

## Identifying and supporting people with diabetes and pre-diabetes in Barnet

### **Introduction**

Diabetes is a condition where there is too much glucose in the blood because the body cannot use it properly. This happens because the pancreas does not produce any insulin, or not enough, or the insulin it does produce is unable to work properly.

There are two main types of diabetes. People with Type 1 diabetes cannot produce insulin. About 10 per cent of people diagnosed with diabetes have Type 1. No one knows exactly what causes it, but it's not to do with being overweight and it isn't currently preventable. It is usually diagnosed in children or young adults, starting suddenly and getting worse quickly.

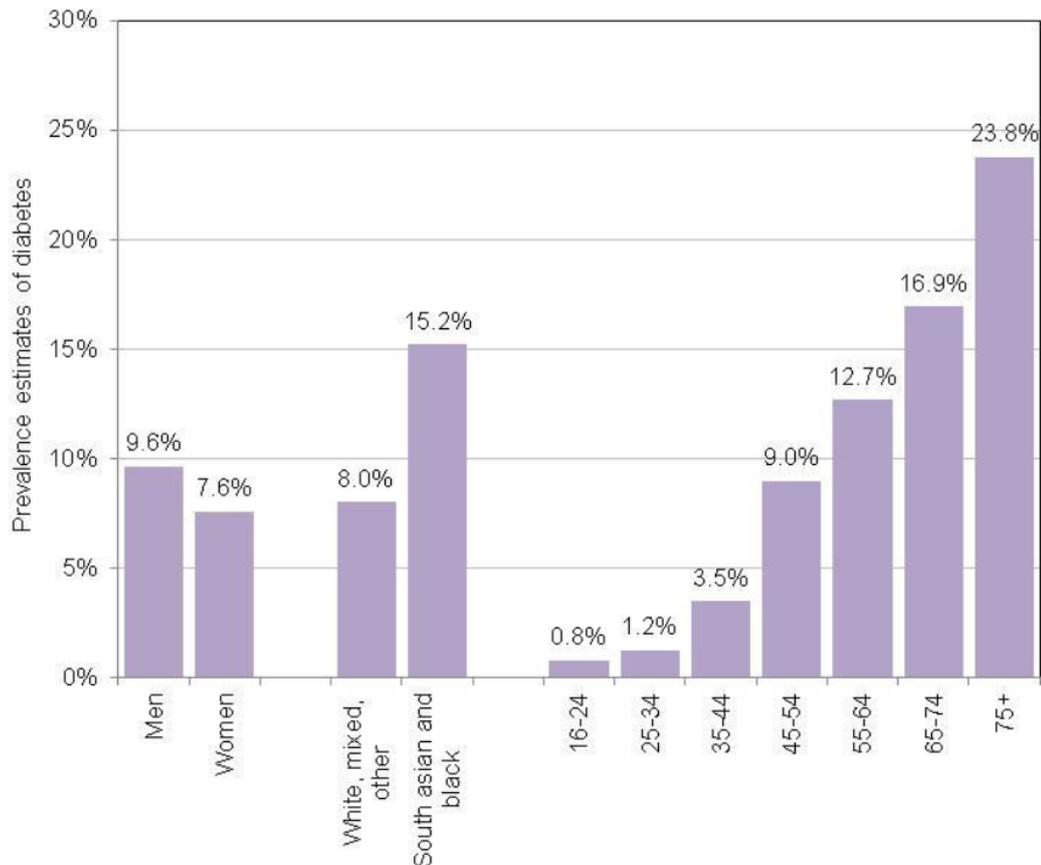
People with Type 2 diabetes don't produce enough insulin or the insulin they produce doesn't work properly. About 90 per cent of people diagnosed with diabetes have Type 2. They might get Type 2 diabetes because their family history, age or ethnic background puts them at increased risk. They are also more likely to get Type 2 diabetes if they are overweight. It starts gradually, usually later in life, and it can be years before people realise they have it.

Pre-diabetes is characterised by elevated blood glucose levels, regarded as indicative that a person is at risk of progressing to Type 2 diabetes

### **Prevalence**

Prevalence of diabetes varies by sex, ethnicity and age. This is summarised in chart 1 below.

