

Bolder Healthier Champions Webinar Series: Diabetes: Community Champions

November 2022



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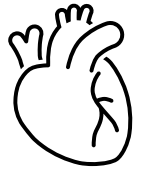
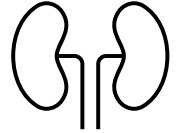


In this webinar...

- What is diabetes?
- Scale of the problem
- How BH Champions and Public Health can help

What is Diabetes?

- Uncontrolled high blood glucose (sugar)
- ‘Type 1’ ‘Type 2’
- Treatments: lifestyle changes, medications or insulin injections
- Can cause kidney problems, worsening 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



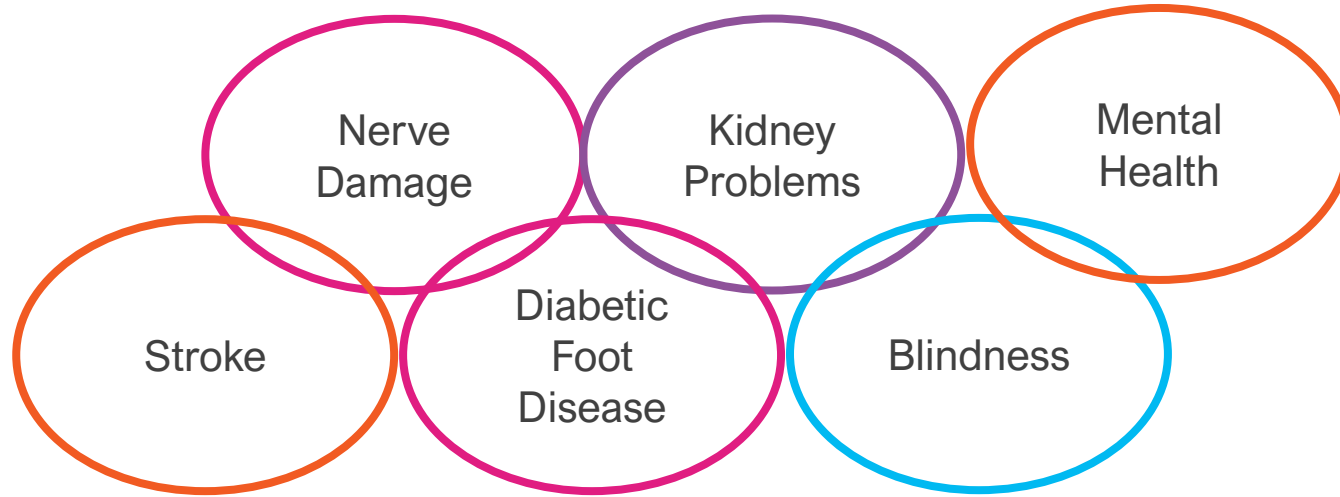
There are currently **3.8 million people** with Type 2 diabetes in England with around **200,000 new diagnoses** every year



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.



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Know your Risk: DIABETES UK

Preventing Type 2 Diabetes: Three Goals

Healthy Weight

Healthy Eating

Physical Activity

Community-wide intervention plus targeted interventions

Preventing Type 2 Diabetes: Three Goals

Healthy Weight

Aiming for BMI <25
Particular emphasis on 'central' weight gain – large waist circumference.

Preventing Type 2 Diabetes: Three Goals

- Sugar-free drinks
- Plentiful fruit and veg
- Less Alcohol (<14 units)

Healthy Eating

- High fibre carbs
- Less red/processed meat
 - Less salt

- Healthy fats (olive oil, unsalted nuts, instead of butter/ghee.
- Healthier snacks- unsalted nuts, fruit, unsweetened yoghurt
 - Varied diet consisting of all different food groups.

Preventing Type 2 Diabetes: Three Goals

- At least 150 minutes a week
- E.g. 30 minutes of moderate activity for 5 days a week

Physical Activity

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'**



Healthier You: NHS Diabetes Prevention Programme

- Joint PHE, NHS England and Diabetes UK Programme
 - Reduce Incidence of T2DM,
 - Reduce complications
 - Reduce health inequalities.
- People in 'pre-diabetic' categories can be referred for behavioural interventions.
- Aimed to reduce progression to Diabetes.

So how can I help?

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

SUMMARY



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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)



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