



# JSNA Refresh 2013/14 Diabetes Barnet

Diabetes is a common life-long health condition. There are 3 million people diagnosed with diabetes in the UK. Type 2 diabetes is a largely preventable disease strongly associated with obesity and is closely linked to cardiovascular disease.

The NHS Health Checks programme is offered to people aged 40-74. It aims to help lower your risk of developing diabetes, heart disease and stroke..

## Key messages

### Demographic

Diabetes rates increase with age and are associated with obesity. Although diabetes is common in all communities, people of South Asian and Caribbean origin have higher chances of developing diabetes and develop it at a younger age and at a lower level of obesity than the white population.

The aging population and expected increase in black and minority ethnic groups in the next 20 years is likely to lead to an increase in the number of people with diabetes.

### Diabetes Prevalence

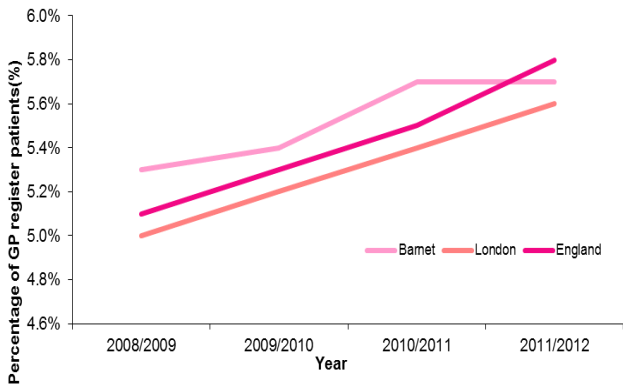
Barnet has a relatively low prevalence rate of diabetes. The data shows that the prevalence of diabetes in Barnet is 5.7% which is slightly higher than London and lower than England but the projected figures show that it is steadily rising. The obesity prevalence in Barnet is 7.5%, which is lower than London and England, but it is an issue that needs to be addressed.

### Health Outcomes

People living with diabetes may have to deal with short-term or long-term complications as a result of their condition. Long and short-term complications can impact on a wide variety of parts of the body including eyes, heart, kidneys, nerves and feet. In Barnet people with diabetes were 62.1% more likely to have a heart attack and 23.5% more likely to have a stroke. However, diabetes is generally well managed in Barnet and the rates for all diabetes complications are amongst the lowest in England.

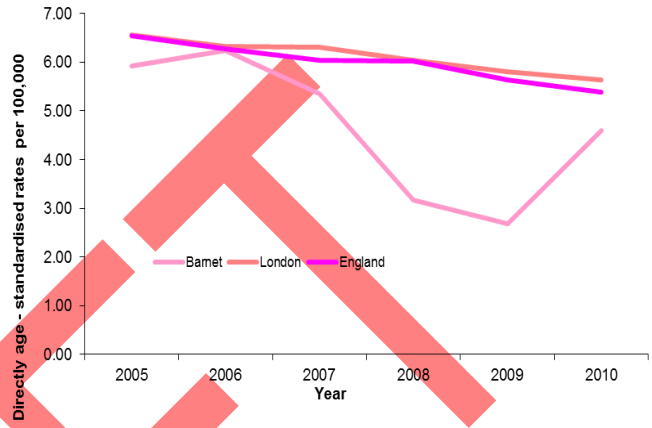
# Local Data

**The Recorded Prevalence of Diabetes in Barnet 2008/09 - 2011/12**



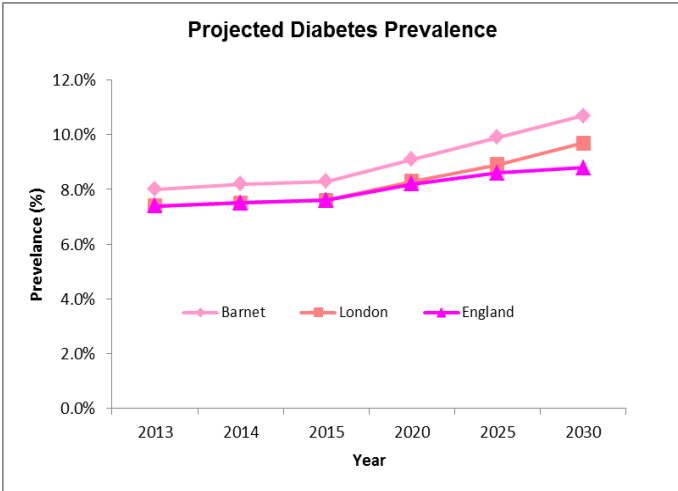
Source: Health & Social Care Information Centre

