

ADULT SOCIAL CARE & HEALTH SCRUTINY COMMITTEE, SCRUTINY REVIEW
PANEL: DIABETES PREVENTION PROGRAMME
FINAL REPORT

Report of the Strategic Head of Service & Monitoring Officer (Legal, Democratic
Governance and Estate and Asset Management)

1. INTRODUCTION AND PURPOSE OF REPORT

1.1 As part of the Scrutiny Work Programme approved by the Council for the municipal year 2019/20, the Adult Social Care & Health Scrutiny Committee decided to conduct a scrutiny review in respect to the Diabetes Prevention Programme and agreed to consider: -

- The dangers of developing diabetes and how it can impact on a person's life.
- Lifestyle changes required to avoid the risk of developing diabetes.
- Ways of developing easier access to the programme and what the benefits of undertaking it can be.
- How to increase publicity of the programme and its benefits for those involved.

2. BACKGROUND

2.1. The Review Panel heard that Diabetes affected more than 4.5 million people in the UK which was more than any other serious health condition and more than dementia and cancer combined.

2.2. One in ten over 40s now has Type 2 diabetes, and the number of people living with diabetes in all its forms in the UK has reached 4.7 million. The number of people affected by diabetes is expected to reach 5.5 million by 2030.

2.3. According to a new analysis released recently there are 3.8 million people living with a diagnosis of diabetes in the UK, and 90% of those with Type 2.

2.4. There are almost 1 million more people living with Type 2 diabetes, who do not know they have it because they have not been diagnosed, bringing the total number up to 4.7 million. By 2030 it is predicted this number will rise to 5.5 million.

2.5. The dramatic increase in obesity rates is the main driver behind so many more people living with Type 2 diabetes in the UK. Three in five adults in England are overweight or obese, and while not every case of Type 2 diabetes is caused by excessive weight, it is the single greatest risk factor for developing the condition. Age, family history, and ethnicity can also contribute to someone's risk, with people of African-Caribbean, Black African, or South Asian descent being two to four times more likely to develop Type 2 diabetes than white people.

2.6. Many cases of Type 2 diabetes could be prevented or delayed by healthy eating, being more active, and losing weight if overweight.

- 2.7. The symptoms, which involve going to the toilet a lot, being really thirsty, feeling more tired than usual and losing weight without trying, can be easy to miss especially in the early stages. The condition can go undetected for many years, and by the time they are diagnosed one in three people already have complications with their eyes, feet, kidneys or nerves.
- 2.8. With 12.3 million people at risk of developing Type 2 diabetes, the Scrutiny Review wants to raise awareness of the risk factors so that people can take steps to look after their health and prevent or delay the onset of the condition and its serious complications.

3. The Stockport Context

- 3.1. Following national trends diabetes is on the rise, up 79% in the last 16 years to 16,941 people as reported in 2019. In Stockport there are 20,300 patients with known pre diabetes, up 6,300 in two years, but still 6,850 expected undiagnosed.
- 3.2. 15,500 people, or 91% of Stockport's diabetics have Type 2 diabetes, and Type 2 diabetes has a strong age profile. 1,500 people, or 9% of Stockport's diabetics, have Type 1 diabetes, and rates of Type 1 diabetes do not increase after childhood. In the diabetics that are under 20, 96% have Type 1 diabetes. More men than women have diabetes. Men seem to develop diabetes slightly earlier as well. Numbers with diabetes identified by GPs have increased by 1,700 in the last 5 years.

Methodology

- 3.3. The Review Panel agreed that the Scrutiny Review into the Diabetes Prevention Programme would be a "single" session held in February 2020 with key individuals with experience in the field being invited to attend and present information relating to the Diabetes Prevention Programme across the Greater Manchester area and specifically relating to Stockport.
- 3.4. The Review Panel invited the following individuals to give their insight and experience to the review panel:
- Rebecca Murray - ISC Health & Wellbeing –provider of the Programme in Greater Manchester
 - Lisa Holland - Diabetes UK Improving Care Manager
 - Tracy Hancock - Diabetes nutrition - delivers expert programme of diabetes education
 - Eleanor Banister – Public Health
 - Jennifer Connolly – Interim Director of Public Health, Stockport
 - Krista Williams - Greater Manchester Health and Social Care Partnership, Strategic clinical Network for Diabetes –leading NDPP (National Diabetes Prevention Programme)

4.0 THE REVIEW

- 4.1 Each of the invited guests provided the Review Panel with up to date information relating to statistics, data, video footage, programmes and actions being undertaken to inform, raise awareness and advertise the relevant information.

4.2 Information presented related to: -

- **Healthier You – NHS Diabetes Prevention Programme** – began in July 2017, focussing on ‘mass mail out’, with cluster GPs in neighbourhoods and provides support and implementation approach and resources.
- **Statistics and Data for 2019 – 2022** – for Greater Manchester
- **Referral Methods** – Direct GP referrals (about 250 referrals per month)
- **SOCGER - Stockport Optimising Carbohydrate Counting Education Results** - a four day course covering carbohydrate counting and insulin adjustment to control blood glucose levels.
- **X-Pert Diabetes for Type 2** - an innovative six week programme using visual aids to explain how diabetes affects the body and lifestyle changes to manage the condition.
- **Diabetes My Way** - combines digital support with improved learning and self-management for people living with Type 2 diabetes. It operates as a one stop website which will potentially improve the lives of 150,000 people with Type 2 diabetes living in Greater Manchester. It provides people with access to information needed to self-manage their condition.

5.0 RECOMMENDATIONS

5.1 It is recommended that the following actions be implemented: -

- a) **Leaflets** – due to the serious nature of Diabetes and the lack of information that is publicly available to communicate the effects and raise awareness, leaflets/publicity material should be placed across the Borough in public places e.g. reception areas, GP surgeries/practices etc.
- b) **Area Committees** – to increase the public awareness and to engage with local residents it is proposed that an agenda item about Diabetes Prevention is placed on each of the Area Committee agendas for one cycle and Public Health be invited to present and answer any questions.
- c) **Council Motion** – to seek cross party support for a cross party motion to be submitted to a future Council Meeting highlighting the importance of the Diabetes Prevention Programme and seeking the Council to agree a way forward of raising awareness.
- d) **TV Soap Dramas** – to advise the national team and Diabetes UK to campaign for one of the TV Soaps to address the issue of Diabetes Prevention correctly and highlight the risks/challenges with Diabetes.
- e) **Scrutiny Committee** – to request that the National Diabetes Prevention Programme (NDPP) update is included in the PPRR monitoring report to the Adult Social Care & Health Scrutiny Committee providing an update on the progress of the prevent programme.

6.0 SUMMARY

- 6.1 The Review Panel were satisfied and considered all the information presented by each of the guests and satisfactorily scrutinised the data and information presented.

6.2 The Review Panel in considering the following agreed that the recommendations being proposed were the most appropriate actions to implement across the Borough to raise awareness: -

- The dangers of developing diabetes and how it can impact on a person's life.
- Lifestyle changes required to avoid the risk of developing diabetes.
- Ways of developing easier access to the programme and what the benefits of undertaking it can be.
- How to increase publicity of the programme and its benefits for those involved.

APPENDICES ATTACHED / BACKGROUND PAPERS

None.

Anyone wishing to inspect the above associated documents and references or requiring any further information should contact Charles Yankiah on Tel: 0161 474 3206 or email: charles.yankiah@stockport.gov.uk