

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high as your body is unable to break down glucose into energy. Over a period of time these high glucose levels can seriously damage your heart, eyes, feet and kidneys. There are two main types of diabetes, for Type 1 diabetes there are no lifestyle changes that you can make to lower your risk. For Type 2 diabetes which accounts for around 90% of cases in the UK, you can help reduce your risk by controlling your weight, exercising regularly, stopping smoking, limiting alcohol and eating a balanced, healthy diet.

Why is this important?



Over 3 million people nationwide have diabetes. Effective control and monitoring can reduce the effects.

What is the local context?



The prevalence of diagnosed diabetes has risen steadily, local rates are higher than national and regional rates.

What should we do?

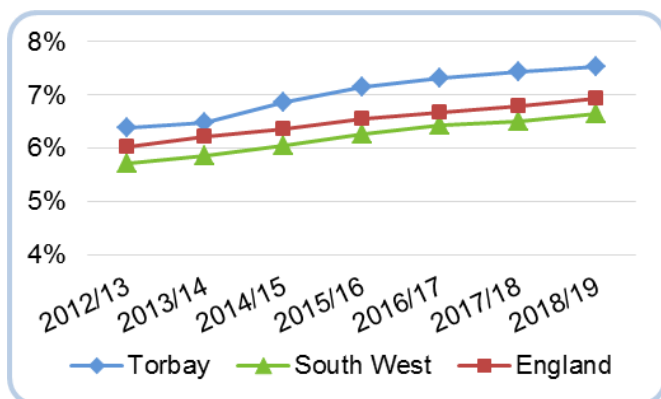


Support people to reduce their risk of getting diabetes by promoting and enabling lifestyle improvement alongside a reduction in the impact of the obesogenic environment.

Diabetes prevalence is gathered through GP Practice Registers by the Quality Outcomes Framework (QOF). Torbay prevalence rates (7.5% - 2018/19) have consistently been above national and regional rates (Fig 1). It should be noted that these rates will be underestimates.

Information gleaned from the Health Surveys for England (2012, 2013 & 2014) led NHS Digital to estimate the prevalence rate within Torbay as 10.4%, considerably higher than the national and regional rates of 8.5%.

Fig 1: Diabetes Prevalence – 17+ (QOF)

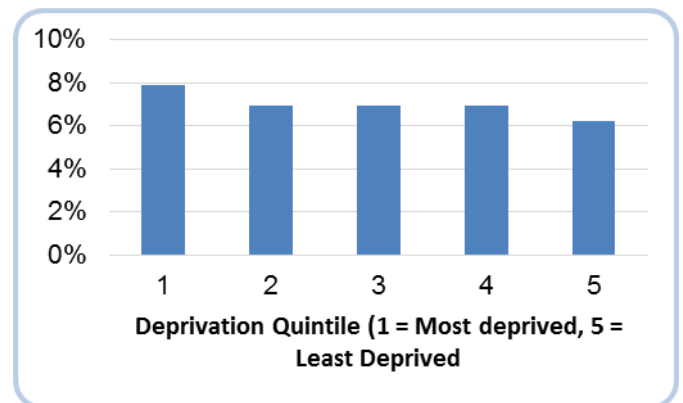


Source: Public Health Outcomes Framework

At a national level, data is available that shows a deprivation gradient in relation to those diagnosed with diabetes (Fig 2). The diabetes rate among those people living in the 20% most deprived areas of England is significantly higher

than less deprived areas at 7.9%. Conversely, those living in the 20% least deprived areas of England are less likely to have been diagnosed with diabetes than more deprived areas at 6.2%. Public Health England have forecast a 1.5% annual rise in Type 2 Diabetes prevalence between 2020 and 2025, this relates to diagnosed and undiagnosed cases. According to Diabetes UK, approximately 21% of all those with Type 2 diabetes will be undiagnosed.

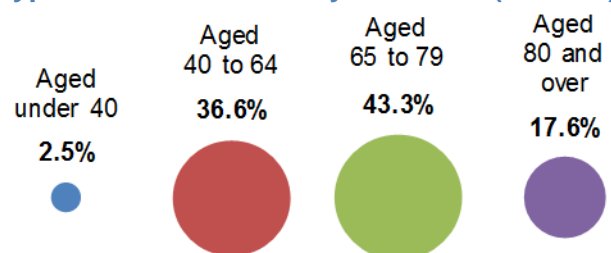
Fig 2: Diabetes Prevalence by deprivation quintile – England 17+ (QOF)



Source: Public Health Outcomes Framework

For 2017/18 there were 8,295 registrations for Type 2 diabetes and other registrations (but not Type 1 diabetes) at Torbay GP practices. These proportions are broadly in line with regional figures with the 40 to 79 age range containing 80% of those diagnosed with Type 2 diabetes (Fig 3). Of those diagnosed 56% were male and 44% female.