**Diabetes Mortality in Barnet**



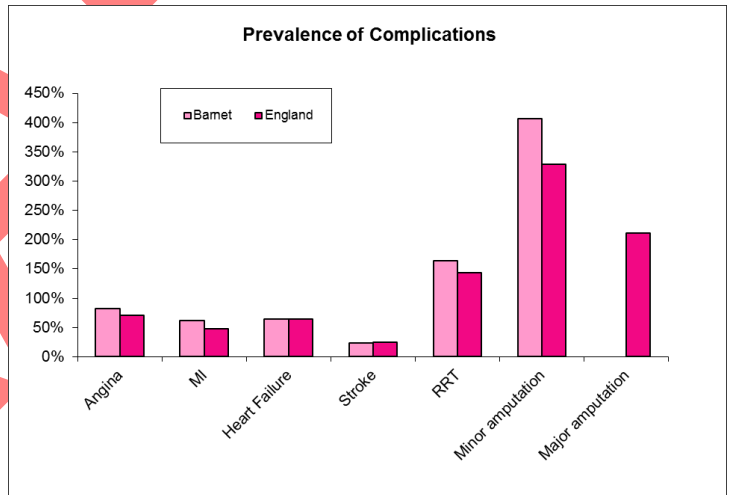
Source: NHS Information Centre

**Projected Diabetes Prevalence**



Source: Yorkshire and Humber Health Intelligence

**Prevalence of Complications**



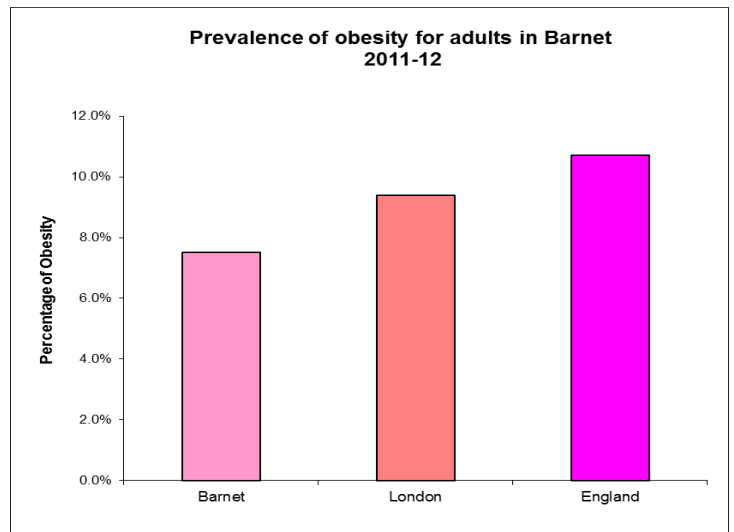
Source: Yorkshire and Humber Health Intelligence

**The Recorded Prevalence of Obesity in Barnet 2008/2009-2011/2012**



Source: HSCIC(QOF)

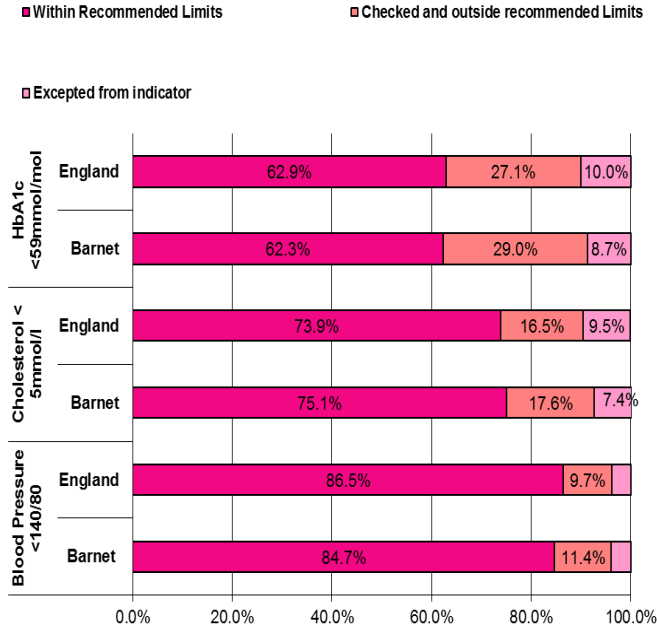
**Prevalence of obesity for adults in Barnet 2011-12**



