

Diabetes

Diabetes is a condition that causes a person's blood sugar level to become too high.

There are 2 main types of diabetes:

- **Type 1 diabetes** – a lifelong condition where the body's immune system attacks and destroys the cells that produce insulin
- **Type 2 diabetes** – where the body does not produce enough insulin, or the body's cells do not react to insulin properly

High blood sugar that develops during pregnancy is known as **gestational diabetes**. It usually goes away after giving birth.



of the **Gloucestershire population have diabetes** (type 1 and type 2).

This is slightly lower than England (7.3%)¹

 Very friendly and professional staff and all questions answered. 

- Friends and Family Test respondent with type 1 diabetes (secondary care)

Risk factors of Type 1 diabetes:

Type 1 diabetes is caused by an absolute insulin deficiency, usually resulting from autoimmune destruction of the insulin-producing beta cells in the pancreas. **Risk factors include genetic factors and environmental factors.**



In Gloucestershire in 2020/21 hospital admissions for children with diabetes:

- aged **0 to 9 years** was **35.5 per 100,000** (England 28.9 per 100,000)²
- aged **10 to 18 years** was **82.1 per 100,000** (England 67.9 per 100,000)³
- aged **under 19 years** was **58.2 per 100,000** (England 47.5 per 100,000)⁴

These were higher than England but not significantly so



In Gloucestershire in 2020/21 **flu vaccination uptake of patients with diabetes** was **81.7%** compared to 76.7% in England⁵

In Gloucestershire in 2020/21 the prevalence of **chronic kidney disease** in those aged over 18 was higher in Gloucestershire at **5.9%** when compared to England 4.0%⁶



In Gloucestershire in 2020/21 **diabetic eye disease** was **1.4 per 100,000**, similar when compared to England (1.9 per 100,000)⁷



Foot care activity (2019/20 – 2020/21)

↙ **Major diabetic lower-limb amputation** procedures rate is **9.5 per 10,000** similar but higher than England (7.7 per 10,000)⁸

↙ **Minor diabetic lower-limb amputation** procedures **20.2 per 10,000** similar to England (20.9 per 10,000)⁹

↙ **Hospital spells for diabetic foot disease** **140.7 per 10,000** significantly better than England (161.9 per 10,000)¹⁰



“First class service. Everything was explained to me perfectly”

- *Friends and Family Test respondent with type 2 diabetes (community care)*

Structured education

Attended

13%

Offered

39.1%

In Gloucestershire in 2019/20, **39.1%** of people with **type 1 diabetes** were **offered** the **diabetes structured education programme** within 12 months of diagnosis (England 40%). **13%** of which **attended** the programme (England 7.2%), an increase in previous years and in the second best quintile.¹¹

In Gloucestershire in 2019/20, **71.1%** of people with **type 2 diabetes** were offered the **diabetes structured education programme** within 12 months of diagnosis (England 75.4%) falling from the top best quintile to worst in England. **20.8%** of which **attended** (England 13%).¹²

Attended

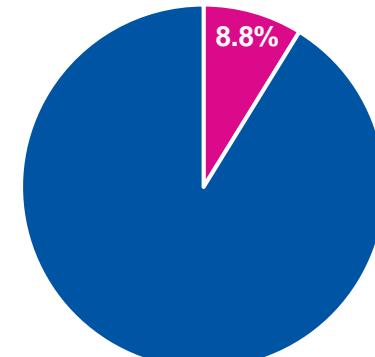
20.8%

Offered

71.1%

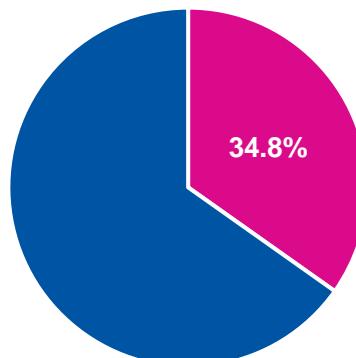


Pre-diabetes prevention programme



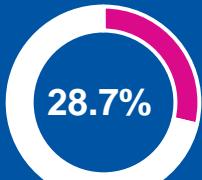
8.8% of patients registered in a GP practice in 2021/22 Gloucestershire had **non-diabetic hyperglycaemia** (higher than the England rate of 5.5%)¹³

