

# Joint Strategic Needs Assessment



## People are prepared for and supported in old age – Long Term Conditions: Diabetes

Last updated: March 2014

### Summary / Key Points

- On the Island 6.2% of people over the age of 16 registered with a GP are on the diabetes register.
- There is no statistically significant difference against the 6% England prevalence.
- It is estimated that a further 1.8% of the Island population have diabetes but are unregistered.
- There is a statistically significantly higher prevalence of diabetes in the South Wight locality than in the North & East Wight and the West & Central Wight localities.
- Mortality from diabetes increased in the 2010-12 period but it remains below the England average with no statistically significant difference.
- The Island has a lower mortality rate from diabetes rate than the majority of its local authority comparator areas but with no statistically significant difference.

### The level of population need

Diabetes is one of the biggest health challenges facing the UK today. If we are to curb this growing health crisis and see a reduction in the number of people dying from diabetes and its complications, we need to increase awareness of the risks, bring about wholesale changes in lifestyle, improve self-management among people with diabetes and improve access to integrated diabetes care services (Diabetes UK).

Diabetes is a condition in which the blood sugar level is too high because the body cannot use it properly. If left untreated, it can lead to ill health conditions such as; heart disease, stroke, blindness and kidney failure.

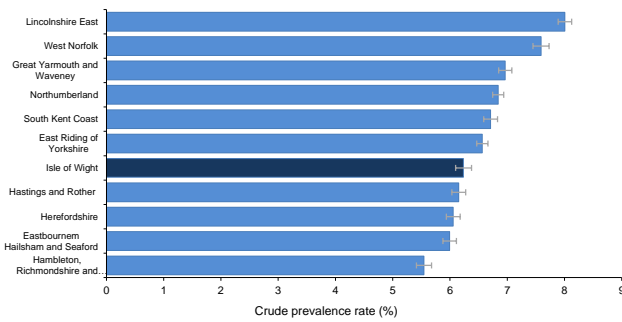
Type 1 diabetes is the least common of the two types and accounts for around 10% of all people with diabetes. In Type 1 the body cannot produce any insulin which is a hormone that helps glucose to enter the body's cells where it is then used as fuel for energy. People are more at risk of Type 1 diabetes if a parent or sibling also has the condition.

In Type 2 diabetes often called maturity-onset diabetes, the body does not make enough insulin or the amount we do produce doesn't work properly. This type is associated more with being overweight and will usually appear in people over the age of 40 however children are being diagnosed with the condition.

Diabetes is set to increase nationally because of our ageing population and rapidly rising numbers of overweight and obese people. People are more at risk of Type 2 if someone in the family also has the condition and/or if they are from South Asian or African / African-Caribbean origin. Obesity is the strongest risk factor for Type 2 and nationally accounts for 80-85% of the overall risk of developing Type 2 diabetes. Obesity, physical inactivity, unhealthy diet, smoking and poor blood pressure control are higher in areas of deprivation and all of these factors are linked to the risk of diabetes.

In 2012/13 there were 7,345 people over the age of 16 diagnosed with Diabetes (QOF). The crude diabetes prevalence rate for the Island is 6.2% which is slightly higher but not statistically significantly different to the England average. This rate is statistically significantly different when comparing the Clinical Commissioning Group (CCG) comparator areas with the Island being with the areas with lower rates.

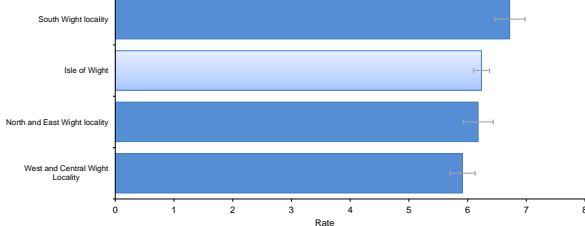
Crude Diabetes prevalence - Isle of Wight and CCG Comparators: 2012/13



Sources: Quality and Outcomes Framework as at end of July 2013 accessed via NHS Information Centre Copyright © 2012, The Health and Social Care Information Centre, Prescribing Support Unit. All rights reserved.  
 Notes: These are crude rates and therefore do not take account of the underlying age structure of the population.

Across the Island there are no statistically significant differences between the three CCG localities. The South Wight locality has a 6.7% crude rate prevalence, North and East Wight is 6.2% and West and Central Wight has a crude rate of 5.9%.

Crude Diabetes prevalence - Isle of Wight and its localities 2012/13

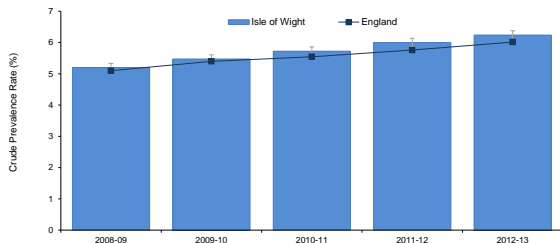


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 Notes: These are crude rates and therefore do not take account of the underlying age structure of the population. People on the diabetes registers are aged 17+.

Diabetes has increased significantly over the last few years and it is estimated that five million people in the UK will be diagnosed by 2025 with 13,250 on the Island.

Diabetes has increased by 20% on the Island, a statistically significant increase from 2008.

