



Public Health
England

DiABETES UK
CARE. CONNECT. CAMPAIGN.

NHS
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WELCOME

Midlands and East Diabetes Programme Launch

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



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Overview: Diabetes in M&E

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Regional Director
Public Health England

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

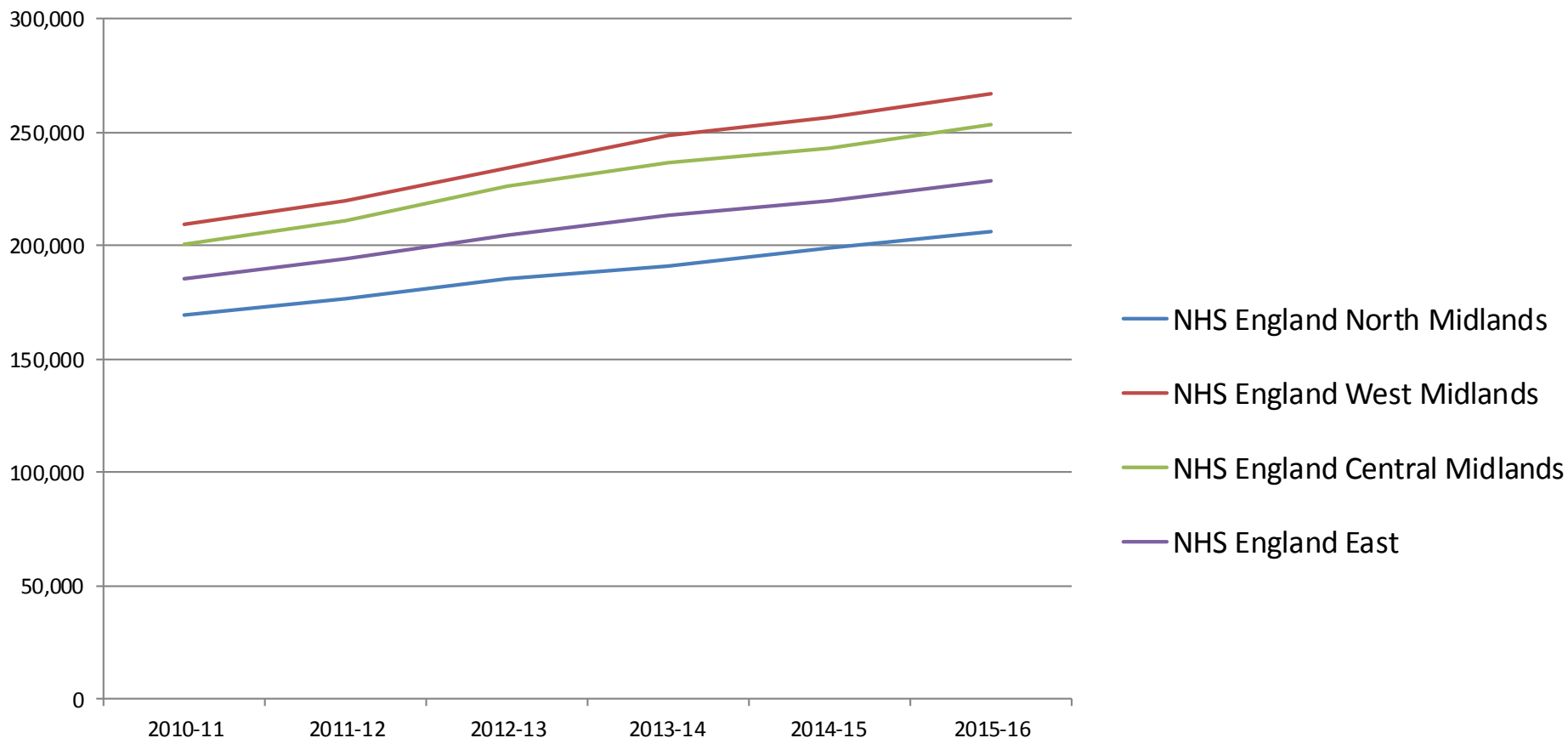


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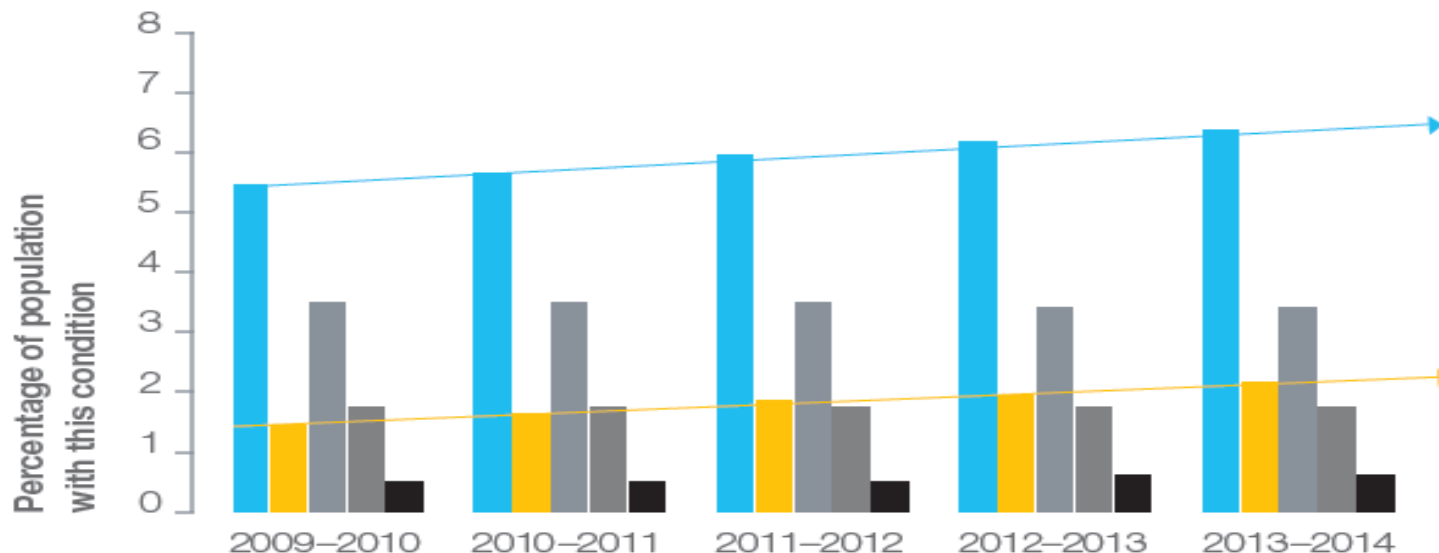
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Number of people aged 17+ recorded in GP registers





DIABETES: THE FASTEST GROWING HEALTH ISSUE





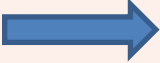




- Diabetes
- Cancer
- Coronary heart disease
- Stroke and mini stroke
- Dementia
- ➔ Future diabetes projection
- ➔ Future cancer projection

Source: Quality and Outcomes Framework prevalence data, 2009-2014



Risk Factors

| Indicator | Data source | Goal | England | EM | WM | EOE | Midlands and East | |
|--|------------------------|---|---------|-------|-------|-------|-------------------|---|
| | | | | | | | Estimated value | Estimated direction of travel |
| Prevalence of obesity (recorded) 18 and over | QOF 2015/16 |  | 9.5% | 10.4% | 10.3% | 9.1% | 9.9% | |
| % excess weight in adults | PHOF ind 2.12, 2013-15 |  | 64.8% | 66.8% | 66.8% | 65.6% | 66.3% |  |
| % Adults meeting recommended '5 a day' | PHOF ind 2.11.i, 2015 |  | 52.3% | 52.7% | 48.8% | 54.5% | 52.4% |  |
| % physically inactive adults | PHOF ind 2.13.i, 2015 |  | 28.7% | 28.7% | 30.9% | 27.6% | 28.8% |  |

For the Midlands and East region, prevalence of excess weight is higher than the national average

