

Wokingham Health Overview and  
Scrutiny Committee

19 November 2018

# Diabetes prevention

Julie Hotchkiss, Consultant in Public Health,  
Wokingham BC

Jenny Wilson, Diabetes Prevention Programme  
Coordinator, West Berkshire BC



# Scale of the problem

50

**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





# Obesity is fuelling a rise in Type 2 diabetes

51

If trends persist, **1 in 3**  
people will be obese by 2034



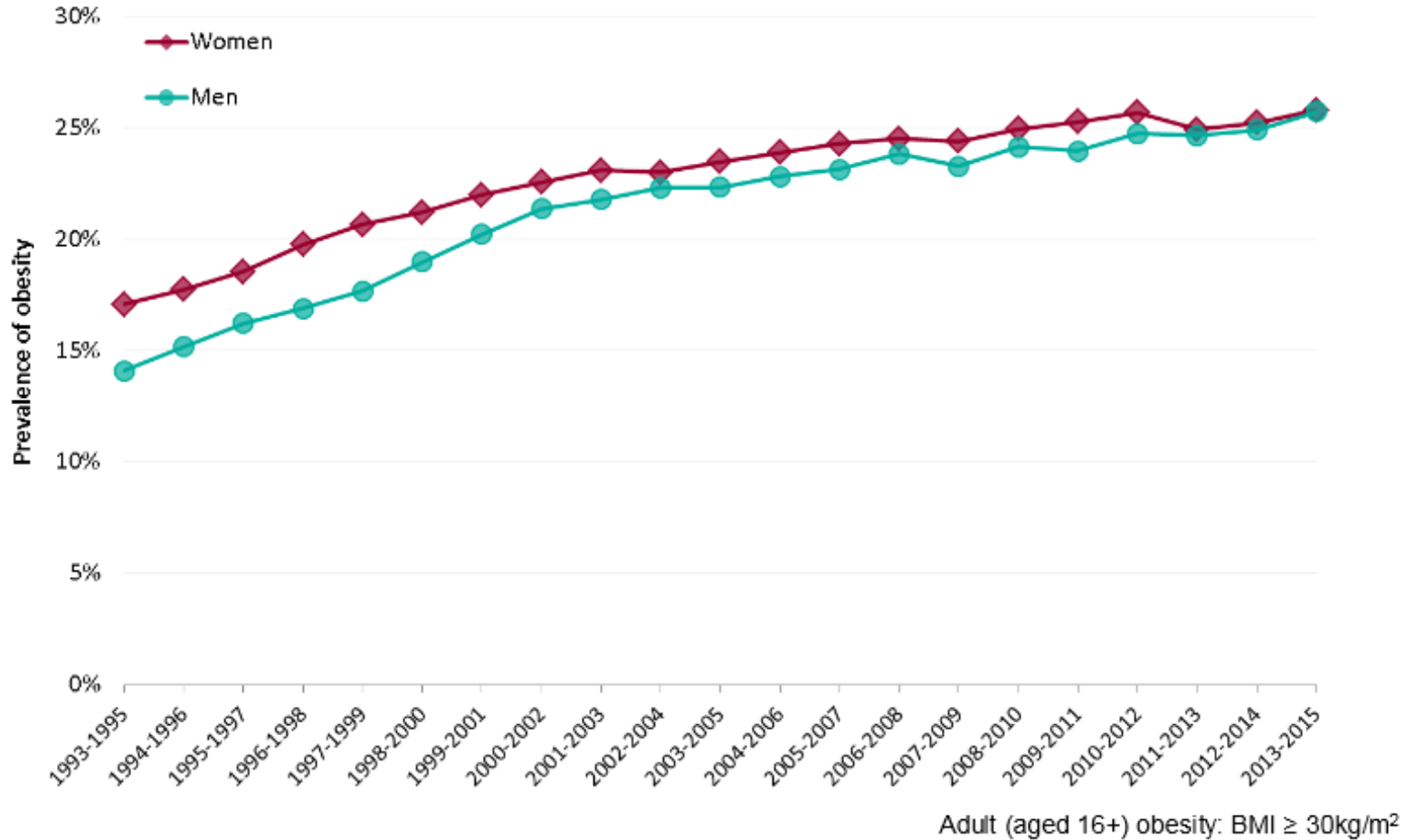
and **1 in 10**  
will develop Type 2 diabetes





# Trend in obesity prevalence among adults

Health Survey for England 1993 to 2015 (three-year average)



# Ethnicity and Type 2 diabetes risk

53

The **South Asian** population living in the UK are up to **6 times** more likely to develop Type 2 diabetes than that of the white population.