Of the 48,570 patients with **non-diabetic hyperglycaemia** in Gloucestershire, **34.8%** were **offered** the **Diabetes Prevention Programme** (39.9% in England) and **27.7% did not decline** (27.8% in England)¹⁴

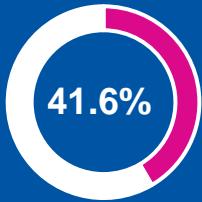


Care processes and treatment targets

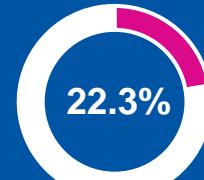
In Gloucestershire in 2020/21:



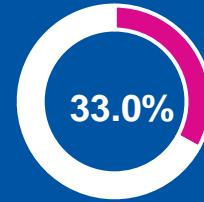
of people with **type 1** diabetes received all 8 care processes, slightly more than **27.4%** in England.¹⁵



of people with **type 2** diabetes received all 8 care processes significantly more than **36.9%** in England.¹⁶

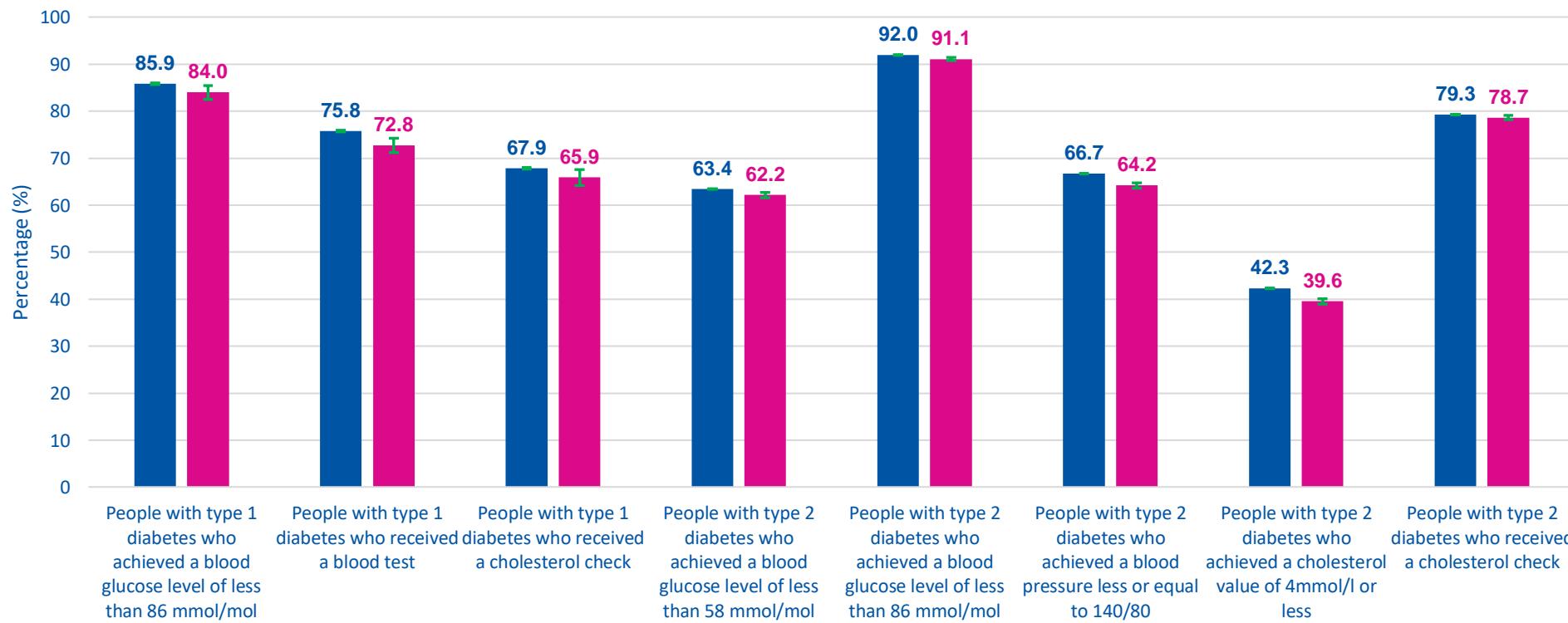


of people with **type 1** diabetes received all three treatment targets, similar and slightly higher than **20.8%** in England.¹⁷



of people with **type 2** diabetes received all three treatment targets, significantly worse than **35.5%** in England.¹⁸