**Chart 1. Summary of expected diabetes prevalence (diagnosed and undiagnosed) in England in 2015 by age group, sex and ethnicity**



In 2016/17 there were 20,105 people, aged 17 years or older, who had been diagnosed with diabetes and included on GP registers in NHS Barnet CCG. This equals 6.2% of the population. However, the total prevalence of people with diabetes, diagnosed and undiagnosed, is estimated to be 8.7%. This means that there are likely to be over 8,000 people with undiagnosed diabetes in the borough

**Costs**

The cost of diabetes to the NHS has increased considerably in recent years and this is projected to continue. Estimates in 2012 suggest that total annual costs to the NHS could be almost £14 million.

A breakdown is provided below:

**Cost of diabetes treatment in the UK in 2012**

Area of expenditure	Type 1 diabetes	Type 2 diabetes	Total cost	Percentage of costs
Diabetes drugs	£0.344 billion	£0.712 billion	£1.056 billion	7.8%
Non-diabetes drugs	£0.281 billion	£1.810 billion	£2.091 billion	15.2%
Inpatient	£1.007 billion	£8.038 billion	£9.045 billion	65.8%
Outpatient (excluding drugs)	£0.170 billion	£1.158 billion	£1,328 billion	9.7%
Other (including social service)	-	-	£0.230 billion	1.7%
<b>Total</b>	£1.802 billion	£11.718 billion	£13.750 billion	100%

Source: Kanavos, van den Aardweg and Schurer: Diabetes expenditure, burden of disease and management in 5 EU countries, LSE (Jan 2012)

NHS Digital (2016) analysis, formerly the Health and Social Care Information Centre, showed that the cost of diabetes drugs grew 86.1% between 2005-06 and 2015-16 from £513.9 million to £956.7 million. The cost of insulin alone increased from £220.8 million to £343.7 million, whilst the cost of antidiabetic drugs has increased from £146.8 million to £422.7 million.

### **The local response**

Diabetes prevention, detection and management have been identified as priority areas for the council and for the Health and Wellbeing Board. The council's intention to 'take on diabetes' was signalled by a full council motion in Dec 2016 and the Barnet Health and Wellbeing Strategy includes commitments to embed prevention for diabetes and pre-diabetes in the borough via action on healthy weight and the development of Care Closer to Home Integrated Networks.

A range of actions has taken place in support of this agenda. These are summarised below:

## Campaigns & Public Events:

LB Barnet Public Health team co-ordinate campaigns and public events throughout the year. These are normally topic specific and aim to:

- Raise awareness
- Give information
- Give prevention advice to residents
- Signpost to local services
- Support residents to access screening and early identification

Although there is an annual diabetes campaign, wherever possible, messages relating to diabetes prevention are weaved into other campaigns along with wider healthy living messages.

### **Diabetes week of action:**

“Diabetes Awareness Week” falls in June every year. Diabetes Week 2018 took place from 11-17 June, and this year, the focus was on encouraging local residents to #TalkAboutDiabetes. A series of community events were coordinated and publicized via various channels. The events included:

- Encouraging residents to take up local Park Runs
- Dance classes for people aged over 50 delivered by Saracen’s sport foundation and GLL
- Diabetes UK information sessions and health talks
- Wellbeing drop-ins at community organisations
- Health Walks
- Chair based exercises delivered by Diabetes Prevention Programme

There were also two main community engagement events:

- Diabetes Roadshows by Silver Star:  
The Public Health team commissioned “SilverStar” to spend a day at Edgware Broadwalk Shopping Centre raising awareness and offering free risk assessments and blood tests for type 2 diabetes. Outcomes from the day are covered later in this briefing.
- Brent Cross event:  
Barnet Council and Barnet CCG co-ordinated a diabetes awareness event at Brent Cross Shopping Centre, encouraging shoppers to assess their risk of getting diabetes. The event was supported by a range of partners including local GP’s, dieticians, sports and leisure providers, voluntary sector

organisations and health partners. They offered blood pressure screening, health information, diet and nutrition advice, physical activity taster sessions and a friendly face for a chat.

Shoppers were encouraged to complete a risk assessment, and those who scored highly were offered a diabetes test. Of these, 23 people were found to have Type 2 diabetes and a further 20 individuals found out that they were pre-diabetic, and at significant risk of developing the disease.