People of **African and African-Caribbean** descent are **3 times** more likely to have type 2 diabetes than the white population.





# HEALTHIER YOU

## NHS DIABETES PREVENTION PROGRAMME

54

Will be available across the whole of England in **2018 to 2019**



**B**

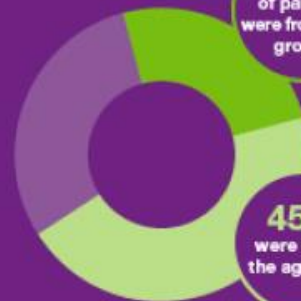
**185,000** people referred from primary care



and at least **78,000** taking up the programme to date

**C**

The Programme is reaching groups who are most at risk



**D**

**Just under half** (44%) of those taking up the Programme are **men**

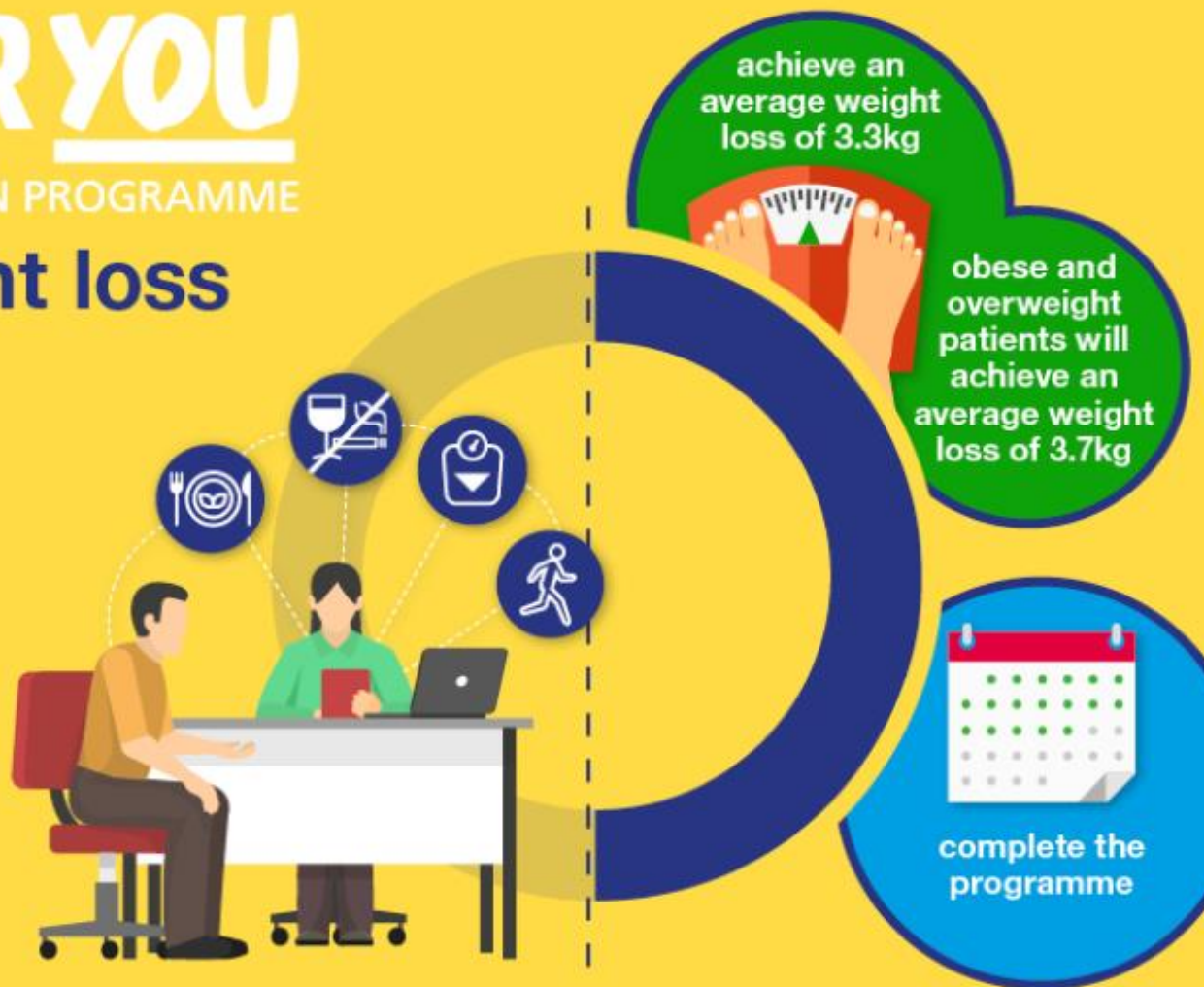


# HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

## delivers weight loss

Early outcomes data suggest that **over 50%** of those that start the interventions will:



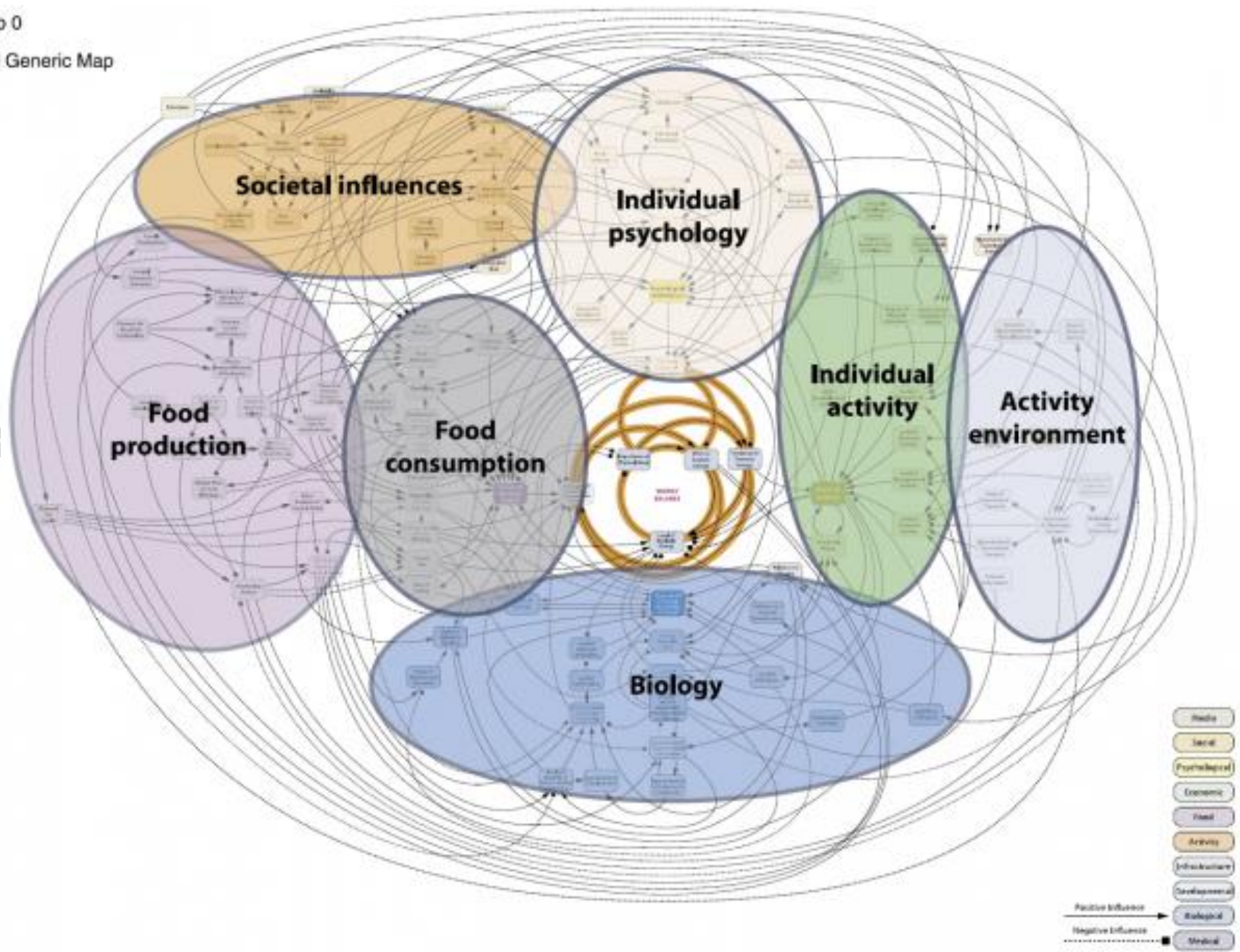
# Why are we all getting fatter?

In the mid 2000s, the Government commissioned the Office for Science to do a review of all the relevant studies across numerous disciplines culminating in the Foresight report “Tackling Obesities – Future Choices” published in 2007.



Map 0  
Full Generic Map

57



# Key messages

- Causes : **extremely complex**. From biology and behaviour to cultural, environmental and social structure.
- **Personal responsibility**: crucial in weight gain, human biology is being overwhelmed by the effects of today's 'obesogenic' environment.
- **'Passive obesity'**: Abundance of energy dense food, motorised transport, and sedentary lifestyles including screen time.
- **Inequalities**: Some members of the population, including the most disadvantaged, are especially vulnerable to the conditions.