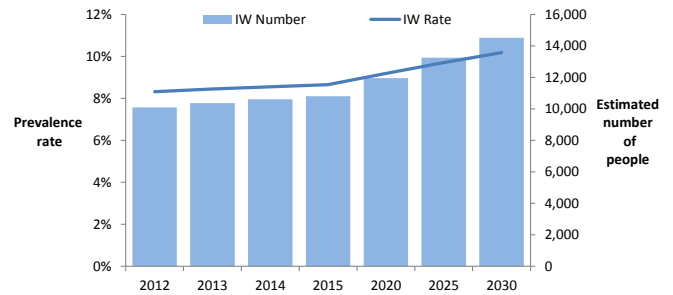
Crude Diabetes prevalence - Isle of Wight and England trend: 2008/09 to 2012/13



Sources: Quality and Outcomes Framework accessed via NHS Information Centre Copyright © 2012, The Health and Social Care Information Centre, Prescribing Support Unit. All rights reserved.  
 Notes: These are crude rates and therefore do not take account of the underlying age structure of the population. People on the diabetes registers are aged 17+ against the 17+ population.

It was estimated that there was a further two thousand residents on the Island in 2012/13 that have diabetes but without diagnosis and medical help (YHPO) and that that number will increase to over 14 thousand in 2030.

Estimated number of people 16+ who have diabetes 2012 - 2030



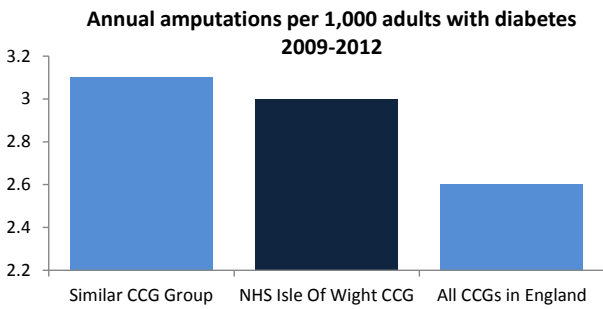
Source: YHPO Diabetes Prevalence Model

Slightly more men than women have been diagnosed with diabetes. Nationally 6.3% of men have been diagnosed compared to 5.3% of women.

Nationally gestational diabetes affects around 5% of pregnancies with women who are overweight or obese in pregnancy at higher risk. There is a 7% lifetime risk of contracting Type 2 diabetes if you developed gestational diabetes during pregnancy. On the Island, 4% of mothers who gave birth in 2012/13 had gestational diabetes (PIDS).

If poorly managed diabetes can cause damage to; nerves, muscles, sweat glands and circulation of the feet and legs, all of which can lead to amputations.

There were 385 episodes of care for diabetic foot disease between 2009 and 2012 which accounted for 4,340 nights in hospital. There were no statistically significant differences between the Island and the national average for episodes of care for amputations.



Source: YPHO diabetes foot profiles

Diabetes is the fifth most common cause of deaths in the world and accounts for an estimated 16% of deaths in England. Life expectancy on the Island is 79.1 years for males and 83.6 for females. For those with Type 1 diabetes life expectancy is reduced by up to 20 years and up to ten years for those with Type 2 diabetes. Mortality rates from diabetes on the Island are lower but not statistically significantly different to the England average and the majority of our comparator areas.

People with diabetes are twice more likely to be admitted to hospital and spend longer in hospital than those without. During 2012/13 7% of all Island admissions to hospital (excluding maternities and gestational diabetes) had diabetes as an underlying condition (PIDS).

## References

Diabetes UK [www.diabetes.org.uk/About\\_us/What-we-say/Statistics/Diabetes-in-the-UK-2012/](http://www.diabetes.org.uk/About_us/What-we-say/Statistics/Diabetes-in-the-UK-2012/)

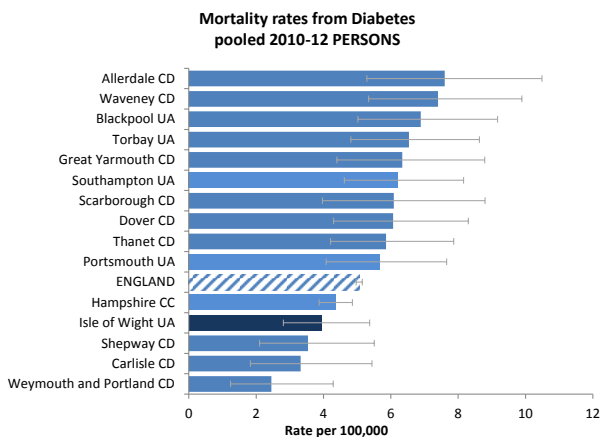
PIDS Performance Information Decision Support – IOW NHS Trust

QOF <http://qof.hscic.gov.uk/>

Health and Social Care Information Centre [www.hscic.gov.uk/](http://www.hscic.gov.uk/)

YPHO Foot disease profiles [www.ypho.org.uk/diabetesprofilesfoot/ccg\\_pdfs/10L\\_Diabetes\\_Foot\\_care\\_Profile\\_201112.pdf](http://www.ypho.org.uk/diabetesprofilesfoot/ccg_pdfs/10L_Diabetes_Foot_care_Profile_201112.pdf)

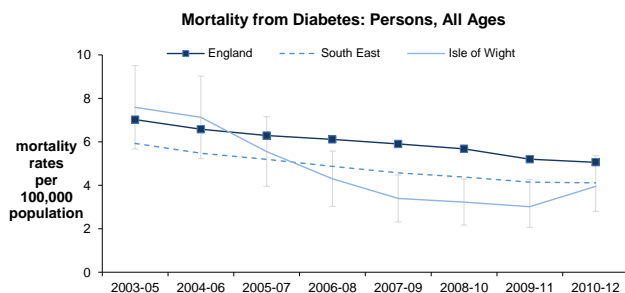
YPHO [www.ypho.org.uk/resource/view.aspx?RID=154049](http://www.ypho.org.uk/resource/view.aspx?RID=154049)



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Notes: Data are based on the latest revisions of ONS population estimates for the respective years. Data are based on the original underlying cause of death.

Mortality rates from diabetes have decreased since 2003/05 but there have been no statistically significant differences across the ten year period.



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