

Diabetes Overview

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Diabetes – what is it?

- Type 2 diabetes
 - 95% of cases
 - Insulin resistance
 - Prevalence increasing, significant undiagnosed cases
- Type 1 diabetes
 - $\approx 5\%$ of cases
 - Insulin deficiency
- Others



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Type 2 diabetes - complications

- Hyperglycaemia
- Hypoglycaemia
- Cardiovascular disease – heart disease (MI/ACS), stroke (CVA), peripheral circulatory disease (PAD)
- Nervous system damage - Peripheral neuropathy
- Eye disease - Retinopathy
- Kidney disease - Nephropathy



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Prevalence of / risk factors for diabetes

- Diabetes prevalence 4-5%
- Major risk factors for diabetes:
 - Obesity
 - Advancing age



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Wales: Cardiff and Vale of Glamorgan

- Growing population
- Ageing population
- Obesity rates – some of highest in the world

People with diabetes on GP registers in the Vale of Glamorgan

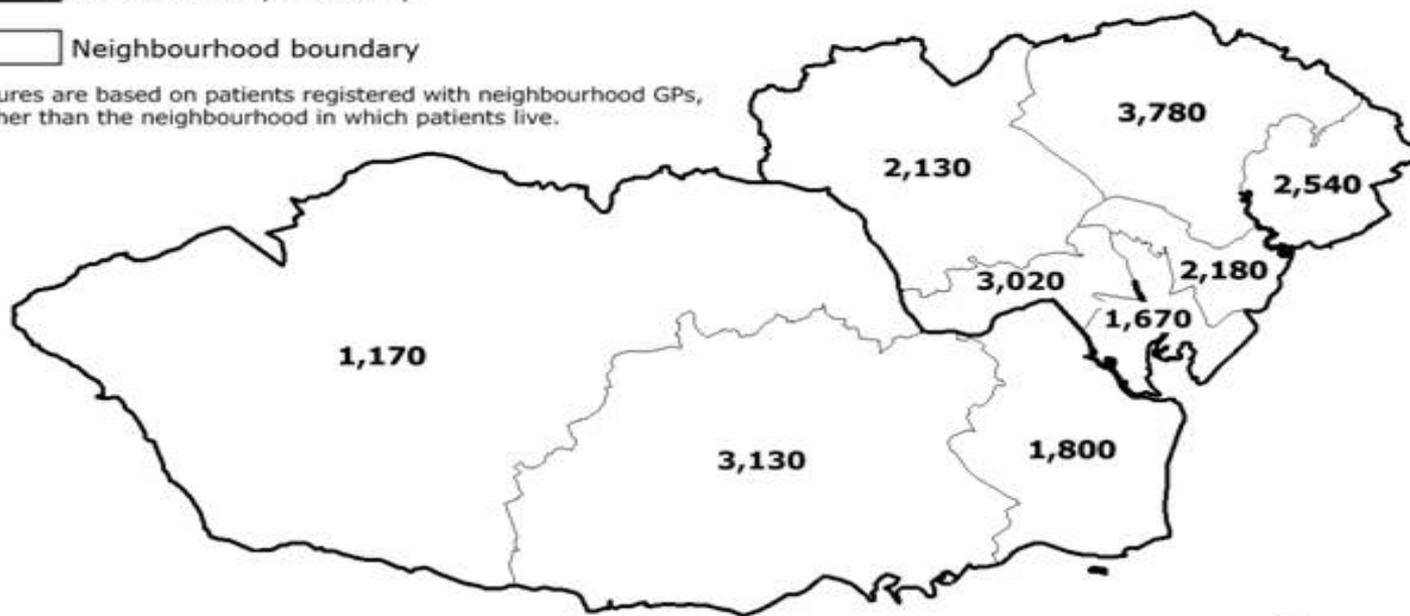
Number of people on GP diabetes registers, 2012

Neighbourhood management areas in Cardiff and The Vale of Glamorgan

 Local authority boundary

 Neighbourhood boundary

Figures are based on patients registered with neighbourhood GPs, rather than the neighbourhood in which patients live.



Produced by Public Health Wales Observatory, using Audit+ (NWIS)
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Prevalence of diabetes – future projections

Data for: Cardiff and Vale

Table produced on 26/01/15 14:50 from www.daffodilcymru.org.uk version 5.0

People aged 25 and over predicted to have Type 1 or Type 2 diabetes, by age and gender, projected to 2030

	2013	2015	2020	2025	2030
People aged 16-24 with diabetes	378	380	359	363	391
People aged 25-34 with diabetes	724	755	825	849	805
People aged 35-44 with diabetes	1,817	1,832	1,966	2,182	2,392
People aged 45-54 with diabetes	3,677	3,681	3,547	3,502	3,766
People aged 55-64 with diabetes	5,297	5,443	5,963	6,133	5,903
People aged 65-74 with diabetes	5,463	5,776	6,372	6,690	7,375
People aged 75 and over with diabetes	6,135	6,303	6,989	8,341	9,523
Total population aged 25 and over with diabetes	23,492	24,171	26,019	28,061	30,155

Figures may not sum due to rounding. Crown copyright 2014

Type 2 diabetes - treatment

- Lifestyle and diet
- Screening for complications
- Oral medication
 - Metformin, sulphonylureas
 - Gliptins, Glitazones, Gliflozins
- Injectable medication
 - GLP-1
 - Insulins
- Blood pressure and Lipid management



