

Bolder Healthier Champions Webinar Series: Diabetes: Youth Champions

November 2022



BE BOLD BE BIRMINGHAM

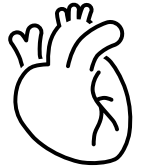
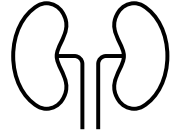


In this webinar...

- What is diabetes?
- How big is the problem?
- How can we help?

What is Diabetes?

- Uncontrolled high blood glucose (sugar)
- ‘Type 1’ ‘Type 2’
- Treatments: lifestyle changes, medications or insulin injections
- Can cause problems with kidneys and eyesight, and can even lead to limb loss, heart attacks and stroke.



Two Types

Type 1 Diabetes

- Body stops producing insulin
- Genetic/ Autoimmune
- Not currently preventable.

- Supporting Individuals

Type 2

- Body doesn't produce enough insulin
- Linked to Obesity
- **Preventable**
- 'Pre-diabetes'

- Supporting individuals & **Promoting Healthier Lifestyles.**



Symptoms

- Increased thirst and hunger
- Fatigue
- Needing to go to the toilet more
- Slow healing
- Unexplained weight loss

- Depends on the person!



Scale of the problem

5 million people in England are at **high risk** of developing Type 2 diabetes



Type 2 diabetes is a major cause of **premature mortality**, with around **22,000 people dying** early every year in England



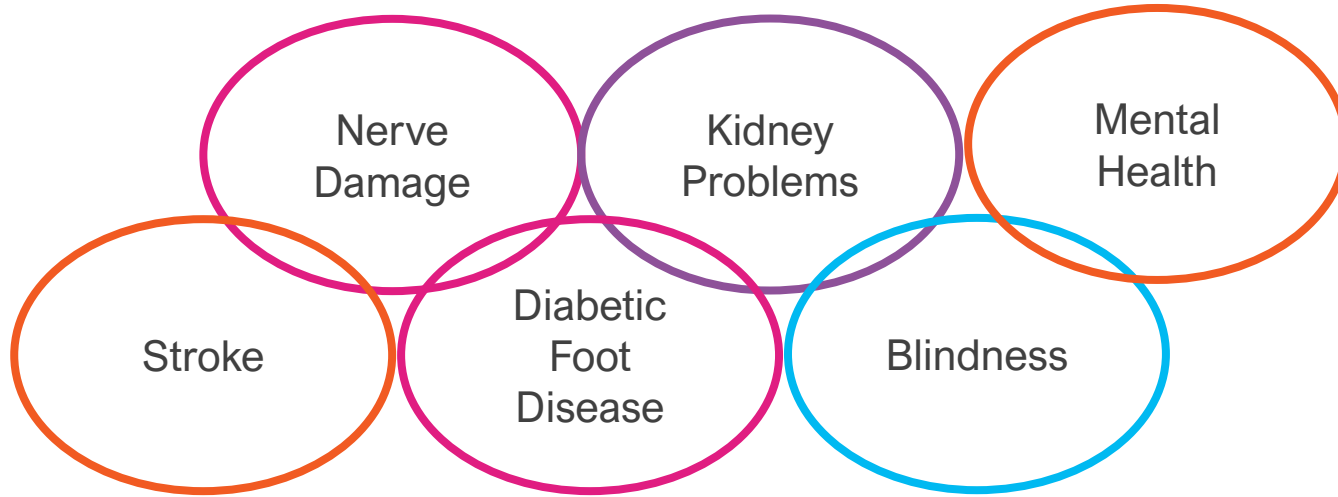
There are currently **3.8 million people** with Type 2 diabetes in England with around **200,000 new diagnoses** every year



1 in 10 will have Diabetes by 2034

Birmingham CCGs: Almost 50% higher than average

Problems Caused By Diabetes



Risk Factors

- Overweight or obese, BMI >25
- Large waist circumference
- Family History
- Age
- Deprivation
- Ethnicity- Higher rates in some BME groups.



Ethnicity and Type 2 diabetes risk

The **South Asian** population living in the UK are up to **6 times** more likely to develop Type 2 diabetes than that of the white population.



People of **African and African-Caribbean** descent are **3 times** more likely to have type 2 diabetes than the white population.



Risk Factors

- Overweight or obese, BMI >25
- Large waist circumference
- Family History
- Age
- Deprivation
- Ethnicity- Higher rates in some BME groups.



Preventing Type 2 Diabetes: Three Goals

Healthy Weight

Healthy Eating

Physical Activity

Community-wide intervention plus targeted interventions

Community-wide intervention plus targeted interventions

Community

- Healthy food options
- Calorie Awareness
- Healthy eating information
- Access to sport
- Greener Spaces
- Cycle to work
- Health Checks

Targeted

- GP Health Checks
- Screening (Hospitals, Midwives etc)
- NHS Diabetes Prevention Programme

Pre-Diabetes

- Higher than normal blood sugars
- Not 'full diabetes'
- Symptomless

**Pre-diabetes: a chance
to 'turn things around'**



So how can I help?

- **Informing** about diabetes
- **Promoting** Healthy Living
- **Helping** communities to access help

Support and Information

- Diabetes UK
- Diabetes Consultants and Specialist nurses.
- NHS Choices Website.
- GPs
- [Health matters: preventing Type 2 Diabetes - GOV.UK \(www.gov.uk\)](https://www.gov.uk/health-matters/preventing-type-2-diabetes)



@BhamCityCouncil



@birminghamcitycouncil



@birminghamcitycouncil



birmingham.gov.uk



BE BOLD BE BIRMINGHAM