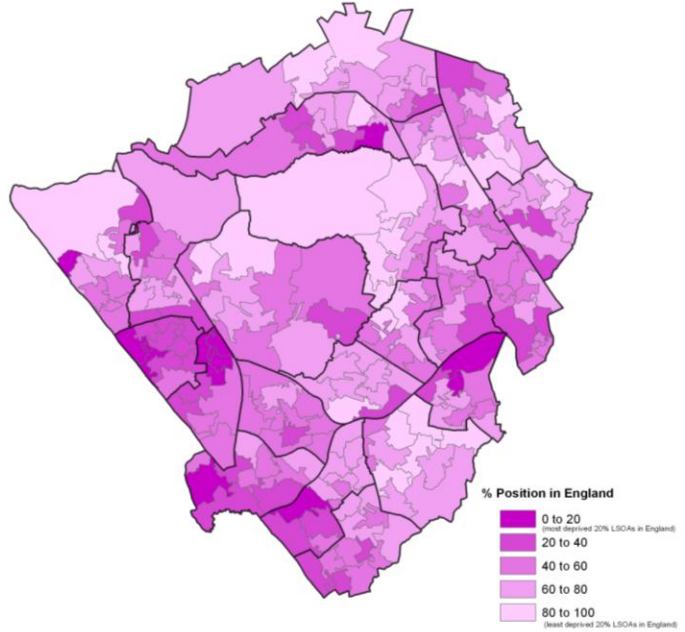
Source: Yorkshire and Humber Health Intelligence

# Local Data

## Care Processes and Treatment Targets



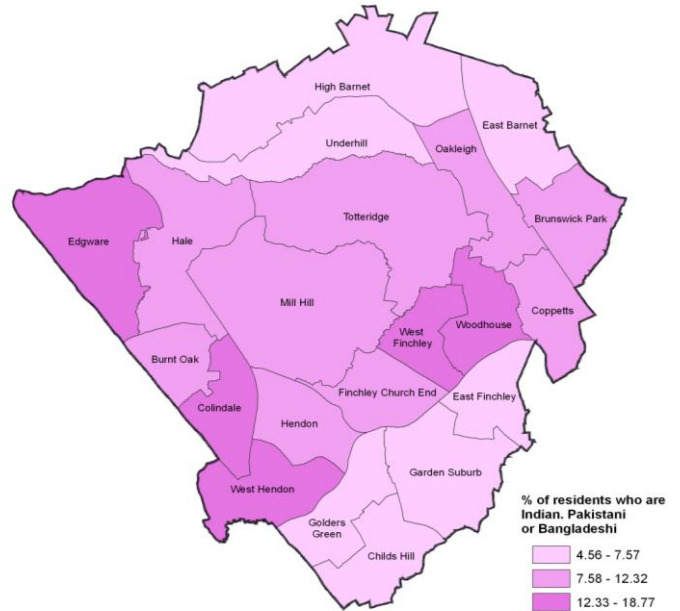
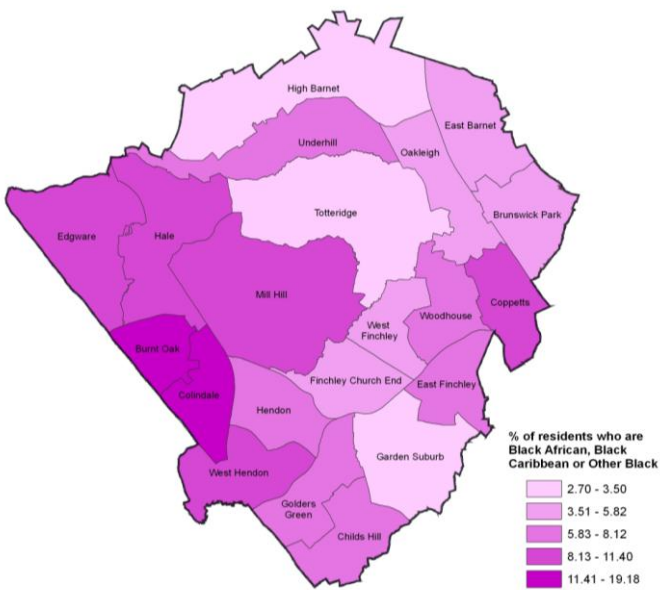
**Multiple Deprivation in Barnet**  
Source: 2010 Indices of Deprivation, CLG