Fig 3: Age profile of those diagnosed with Type 2 diabetes – Torbay Practices (2017/18)



Source: National Diabetes Audit

Those who have been newly diagnosed with Type 2 diabetes should be offered a diabetes structured education programme within 12

months of diagnosis. This programme aims to help people stay healthy and prevent complications, giving someone with diabetes the skills and confidence to take control of their condition. For the latest available data (2016), Torbay practices had 565 patients newly diagnosed with Type 2 diabetes. Of these 83% were offered a structured education programme but only 10% had attended within 12 months of diagnosis. Both these rates are in line with national figures.

Diagnosed and pre-diabetic adults

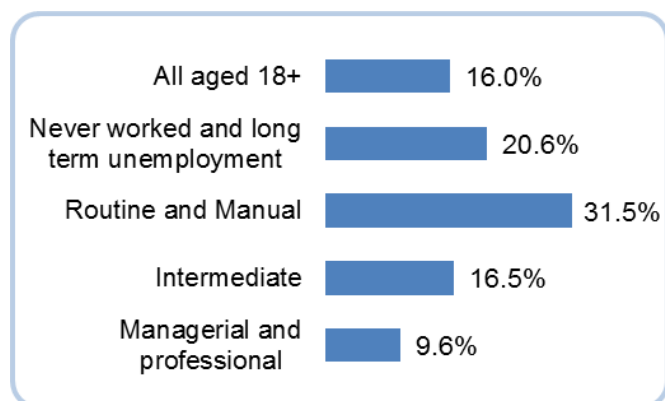
At a Devon CCG level, Public Health England's National Cardiovascular Intelligence Network (NCVIN) estimate there to be 125,000 pre-diabetic adults. 90,000 adults in Devon are thought to have Diabetes and prevalence is forecast to grow by 1.4% per annum. Of those 90,000 adults, 20,000 are thought to be undiagnosed. Based on the National Diabetes Audit 2017, approximately 4,000 people were newly diagnosed with Type 2 diabetes in Devon.

Torbay Diabetes Prevention Programme (Wave 4) will be live in April 2020, looking to prevent Type 3 diagnoses but also picked up undiagnosed cases through the blood test.

Reducing Risk of Developing Type 2 Diabetes

There are a number of ways of helping to reduce your risk of developing Type 2 diabetes. One of these relates to stopping smoking. Rates for Torbay are slightly higher than national figures. Rates of smoking amongst those in routine and manual occupations are double the overall rate and triple those in managerial and professional occupations (Fig 4).

Fig 4: Smoking Prevalence in adults (18+) by socioeconomic group within Torbay – 2018



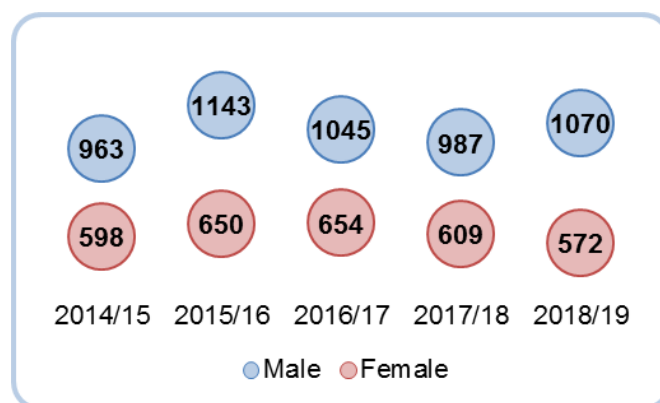
Source: Public Health Outcomes Framework (Annual population Survey)

Approximately 6 out of 10 adults in Torbay are classified as being overweight or obese. These measurements were collected as part of the Active Lives Survey and are in line with national figures.

The Active Lives Survey also asked how much physical activity adults undertook and how healthily people ate. For the latest survey in 2017/18, 70% of adults in Torbay claimed to undertake at least 150 minutes of moderately physical activity per week. This activity can, for example, involve cycling, brisk walking, sports and dance. 61% of adults within Torbay reported that they had eaten the recommended 5 portions of fruit and vegetables on a usual day.

The level of alcohol admissions within Torbay is consistently significantly higher than national and regional rates. There are very significant differences between the level of admissions between males and females (Fig 5). Over the last 5 years, approximately 63% of admissions relate to males, this is broadly in line with national figures.

Fig 5: Alcohol admissions rates per 100,000 population by sex – Torbay



Source: Public Health Outcomes Framework – Age Standardised Narrow rate for Alcohol admissions

References and further information:

Public Health Outcomes Framework - <https://fingertips.phe.org.uk/profile/public-health-outcomes-framework>

National Diabetes Audit - <https://digital.nhs.uk/data-and-information/publications/statistical/national-diabetes-audit>

Active Lives Survey - <https://www.sportengland.org/research/active-lives-survey/>

Torbay and South Devon Diabetes Services - <https://www.torbayandsouthdevon.nhs.uk/services/diabetes-and-hypertension-services/diabetes-services/>

Diabetes Support - <https://www.diabetes.org.uk/>