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Prevention: Obesity & Food



Situation

- 57% of the adult population of Vale of Glamorgan are overweight or obese - compared to 55% in Cardiff (Welsh Health Survey 2013) and a quarter (25%) of children aged 4-5 years are overweight or obese
- Only 32% of adults eat at least five portions of fruit and vegetables a day and this continues to decline

Current actions underway to address obesity rates and increase healthy eating

- Vale of Glamorgan Council actively contributes to the **Vale Food & Physical Activity Plan** to focus on **healthy eating** and **food poverty**, deprivation and **healthy eating in workplaces**.
- Implementation of Cardiff and Vale UHB's '**Optimising Outcomes Policy**' – *Anyone being referred or listed for an elective intervention who is recorded as having a BMI of 40 or above is expected to have been offered, accepted and completed weight management support prior to their surgery'*
- 42 **weight management groups**, 46 Xpert diabetes education groups, 24 Diabetes awareness sessions delivered by Cardiff and Vale UHB dietitians

Cowbridge
**Food
& Drink
Festival**
24 - 25 May 2015

What role and actions can the Vale of Glamorgan Council additionally take?

- Promote **healthy eating with employees** through **procurement and provision of healthy choices**
- Support the development of a **Vale Food Charter**
- All staff, who have direct public contact, to be offered '**Making Every Contact Count**' training
- Promote **healthy options in leisure centres**
- **Healthy Schools Scheme & Appetite for Life / Vale Catering**
- Promote the **uptake of free school meals**
- Promote the **Healthy Options Award for catering and food retail establishments** broadly compliant with the Food Hygiene Ratings Scheme
- Expand the **promotion of community healthy eating messages and cooking skills**



Prevention: Physical Inactivity



Situation

- Welsh Health Survey (2012+2013) reported that 28% in the Vale of Glamorgan (UHB 26%, Welsh average 29%) participate in the recommended levels of physical activity that benefit health. Sport Wales (2012) reported that 49% of adults and 42% of children in the Vale of Glamorgan were 'hooked on sport' (participating in 3 or more activities per week). Men and boys tend to be more active than women and girls, sedentary behaviour increases with age and is higher in lower socio-economic groups, black and minority ethnic groups and among those not in paid employment
- Schools deliver 109 mins of physical education per week (target is 120 mins).
- Vale of Glamorgan Council is a member of the Vale Food and Physical Activity Partnership Group and contributes to the Action Plan

Current actions underway to reduce physical inactivity

- Schools - support the implementation of **school travel plans** and **Smarter Journeys to School Pilot Project** and to deliver literacy/numeracy through physical education provision
- **Local Development Plan** – influence to prioritise the pedestrian, walking and cycling, 20mph zones and interconnectivity in communities
- Implement the **Active Travel Wales Act**
- Promote **active play in public environments** and open spaces
- Primary care – **promote referrals to the National Exercise Referral Scheme (NERS)** and support the primary care setting to encourage patients to be more active
- Deliver **Making Every Contact Counts** training to local organisations



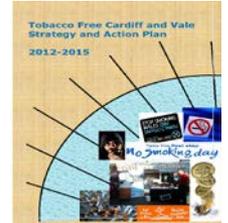
What role and actions can the Vale of Glamorgan Council additionally take?

- **Influence education policy** to ensure that at least 120 mins of physical activity is delivered in schools each week and that school travel plans are implemented
- Continue the **delivery of NERS** in deprived communities
- Ensure the **LDP and any regeneration plans explicitly support physical activity**
- All staff who have direct public contact to undertake **'Make Every Contact Count'** training

Prevention: Smoking

Situation

- 18% of the adult population of Vale of Glamorgan smoke - compared to 23% in Cardiff (Welsh Health Survey 2013) however, in areas of high deprivation rates may be as high as 32%
- Vale of Glamorgan Council is a member of the Cardiff and Vale Tobacco Control Partnership Group and contributes to the Tobacco Control Strategic Action Plan



Current actions underway to reduce smoking rates

- All smokers can be referred (e-mail, telephone or fax) to **Stop Smoking Wales (SSW)** - who offer locally based support services at GP Clinics and other community based venues
- **Registered GP Practice patients who smoke** have been asked to attend smoking cessation sessions in targeted areas
- Implementation of Cardiff and Vale UHB's '**Optimising Outcomes Policy**' – *Anyone being referred or listed for an elective intervention who is recorded as a smoker is expected to have been offered, accepted and completed smoking cessation support prior to their surgery*
- **Community Pharmacies** (in Communities First areas) have been invited to offer an Enhanced Service to provide free NRT and smoking cessation support
- **Community Wellbeing Coaches** (Barry Communities First) directly refer to SSW and smoking is a priority target within Communities First programme
- Working with local partners, **tenants are being encouraged to make their homes 'smoke-free'**
- All Cardiff and Vale UHB hospitals have a **No Smoking Policy**
- All Vale of Glamorgan enclosed, **children's playgrounds are 'smoke-free'**



What role and actions can the Vale of Glamorgan Council additionally take?

- At any point, in engaging with the public, **offer referral to SSW** and ensure that a smoke-free message is raised
- All staff, who have direct public contact, to be offered Brief Intervention in Smoking Cessation Training and/or 'Making Every Contact Count' **training**
- Ensure compliance to the **Council's No Smoking Policy**
- **Litter enforcement** in public areas



Thank-you for listening.

Any questions?



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