Source: Yorkshire and Humber Health Intelligence

**Percentage of Residents in Barnet who are Black African, Black Caribbean or Other Black**  
Source: 2011 Census, Table KS201EW, ONS, Crown Copyright

**Percentage of Residents in Barnet who are Indian, Pakistani or Bangladeshi**  
Source: 2011 Census, Table KS201EW, ONS, Crown Copyright



# Spine Chart

Key: ● Barnet data ◆ London average | England Average ⇄ England Range

Indicator	Local Number	Local Value	Eng Avg	Eng Worst	England Range	Eng Best
1 Percentage of aged over 65 population	n/a	13.3	16.5	25.2		6.1
2 Percentage of aged over 75 population	n/a	3.3	3.9	3.9		1.5
3 Percentage of population with a limiting long term illness,	n/a	13.5	16.9	24.4		10.2
4 Asian Ethnicity: Indian, Pakistani or Banglادish	n/a	10.0	5.6	0.0		35.7
5 Black Ethnicity: Black African, Black Carribean or Other Black	n/a	7.7	3.5	0.1		27.2
6 IMD	n/a	16.4	21.7	87.8		0.5
7 Diabetes Prevalence 17+	n/a	5.7	5.8	9.4		3.4
8 Obesity Prevalence 16+	n/a	7.5	10.7	15.8		6.1
9 Obese children (age 4-5 years)	n/a	9.4	8.5	14.5		5.8
10 Obese children (age 10-11 years)	n/a	18.7	19.2	27.8		12.3
11 Participation in at least 3 hours of sport/PE	n/a	53.5	55.1	40.9		79.5
12 Children's tooth decay (at age 12)	n/a	0.5	0.7	1.5		0.2
13 The proportion of adults participating in recommended levels of physical activity	n/a	8.5	11.1	5.7		18.2
14 Mortality from diabetes: directly standardised rate, all ages, 3-year average	n/a	3.5	5.7	19.8		3.1
15 Mortality from diabetes Directly age-standardised rates <75 years	n/a	1.5	2.5	8.7		0.1
16 Mortality from diabetes: directly standardised rate, 1-44 years, 3-year average	n/a	0.3	0.5	1.9		0.0
17 Blood pressure in patients with diabetes mellitus: percent, 17+ years 150/90 or less	n/a	88.2	89.9	92.7		86.3
18 Blood pressure in patients with diabetes mellitus: percent, 17+ years 140/80 or less	n/a	68.5	70.7	78.8		64.3
19 Cholesterol levels in patients with diabetes mellitus is 5 mmol/l or less. 17+ years	n/a	81.0	81.7	86.8		75.2
20 Controlled blood glucose levels (7.5 or less) in patients with diabetes mellitus	n/a	68.3	69.9	70.6		60.1
21 Blood glucose levels 8 or less in patients with diabetes mellitus: 17+ years	n/a	76.7	78.7	84.4		70.6
22 Blood glucose levels 9 or less in patients with diabetes mellitus: 17+ years	n/a	85.3	88.6	92.2		82.1
23 Proportion of patients with diabetes mellitus who have a record of retinal screening in the previous 15 months.	n/a	91.4	91.9	95.9		85.4
24 Proportion of of patient aged 18+ with chronic kidney disease in a GP registered population.	n/a	3.1	4.3	9.0		1.6
25 Smoking Cessation advice to patients with any or any combination of the following conditions: coronary heart disease, stroke or TIA, hypertension, diabetes, COPD, CKD, asthma	n/a	93.4	92.9	90.5		96.5
26 Hospital procedures: lower limb amputations in diabetic patients: all ages	n/a	5.6	11.6	21.8		0.00
27 Proportion of adults participating in recommended physical activity	n/a	8.5	11.2	5.7		8.2

