

# Bolder Healthier Champions Webinar Series: Diabetes: Workplace Champions

November 2022



**BE BOLD BE BIRMINGHAM**

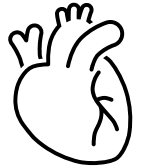
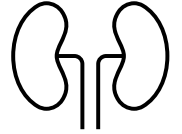


# In this webinar...

- What is diabetes?
- Scale of the problem
- How BH Champions and Public Health can help

# What is Diabetes?

- Uncontrolled high blood glucose (sugar)
- ‘Type 1’ ‘Type 2’
- Treatments: lifestyle changes, medications or insulin injections
- Can cause problems with kidneys and eyesight, and can even lead to limb loss, heart attacks and stroke.



# Two Types

## Type 1 Diabetes

- Body stops producing insulin
- Genetic/ Autoimmune
- Not currently preventable.

- Supporting Individuals

## Type 2

- Body doesn't produce enough insulin
- Linked to Obesity
- **Preventable**
- 'Pre-diabetes'

- Supporting individuals & **Promoting Healthier Lifestyles.**



# Symptoms

- Increased thirst and hunger
- Fatigue
- Needing to go to the toilet more
- Slow healing
- Unexplained weight loss
  
- Depends on the person!



## Scale of the problem

**5 million people** in England are at **high risk** of developing Type 2 diabetes



Type 2 diabetes is a major cause of **premature mortality**, with around **22,000 people dying** early every year in England



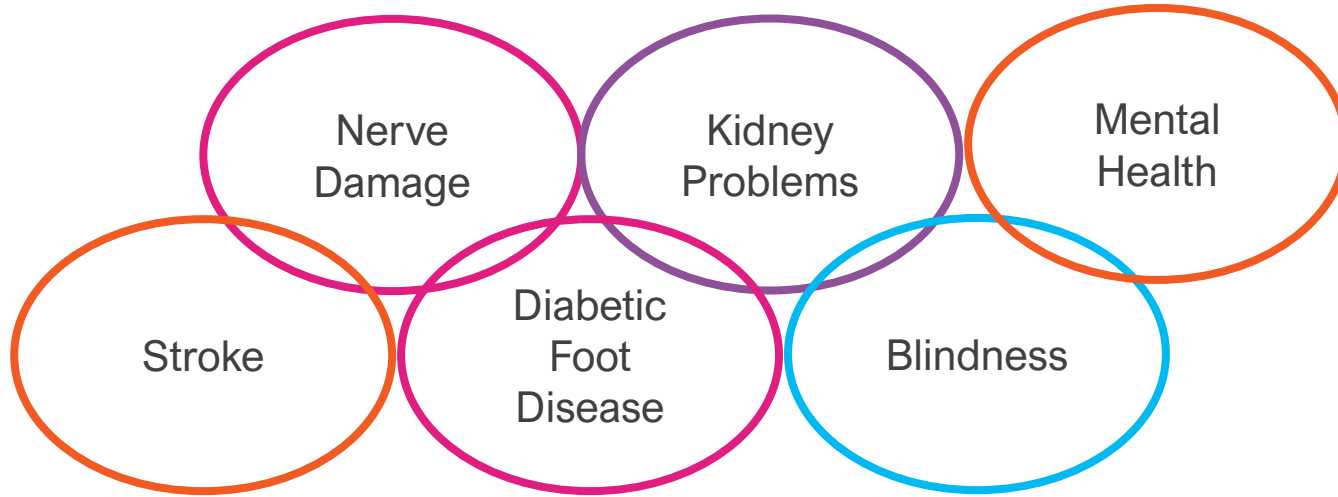
There are currently **3.8 million people** with Type 2 diabetes in England with around **200,000 new diagnoses** every year