The proportion of people in the East of England meeting the recommended '5-a-day' and who are physically inactive is better than England, however in the West Midlands the proportion of people for these indicators is worse than England. For these indicators, the East Midlands estimates are similar to England.

Please note: The regional values may differ slightly from clinical network values, due to geographical differences between boundaries



| Indicator | Data source | England | EM | WM | EOE | Midlands and East | |
|---|--------------------------------------|---------|-------|-------|-------|-------------------|-------------------------------|
| | | | | | | Estimated value | Estimated direction of travel |
| Prevalence estimates of non-diabetic hyperglycaemia | NCVIN, CCG resident populations 2015 | 11.4% | 11.6% | 12.0% | 11.6% | 11.7% | No data |

For the Midlands and East, the estimated prevalence of non-diabetic hyperglycaemia is judged to be similar to England



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Impact of Diabetes

- Twice the risk of developing cardiovascular complications
- 30 times as likely to have amputations
- Reduced life expectancy; on average 6 years
- Epidemiology and natural history coupled with availability of cost effective interventions
- In our gift to both, prevent diabetes and reduce impact of diabetes



Midlands & East

- A joint Diabetes Prevention and Management Oversight Group
- Involvement of clinical networks and Diabetes UK.
- Programme to support patients and the public, clinicians, CCGs and Trusts
- Today: Ensuring institutions and clinicians understand the full breadth of what we need to do and to prepare for taking advantage of funds that may be allocated for diabetes nationally.
- Following today; clinical networks will set up programmes of support at a more local level.