



Diabetes in Sandwell

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Statistics

NHS G.P. Practice data 2020–21 for Sandwell

National average **7.1%** West Midlands **8%** Sandwell **9.9% and projected to increase**

Sandwell Trends

- perform poorly on inter-related health conditions
- lower healthy life expectancy
- higher mortality rates from preventable deaths

Diabetes UK

Risk groups of concern:

- **Elderly people**
- **African/African Caribbean** and **South Asian** (Indian, Bangladeshi, Pakistani) ethnicity

How we involved people

➤ Enter and View programme

➤ Questionnaire

➤ Community engagement

➤ Conversations – Focus Groups:

- Older People
- African/African Caribbean
- South Asian (Indian, Bangladeshi, Pakistani)

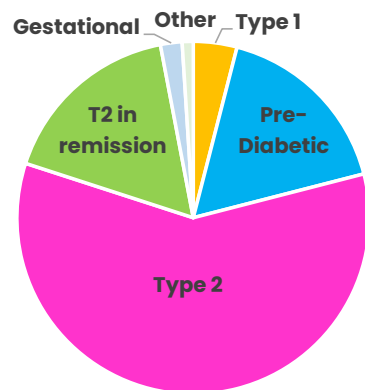


Sandwell and West Birmingham
NHS Trust

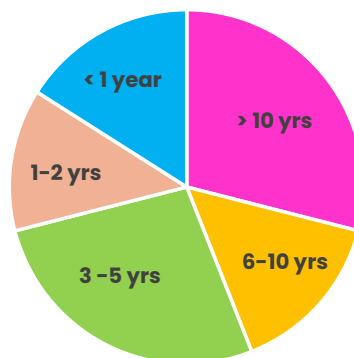
DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Key Findings: Questionnaire (Snapshot 100)

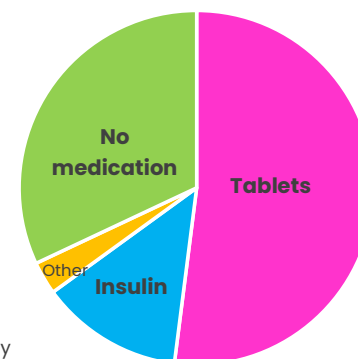
Diabetes Type



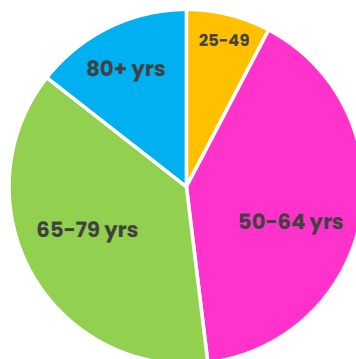
How long had diabetes



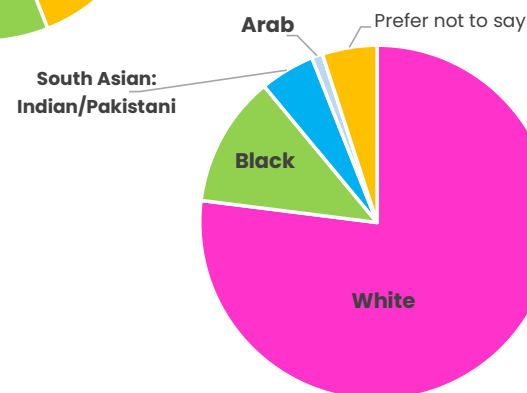
Diabetes medication



Age Group



Ethnic Group



Key Findings: Questionnaire (Snapshot 100)

**Pre-diabetic diagnosis:
given information/signposted to**



Maintaining a healthy weight



**Pre-diabetic:
know where to go for information**



**Being physically active for at least 150
minutes per week**



Rating of G.P. Practice diabetes services



Key Findings – Conversations

- Overall satisfaction with diabetes medical health care services
- Information and support at diagnosis
- Awareness and understanding of diabetes in Sandwell
- Managing diabetes – diet, weight, activity, mental wellbeing
- Focus Groups – meeting specific needs

"I found it very hard and difficult to accept. I was most upset by the result as my lifestyle would need to change."

What people are saying: Older and Elderly People

healthwatch
Sandwell

**Engaging
Communities
Solutions**



- Diabetic retinopathy eye screening tests
– less venue options, travel difficult, not consulted
- Increased multiple health risks
- Mobility impacts on diabetes management
- Social support networks
- Vulnerable elderly including dementia



"Diabetes is not the only thing wrong with a lot of people is it?"

What people are saying: African Caribbean community

healthwatch
Sandwell



- Lack of information and culturally appropriate
- Confusion – diabetes and diagnosis
- Food:
 - eating habits and activity
 - fresh is best, mistrust
 - access and affordability
- Education within community



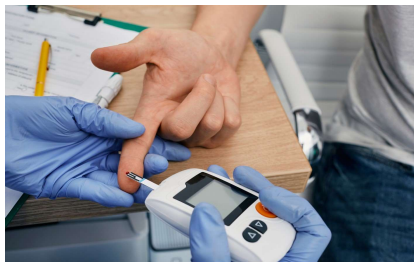
"Some African Caribbean people don't like going to the Doctors."

"It's good if you have an allotment or garden to grow your own food"

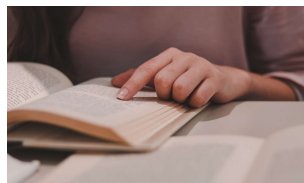
What people are saying: South Asian Community

healthwatch
Sandwell

**Engaging
Communities
Solutions**



Health and care services



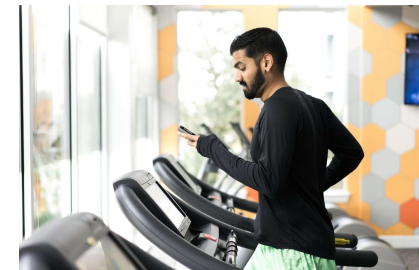
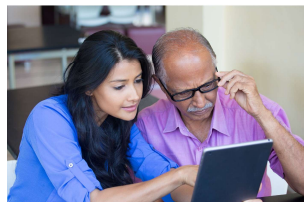
Information



Food



Support



Exercise




DESI DIABETES



Leys
Community Association

Key Recommendations

- **Focus on Diabetes prevention and risk reduction**
 - Integrated health, care and support partnership
- **Develop strategic relationship with Diabetes UK**
 - information, support, Community Champions
- **Invest in local communities “grass roots” support**
 - enable and empower diabetes risk prevention
- **Address Health Inequity in minority ethnic groups**
 - culturally appropriate information, earlier risk screening
- **Review management of diabetes in frail elderly**
 - activity/exercise, carer diabetes awareness/support

Thank You for listening

Any questions?

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