# Spine Chart Data Sources

	Data description	Other sources of information or data
1	Percentage	<a href="http://www.ons.gov.uk/ons/guide-method/census/2011/index.html">http://www.ons.gov.uk/ons/guide-method/census/2011/index.html</a>
2	Percentage	<a href="http://www.ons.gov.uk/ons/guide-method/census/2011/index.html">http://www.ons.gov.uk/ons/guide-method/census/2011/index.html</a>
3	Percentage	<a href="http://www.ons.gov.uk/ons/guide-method/census/2011/index.html">http://www.ons.gov.uk/ons/guide-method/census/2011/index.html</a>
4	Percentage	<a href="http://www.nomisweb.co.uk/query/select/wizpopular.asp">http://www.nomisweb.co.uk/query/select/wizpopular.asp</a>
5	Percentage	<a href="http://www.nomisweb.co.uk/query/select/wizpopular.asp">http://www.nomisweb.co.uk/query/select/wizpopular.asp</a>
6	Percentage	<a href="https://www.gov.uk/government/collections/english-indices-of-deprivation">https://www.gov.uk/government/collections/english-indices-of-deprivation</a>
7	Percentage	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
8	Percentage	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
9	Percentage	<a href="http://atlas.chimat.org.uk/IAS/dataviews/report?reportId=201&amp;viewId=305&amp;geoReportId=3211&amp;geold=4&amp;geoSubsetId=">http://atlas.chimat.org.uk/IAS/dataviews/report?reportId=201&amp;viewId=305&amp;geoReportId=3211&amp;geold=4&amp;geoSubsetId=</a>
10	Percentage	<a href="http://atlas.chimat.org.uk/IAS/dataviews/report?reportId=201&amp;viewId=305&amp;geoReportId=3211&amp;geold=4&amp;geoSubsetId=">http://atlas.chimat.org.uk/IAS/dataviews/report?reportId=201&amp;viewId=305&amp;geoReportId=3211&amp;geold=4&amp;geoSubsetId=</a>
11	Percentage	<a href="http://atlas.chimat.org.uk/IAS/dataviews/report?reportId=201&amp;viewId=305&amp;geoReportId=3211&amp;geold=4&amp;geoSubsetId=">http://atlas.chimat.org.uk/IAS/dataviews/report?reportId=201&amp;viewId=305&amp;geoReportId=3211&amp;geold=4&amp;geoSubsetId=</a>
12	Weighted Mean Number	<a href="http://atlas.chimat.org.uk/IAS/dataviews/report?reportId=201&amp;viewId=305&amp;geoReportId=3211&amp;geold=4&amp;geoSubsetId=">http://atlas.chimat.org.uk/IAS/dataviews/report?reportId=201&amp;viewId=305&amp;geoReportId=3211&amp;geold=4&amp;geoSubsetId=</a>
13	Ratio	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
14	Directly standardised rate per 100,000	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
15	Directly standardised rate per 100,000	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
16	Directly standardised rate per 100,000	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
17	Percentage	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
18	Percentage	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
19	Percentage	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
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24	Percentage	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
25	Percentage	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
26	Indirectly standardised rate per 100,000	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>
27	Rate	<a href="https://indicators.ic.nhs.uk/webview/">https://indicators.ic.nhs.uk/webview/</a>

## Data Summary

### Population

Age is a significant influence in diabetes prevalence. Type 1 diabetes is usually diagnosed in childhood but the prevalence of Type 2 diabetes increases steadily after the age of 40 years. Diabetes prevalence is also higher in areas with higher rates of deprivation. People living in the 20% most deprived neighbourhoods in England are 56% more likely to have diabetes than those living in the least deprived areas.

### Ethnicity

Ethnicity is also a key factor in diabetes prevalence. People from Asian and black ethnic groups are more likely to have diabetes and tend to develop the condition at younger ages. The maps provided give the prevalence of black and Asian ethnic minorities showing which areas to target for diabetes awareness in the borough of Barnet.

### Diabetes prevalence

In 2011/12 there were over 17,000 people aged 17 years and older diagnosed with diabetes in Barnet giving a prevalence of diagnosed diabetes of 5.7%.

The Diabetes Prevalence Model for England estimates the total (diagnosed and undiagnosed) number of people with diabetes. Estimates are adjusted for the age, sex, ethnic group and

deprivation pattern of the local population. It has been estimated the prevalence of diabetes is 7.9%. This would mean that there are around 6,000 people with undiagnosed diabetes in Barnet.

### Trends in Diabetes

If current trends in population change and obesity persist the total prevalence of diabetes is expected to rise to 9.1% by 2020 and 10.7% by 2030.

Across England approximately a third of the projected rise in diabetes prevalence can be attributed to the increasing prevalence of obesity. If obesity levels in Barnet could be maintained at the rates seen in 2010, there would be 800 fewer people with diabetes in 2020. By 2030 a static prevalence of obesity would mean an estimated 2,500 fewer people with diabetes.

### Deaths from Diabetes

Death rates from diabetes in Barnet are on average lower than those of London and England which implies that diabetes is well managed in Barnet.