Of the 8 care process and 3 treatment targets, eight were significantly worse in Gloucestershire compared to England¹⁹



What are we doing locally?

CDEP (Cambridge Diabetes Education Programme)

CDEP is a competency-based online diabetes learning platform that supports all levels of healthcare practitioners and demonstrates their diabetes knowledge and skills relevant to their role, as per the nationally agreed diabetes competency frameworks. CDEP also supports professionals in their revalidation and provides an opportunity for reflection and practice-based feedback.

Patient/public/workplace engagement

Gloucestershire Integrated Care Board (GICB) have been successful in engaging with different communities across the County to ensure that health inequalities are addressed and there is equitable access to services. GICB, along with local NHS providers, attended different events, workplaces, community centres and localities over the last 12 months and plans are in place to continue this over the coming year.

National Diabetes Prevention Programme (NDPP)

NDPP is currently being provided by Xyla Health & Wellbeing in Gloucestershire. The programme consists of a mixture of 1-to-1 and group sessions delivered by our specially trained health and wellbeing coaches. Throughout the programme participants learn how to prevent diabetes by incorporating healthier eating, physical activity, problem-solving, stress-reduction and coping skills into their daily lives.

Path to Remission (Previously known as Low Calorie Diet)

The NHS delivers a programme which provides a Path to Remission treatment for people who are overweight and living with Type 2 diabetes. This is following the success of two large clinical studies DiRECT and DROPLET. The intervention aims to support patients to achieve significant weight loss which includes the provision of Total Diet Replacement products for 12 weeks. This is part of a digital 12 month behaviour change support package to enable rapid initial weight loss followed by reintroduction of real food with the overall aim of sustained weight loss and improved nutrition.

Areas of best practice



Continuous Glucose Monitoring (CGM)

CGM enables better glycaemic control and leads to a significant improvement in patient outcomes including admission to hospital and patient confidence. The National Institute for Clinical Excellence (NICE) have published new recommendations for the management of diabetes in relation to access to CGM. Gloucestershire is currently reviewing its policies to be in line with this.



Virtual Clinics

Virtual Clinics, led by a GP Champion, meet virtually with each practice to discuss complex patients and support improvement of patient care and outcomes.



Structured Education

Patient focus groups at community venues, including the Friendship Café in Gloucester, are reviewing access to, and culturally appropriate content of, the 'Healthy Living' Diabetes self management programme.

An online booking system is live, through Gloucestershire Health and Care Trust, on content including; Diabetes & You, Diabetes & Food, Diabetes & Insulin.

Key evidence

CGM NICE guidance - Thousands of people with diabetes set to benefit from real time information after updated NICE recommendations

DATA SOURCES: 1. QOF on Fingertips, 2021/22. *Polycystic Ovaries. 2. Fingertips, 2020/21. 3. Fingertips, 2020/21. 4. Fingertips, 2020/21. 5. Fingertips, 2020/21. 6. Fingertips, 2020/21. 7. Fingertips, 2020/21, Public health profiles. 8. Fingertips, 2019/20 – 2020/21. 9. Fingertips, 2019/20 – 2020/21. 10. Fingertips, 2019/20 – 2020/21. 11. Fingertips, 2019/20. 12. Fingertips, 2019/20. 13. NHS Digital National Diabetes Audit, 2021/22. 14. NHS Digital National Diabetes Audit, 2021/22. 15. Fingertips, 2020/21. 16. Fingertips, 2020/21. 17. Fingertips, 2020/21. 18. Fingertips, 2020/21. 19. Fingertips, 2020/21.