

Briefing note for: West Berkshire Health Scrutiny Committee

Subject:	Overview of the approach to support people with Type 2 Diabetes
Date/Time:	Tuesday 13 June, 1:30- 4:30 pm
Attendees:	<p>Dr Heike Veldtman. GP, Joint Chair BOB Integrated Cardiac Delivery Network Manager (ICDN) and lead for CVD. Chair BW Long Term Conditions Programme Board.</p> <p>Sarah Bow: BOB Integrated Cardiac Delivery Network Manager (ICDN) and oversight of Long Term Conditions (LTC) across Berkshire West.</p>
Location:	TEAMS meeting
Contact:	<p>Sarah Bow Sarah.bow@nhs.net</p>

1. Purpose

To provide an overview of the provision in place to support people with Type 2 Diabetes across Berkshire West, illustrating the current pathways and approaches.

2. Context

Diabetes is serious condition, where blood glucose levels are too high. It can happen when the body does not produce enough insulin or the insulin it produces isn't effective. Or, when the body can't produce any insulin at all.

There are 2 main types:

Type 1 Diabetes, which is a lifelong condition where the body is not able to produce insulin. The cause is unknown, with diet and lifestyle factors not affecting the risk of developing it, and it cannot be put into remission. People living with Type 1 Diabetes will require insulin to survive.

Type 2 Diabetes. This is more common, with over 90% of the people in the UK who are diagnosed as having Diabetes, have Type 2. People who are overweight or obese and people from some ethnic backgrounds are more at risk of developing this. For many people, It can be prevented in many cases through eating healthily, maintaining a healthy weight and waist size, and keeping active.

The Covid19 pandemic has resulted in significant additional demand and morbidity due to a combination of lifestyle factors, delays in presentation and the disruption to routine care. In addition, restrictions and pressures of the pandemic resulted in a significant reduction in the ability for GP practices to monitor and care for people routinely, including people with Type 2 Diabetes.

There is a number of schemes locally to support GP practices to help address the gaps arising from the impact of the pandemic.

The presentation attached focuses primarily on the local approaches and pathways in place to support both early detection and recognition of Pre-Diabetes to reduce the risk of developing Type 2 Diabetes, and those people living with Type 2 Diabetes, and the impact of this once diagnosed.

3. Key messages (to convey); issues (to cover)

Diabetes Type 2 is the more common form of diabetes, with over 90% of people in the UK with diabetes identified as having Type 2. People who are overweight or obese and people from some ethnic backgrounds are more at risk of developing this condition. It can be prevented in many cases, through eating healthily, maintaining a healthy weight and waist size and keeping active.

Opportunities to convey and support key messages regarding lifestyle risk factors and ability to potentially avoid Diabetes Type 2 is key in helping to address the growing challenge facing the population.

4. Additional Information.

A short presentation is attached setting out the current approach and will be presented at the meeting.