### **SilverStar Mobile Testing Events:**

Barnet Public Health have commissioned SilverStar to deliver a total of 6 roadshows in Barnet.

	Venue	Location	Date	Number of people screened	Number identified with high glucose levels
1.	Broadwalk Shopping Centre	Edgware	9 <sup>th</sup> June 2018	97	26
2.	Grahame Park Festival	Colindale	7 <sup>th</sup> July 2018	54	13
3.	Friend in Need Community Centre	East Barnet	20 <sup>th</sup> September	78	11
4.	North Finchley Mosque	Finchley	21 <sup>st</sup> September	157	18
5.	Broadwalk Shopping Centre	Edgware	22 <sup>nd</sup> September	116	9
6.	Allianz Park – match day	Mill Hill	23 <sup>rd</sup> September	102	8
Totals				604	85

### **Silver Week:**

Barnet Public Health Team sponsored the recent Silver Week events for Barnet residents aged over 55. Health checks were offered to residents at a number of events through the week. 189 residents, approx. 16% of those who attended the events had a health check. We are currently awaiting further information on any outcomes.

### **Know Your Risk tool:**

LB Barnet Public Health team promotes the use of Diabetes UK's Know Your Risk! tool. The quick and simple tool helps residents to understand their risk of developing type 2 diabetes and offers advice and support on how to reduce their risk. Since the tool was launched on the LBB website, over 3000 residents have completed the online tool to identify their own risk.

Interventions available to residents:

**Primary care pre-diabetes locally commissioned service:**

In preparation for the launch of the National Diabetes Prevention Programme, Barnet public health supported the CCG to develop a locally commissioned service for GP's managing pre-diabetic patients. The service aims to embed National Institute of Clinical Excellence guidance for managing patients with pre-diabetes. GP's are incentivised to offer a brief intervention that addresses lifestyle factors, referring on to relevant programmes and ensuring patients are reviewed annually.

10,415 eligible patients were identified in year one and approximately 3,000 of these received a brief intervention in their GP service.

**National Diabetes Prevention Programme:**

In June 2016 NHS England began the roll out of the Healthier You: NHS Diabetes Prevention Programme (NHS DPP). It began with a first wave of 27 areas. In April 2017 the programme was mobilised across a further 13 areas, including a joint programme in Barnet and Enfield.

The DPP is a nine-month programme consisting of a total 14 groupwork sessions that address topics such as:

- Individual goal setting
- Information on pre-diabetes
- Food labels
- Physical activity including chair based exercise session
- Stress, emotional eating and mindfulness

Currently the programme is running at numerous venues across the borough, and offering evening and weekend provision providing good access for residents.

Barnet has consistently overachieved, using not only Barnet's allocated capacity, but some of Enfield's allocation. Barnet had 2,262 spaces allocated for the first 27 months and whilst this is expected to decrease in future years, the NHS 10-year plan recently signalled an intention to increase capacity in this programme.

Locally action is underway to increase the offer to pre-diabetic patients through:

- Re-developing the primary care locally commissioned service to include a range of digital support options
- Expanding group consultations for pre-diabetes
- Encouraging participation in the expert patient programme

## **Group consultations**

Group consultations in general practice replacing routine appointments with group sessions that incorporate clinical advice for managing conditions and an opportunity for peer interaction and support. NCL funded a training provider to establish group consultations in NCL and in Barnet, public health provided additional funding which allowed nine practices to be trained across the borough. Initial experience suggests some very encouraging response. At Millway Practice, a total of 9 group consultations were conducted in 2018 reaching 102 patients. In November 2018, the practice recalled patients from group consultations conducted in June and July that included 28 patients with pre-diabetic and HbA1c tests indicated that all were no longer pre-diabetic.

## **Expert patient programme**

The Expert Patients Programme (EPP) is a free self-management course developed for people living with any long-term health condition, such as diabetes, asthma, arthritis, hypertension etc. The EPP is a self-management programme that supports patients to take control of their health by learning new skills. The course covers topics such as managing symptoms, nutrition and exercise, problem solving and dealing with difficult emotions. The course is led by peers who also have long term conditions and have completed the programme.