**1 in 10 will have Diabetes by 2034**

**Birmingham CCGs: Almost 50% higher than average**

# Problems Caused By Diabetes



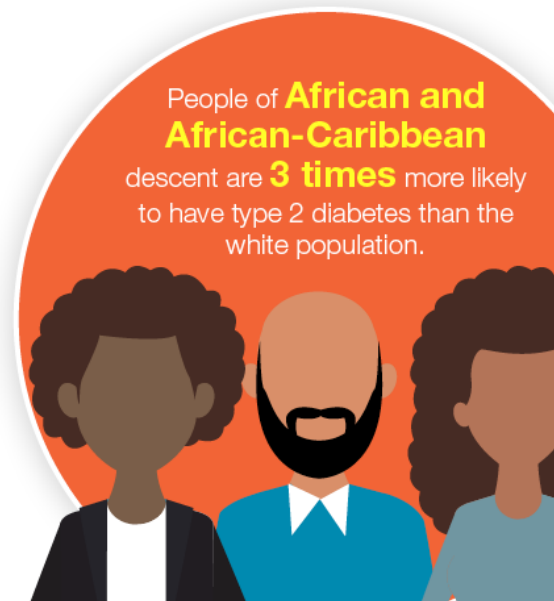
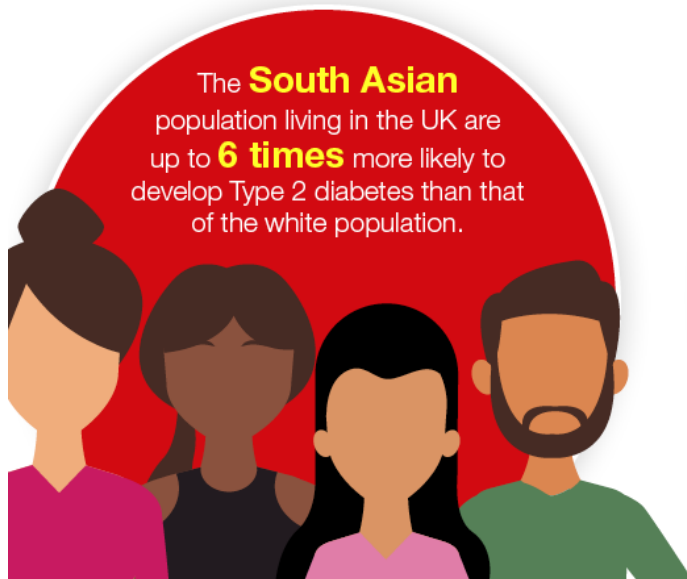
# Risk Factors

- Overweight or obese, BMI >25
- Large waist circumference
- Family History
- Age
- Deprivation
- Ethnicity- Higher rates in some BME groups.





## Ethnicity and Type 2 diabetes risk



# Risk Factors

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- Ethnicity- Higher rates in some BME groups.



# Preventing Type 2 Diabetes: Three Goals

Healthy Weight

Healthy Eating

Physical Activity

Community-wide intervention plus targeted interventions

## Community-wide intervention plus targeted interventions

### Community

- Healthy food options
- Calorie Awareness
- Healthy eating information
- Access to sport
- Greener Spaces
- Cycle to work
- Health Checks

### Targeted

- GP Health Checks
- Screening (Hospitals, Midwives etc)
- NHS Diabetes Prevention Programme

# Pre-Diabetes

- Higher than normal blood sugars
- Not 'full diabetes'
- Symptomless

**Pre-diabetes: a chance  
to 'turn things around'**



# So how can I help?

- **Promoting** Healthy Living
- **Information** about diabetes; being 'diabetes aware'.
- **Helping** people living with diabetes to access help

# Support and Information

- Diabetes UK
- Diabetes Consultants and Specialist nurses.
- MIND- Mental Health Charity
- NHS Choices Website.
- GPs
- [Health matters: preventing Type 2 Diabetes - GOV.UK \(www.gov.uk\)](https://www.gov.uk/health-matters/preventing-type-2-diabetes)



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