people who do in fact have diabetes
- There have been improvements in the care and treatment for those with diabetes and current opportunistic testing methods have been effective

The UK NSC regularly reviews its recommendations on screening for different conditions in the light of new research evidence becoming available.

To find out more about the UK NSC's Type 2 diabetes recommendation, please visit:

www.screening.nhs.uk/diabetes

The UK National Screening Committee (UK NSC) is chaired by the Deputy Chief Medical Officer for England, advises Ministers and the NHS in the four UK countries about all aspects of screening and supports implementation of screening programmes. Using research evidence, pilot programmes and economic evaluation, it assesses the evidence for programmes against a set of internationally recognised criteria covering the condition, the test, the treatment options and the effectiveness and acceptability of the screening programme. Assessing programmes in this way is intended to ensure that they do more good than harm at a reasonable cost. The UK NSC also sets up practical mechanisms to oversee the introduction of new programmes in the English NHS and monitors effectiveness and quality of these programmes.

Find out more about the UK National Screening Committee at www.screening.nhs.uk. The UK NSC's policy review process is described at www.screening.nhs.uk/policyreview and a list of all UK NSC recommendations can be found at www.screening.nhs.uk/policies

The UK NSC is supported by Public Health England (www.gov.uk/phe).