

Living Well

Diabetes (Adult)

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Introduction

Diabetes is a major concern for many individuals as well as health professionals. It is a growing long term condition that can be fatal if not managed properly. It impacts those living with the condition on a day to day basis, who are having to monitor their food intake and ensure they comply with their medication regime. Both type one and type two diabetes is on the increase.

What do we know?

In England, there are 2.7 million people with [diabetes](#) and this is increasing at a rate of 5% per year. Of those diagnosed with diabetes 10% have type 1 of the condition. It is also widely known that South Asians and black minority ethnic communities are more likely to be diagnosed with type 2 diabetes, than their white counterparts. The risk also increases with age, with 0.4% (16-24 years) in 2010 compared to 15.1% in people aged 70-84 years of age. There are an additional 22,000 premature deaths each year from this specific illness. People with diabetes also have co-morbidities with cardo-vascular disease that can lead to heart attacks, as well as poor circulation.

The [Quality Outcome Framework](#) measures the recorded prevalence of different conditions and is based on the number of people on GP registers at the end of March. In March 2014, West Berkshire's recorded prevalence rates of diabetes in people aged 17 and over was 4.6%. This is significantly lower than England's rate of 6.2%.

The [National Diabetes Audit \(NDA\)](#) provides information on diabetes care across England and Wales. This includes an analysis of the National Health & Care Excellence (NICE) [recommended care processes](#), which are the annual checks for the effectiveness of diabetes treatment that all diabetes patients should receive (for example: blood pressure, body mass index, smoking, cholesterol and foot surveillance).

In [2012/13](#), North & West Reading CCG completed all eight of the NICE care processes for 63.7% of their registered diabetes patients, compared with 67.8% in Newbury & District CCG. These are both higher than the national completion rate of 59.9%.

The NDA also includes achievement rates for the NICE recommended treatment targets for glucose control, blood pressure and serum cholesterol. These reduce the

risk of diabetic complications, such as blindness, heart failure, kidney failure and premature death. Healthcare professionals and patients need to work in partnership to ensure that these targets are met at an individual level.

In [2012/13](#), North & West Reading CCG achieved 37.4% of the NICE recommended treatment targets, compared with 33.7% in Newbury & District CCG. The national achievement rate was 35.9%.

In 2010-12, there was an average of 25 deaths from diabetes in West Berkshire each year (7.2 per 100,000 population). 5 of these were for people aged under 75 (1.3 per 100,000 population). These rates are not significantly different to the the national figures. *Source: Health & Social Care Information Centre; NHS Indicator Portal*

What is the data telling us?

People who are South Asian and African Caribbean are at greater risk of developing type 2 diabetes.

People who are on medication for severe mental illness are at greater risk of developing type 2 diabetes.

Recommendations for consideration

More joint working between health and social care, public health and the voluntary sector: to promote prevention as well as integrated treatment and support services. To ensure services and key messages are targeted at the most vulnerable and those at most risk of being diagnosed with diabetes, such as minority ethnic populations.

More work should be undertaken to identify individuals who are at risk of developing diabetes through screening in the community, especially with high risk groups.

There should be a greater focus on screening people following an NHS Health Check, using [Diabetes-Q](#).

In the West of Berkshire the level of investment in improving the care of people with diabetes has been considerable over the last year. The CCGs are very engaged in achieving the 9 care processes set out as standards in the NDA.

There is a focus in West Berkshire on increasing levels of physical activity, encouraging healthy eating and providing weight management interventions, all of which will help to prevent the increase in the prevalence of type 2 diabetes.

Other services and partner organisations

Berkshire West, a Diabetes Stakeholder Network: [Diabetes Sans Frontières](#)

National and local strategies

Department of Health (2001) [National Service Framework for Diabetes](#)

[Public Health Outcomes Framework - diabetes](#)

[National Inpatient Diabetes Audit 2014/15](#)

[The NICE Quality Standard for Diabetes, Rowan Hillson, National Clinical Director for Diabetes](#)

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If you have any questions about this chapter, please contact Public Health and Wellbeing Team on publichealthandwellbeing@westberks.gov.uk or 01635 503437