Public health have funded CEPN (Barnet's Community Education Provider Network) to deliver 6 courses from September 2018 to September 2019 in the St Andrew's CHIN. The programme is now underway and evaluation will inform plans for year 2 and beyond.

## **Other relevant services:**

- As part of the Sports and Physical Activity contract procured by LB Barnet, GLL will be delivering various healthy lifestyle components. These include:
  - A Healthwise programme for people with diabetes. This is a 12-week intervention with three workshops that cover 1) Diabetes and Me, 2) Physical Activity, and 3) Healthy Eating
  - A Calendar of health promotion campaigns
  - Delivering educational sessions to residents
  - Offering an exit pathway from the local diabetes prevention programme
  - Offering a physical activity scheme specifically for those with long term conditions such as diabetes
  - Conducting diabetes risk Know Your Risk! Assessments
- CLCH Diabetes Services  
Central London Community Health service (CLCH) deliver a range of services for diabetic patients in Barnet. The service provides holistic support to type 2

diabetes patients in the management of their condition in community and GP practice setting. The service offers foot protection for moderate and high-risk type 1 and type 2 diabetes patients as well as education and lifestyle management for type 1 and type 2 diabetic patients. The services are provided to help empower patients to self-manage their condition and maintain an independent lifestyle.

- One You  
Public Health have developing a Barnet “One You” website which will launch this month. The website will contain a range of information and resources that help adults to move more, eat well, drink less and be smoke free. It also provides information on how people can reduce their stress levels and sleep better. The website is complimented by a suite of free lifestyle apps (<https://www.nhs.uk/oneyou/apps/>) for smart phones that support people to set goals, be more active and make simple day to day changes.

#### Local Government Declaration

The aim of the Local Government Declaration on Sugar Reduction and Healthier Food is to achieve a public commitment to improve the availability of healthier food and to reduce the availability and promotion of unhealthier alternatives.

Barnet HWBB commits to taking action across six different areas:

- Advertising & sponsorship
- Improving the food controlled or influenced by the council
- Reducing prominence of sugary drinks & promoting free drinking water
- Supporting businesses and organisations to improve their food offer
- Holding related public events and raising public awareness

Some examples of actions being taken within the Local Government Sugar Declaration are;

- The CCG will champion a “Healthy Hospitals” programme to ensure healthier catering is included in future procurement of food in Barnet hospitals.
- By 2018/19, Barnet hospital is aiming for 90% of all drinks to have less than 5 grams of added sugar/100ml, for 80% of confectionary and sweets to have less than 250Kcal and 75% of pre-packaged sandwiches and meals to contain 400Kcal or less.
- Work has been already undertaken at Barnet Hospital, with the 2016/17 targets achieved at Barnet Hospital as follows:
  - (i) The banning of price promotions on sugary drinks and foods high in fat, sugar and salt (HFSS). The majority of HFSS fall within the five product categories: pre-sugared breakfast cereals, soft drinks, confectionery, savoury snacks

- (ii) The banning of advertisement on NHS premises of sugary drinks and HFSS foods, including in vending machines
- (iii) The banning of sugary drinks and HFSS foods from checkouts
- The Public Health Team is working to influence the catering contract for the new Council Office to ensure there is a Free water refill station for the public and advertises it.
- Barnet's Public Health team will work with the Council's Highways & Transport and Communications teams to advise on advertising content, and it will use available advertising space for health promotion.
- The Council's leisure provider, Greenwich Leisure Ltd (GLL) aims to have all premises signed up to Healthier Catering Commitment programme by end of Year 2 of contract with the Council.

### **Next steps**

In developing a system wide response to diabetes in the borough, partners recognise that coordination of activity across areas of prevention, detection and management present the opportunity of delivering a genuine step change in our response to diabetes.

Action is underway in a variety of areas from childhood weight management, physical activity and healthy eating promotion, digital behavioural change and self-management apps, the National Diabetes Prevention Programme, group consultations for diabetic and pre-diabetic patients, structured education and expert patient programmes, as well as quality improvement initiatives delivering improvements in treatment in primary care and beyond.

All of this work is intended to be drawn into a single stream of work overseen by the Barnet Quality Improvement Support Team which is being developed in support of the Care Closer to Home agenda.