### Obesity

There is a known association with obesity and type-2 diabetes. Obesity prevalence in Barnet is 7.5%. This is less than the London and England averages. As obesity is a risk factor for diabetes this is something that needs to be addressed

One aspect of obesity management is the level of physical activity. Rates of physical activity in Barnet are low in both children and adults. More than 9 out of 10 adults in Barnet do not take part in the recommended level of physical activity. With Barnet being currently ranked 23rd out of 33 London Boroughs for levels of adult physical activity according to the Sport England Active People Survey 5 (Oct 2010.).

### Diabetes monitoring and treatment

Rates of both good blood glucose and good blood pressure control in people with diabetes in Barnet is similar to the London rates and higher than the national rates. Long term improvement in blood glucose control is considered to have beneficial effects on the onset and progressions of complications.

The National Diabetes Audit collates data that identifies the additional risk of diabetic complications and mortality in people with diabetes compared to the general population. Those with diabetes in Barnet were 62.1% more likely to have a heart attack, 23.5% more likely to have a stroke and 64.3% more likely to have a hospital admission related to heart failure and 36.3% more likely to die than the general population in the same area.



## What are we doing now: Examples

Diabetes is a common life-long health condition. There are 3 million people diagnosed with diabetes in the UK and an estimated 850,000 people who have the condition, but don't know it. People of Asian and black ethnicity have higher chances of developing diabetes but it is common in all communities.

Life expectancy in Barnet is increasing and so we need to focus on helping people to make healthier choices to maintain a healthy lifestyle.

### Raising awareness and support for diabetes patients.

Raising awareness is key to reducing the prevalence of diabetes. Barnet aims to improve the rate of awareness for diabetes through knowledge and education, by promoting and encouraging early diagnosis.

Diabetes UK have set up the Barnet Voluntary Group which provides support for those who have diabetes, their friend and relatives, The group meet every other month to discuss common problems. They arrange to have a speaker who talks on an issue of concern and interest and then answers any questions someone may have.

Diabetes UK organised Walk for Diabetes, which challenged people to walk for two or four hours and was held in Woodside Park in Barnet.

### Other promotional work

Barnet Council support national campaigns such as those run by Diabetes UK including promoting the 'Type 1 essentials for children and young people' and 'The 4 Ts of type 1 diabetes' (Toilet, Thirsty, Tired, Thinner) which aims to

raise awareness of the four main symptoms of Type 1 diabetes.

In September 2013, Diabetes UK, in partnership with Tesco's, launched the biggest Type 2 diabetes awareness campaign in the UK. The messages are that Type 2 diabetes is a serious condition that, if left unchecked, can cause heart attacks, blindness, stroke or even limb amputation. But it's also a manageable condition, and it is possible to avoid these complications.

### Healthcare Services - Diabetes Monitoring

Central London Community Healthcare NHS Trust provides support to adults with diabetes in a variety of community locations, and in the homes of housebound patients. The teams help patients control their diabetes and reduce the risk of short and long term complications by providing patients with the skills, knowledge and confidence to self-manage their diabetes effectively. The Diabetes and Endocrinology department of Barnet and Chase Farm Hospitals cares for patients with diabetes and provides inpatient and outpatient care.

### Deprivation and Obesity

The number of children classified as living in poverty has increased in Barnet, and can lead to several healthcare issues such as diabetes. It is important that Children's Centres and schools help all of Barnet's diverse communities to make healthier choices to maintain a healthy lifestyle.

The rate of obesity has rapidly increased nationally and as a predictor of Type 2 diabetes and

obesity in adulthood it is an issue that needs to be addressed

### Barnet Health and Wellbeing Strategy

Reducing obesity in both children and adults are priorities in the Barnet Health and Wellbeing Strategy. This will include

- Working with schools, community groups and parents to promote healthy eating and increase the use of active and sustainable school travel plans; .
- Developing a schools based Active Lifestyles programme;
- Promote healthy eating through working with local food suppliers, restaurants, public houses, places of entertainment and similar commercial enterprises to help to increase the availability of, and choice for healthy foods and drinks
- Increasing both the offer and take-up of health and lifestyle checks in primary care to all people aged between 40 and 74 years to help reduce risk factors associated with long term conditions
- Making better use of the range of green spaces and leisure facilities in the Borough to increase levels of physical activity.

A Strategic Review of Leisure Opportunities will explore the ways in which residents use their leisure time and the role of the Council's services (parks, green spaces, leisure & community centres etc.) in promoting health and well-being. It will inform a Fit and Active Barnet (FAB) programme to promote physical activity.

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## Stake holder views

To be done after workshop

DRAFT