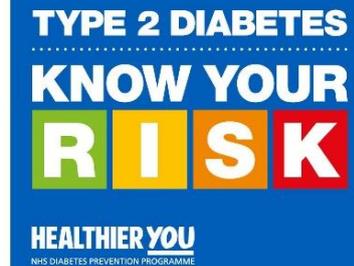


PREVENT

NHS



DIABETES

Diabetes Awareness and Prevention Toolkit

Everything you need to know about preventing Diabetes

Introduction

This toolkit was developed by the CVS Alliance to raise awareness and help prevent the growing numbers of people who develop Diabetes amongst our Nottingham and Nottinghamshire communities.

It complements and was part of a virtual/live Diabetes Awareness & Prevention Programme on 4th March 2021 hosted by the CVS Alliance and supported by:

- Diabetes UK
- Dr K Sallis
- DESMOND educators
- NHS Diabetes Specialist Nurse
- Insight IAPT
- Living Well Taking Control
- Lived experience presenters Mr J Clarke and Mr J Bennett

You can access the live recorded programme and presentations shared on the day [Here](#)

This toolkit is free to use as a guide to finding out how you can:

- Reduce the possibility of progressing to diabetes type two
- Increase your confidence in managing your condition and reduce the possibility of complications
- Find out more about services and how they can support you
- Access specific information related to diabetes e.g., COVID and work
- Signpost to Peer Support groups that can offer you further support

It also includes a quick access area to specific information and signposting to organisations and services. For access, please use the links provided in each area of interest.

Index

For ease of reference to the information you may be looking for please use the index table below.

	Page
Front cover	1
Introduction	2
Index	3
About Diabetes	4
Facts	5
About	
CVS Alliance	6
Diabetes UK	7
NHS GP & NHS Diabetes advice	7
DESMOND Educators	8
Diabetes Specialist Nurses	8
Insight IAPT	8
Living Well Taking Control	9
Lived Experience	9
Questions & Answers	9 -10
Quick links to information, other organisations & helplines	10-12
Thank you / acknowledgments	12

About Diabetes

Diabetes is a condition where a person has too much glucose - a type of sugar in their blood. There are 2 main types of diabetes:

- Type 1 – where the body’s immune system attacks and destroys the cells that produce insulin and will require regular insulin injections for the rest of the patient’s life.
- Type 2 – where the body does not produce enough insulin; or the body’s cells do not react to insulin and is a progressive condition; medicine may eventually be required, usually in the form of tablets. 90% of people with diabetes have type 2.

The number of people living with diabetes is rising fast and someone is diagnosed every two minutes. It is estimated that there are around one million people who have type 2 diabetes without realising it. It is vital that people are diagnosed early to reduce the risk of developing complications and get the right care to manage the condition well or perhaps put it into remission.

By making changes to diet, increasing physical activity and losing weight, about half of type 2 diabetes cases can be prevented or delayed in some people

Symptoms & Risk Factors

Pre-diabetes doesn’t have any symptoms. If you start to have any of the symptoms of type 2 diabetes it means you have probably already developed it. So, it’s important to know the risk factors and what you can do to prevent or delay type 2 diabetes.

You are more at risk of developing type 2 diabetes if some or all of these risk factors apply to you. You may be at risk if you are carrying extra weight. Did you know:

- By managing your diet and losing just 5% of your body weight can significantly reduce your risk of diabetes
- If you spend a lot of time sitting down, this is known as a sedentary lifestyle. Being sedentary is linked with an increased risk of type 2 diabetes – be more active
- Eating a healthy, balanced diet will reduce your risk of diabetes

If you would like to find out more the [Know Your Risk online tool](#) only takes a couple of minutes to complete. If your results show that you are at moderate or high risk, you could be eligible for a [Free NHS Health Check](#) which, will check for health conditions including type 2 diabetes.

Facts

- More than half of all cases of type 2 diabetes can be delayed or prevented
- You can reduce your risk by eating well, moving more and getting support to lose weight
- In the last 20 years the number of people diagnosed with type 2 diabetes has more than doubled. Our sedentary lifestyles and carrying excess weight, especially around our middle, are risk factors which we can change
- Today there are around 3.8 million people diagnosed with diabetes and by 2025 Diabetes UK have estimated that more than 5 million people will be diagnosed with the condition. Let's take action and change this!

Locally

Type 2 Diabetes is more prevalent in Men (56%) than Women (44%).

It is estimated that between 15% and 39% of people with Type 2 Diabetes have not been diagnosed

Type 2 affects about 90% of people with diabetes

Across Nottingham there are 55,210 people aged 15 and over diagnosed with Type 2 (6.1% prevalence)

Mid-Notts: 19,570 (7.1%)

Nottingham City: 17,090 (5.4%)

South Notts: 18,550 (5.9%)

CVS Alliance

[Newark & Sherwood CVS](#) is a support and development organisation, promoting and encouraging local voluntary activity in the Newark & Sherwood and Gedling area.

Being at the heart of our communities, listening to their needs and speaking up for them is our driving force, and we deliver a wide range of services in partnership with other voluntary and community sector organisations.

We also work with local authorities, public service providers, business and community groups to deliver specific projects where our experience and connections are called upon. Our five core functions are: Development, Support, Representation, Liaison and Strategic partnerships.

Together we form an Alliance with our partners:

Mansfield CVS [Mansfield CVS](#) mission is 'To support a thriving and independent community and voluntary sector in Mansfield and District'. Mansfield CVS help improve the quality of life of local people by assisting organisations, volunteers and voluntary groups to contribute to the social, economic and community development of Mansfield.

Ashfield Voluntary Action (AVA) [Ashfield Voluntary Action](#) support the community by working with Local Government, Health and local Voluntary Sector groups to ensure that our community is well-informed and that local Voluntary Sector groups are able to access support from us to work effectively, appropriately and safely.

Our Alliance provides a number of different support services in the community and work in partnership with many other organisations. Click on any of the links above to find out more.

Our role in the Diabetes Prevention & Awareness programme was to host a virtual event where citizens could learn about diabetes, how to reduce the risk of developing diabetes and how to manage it better with confidence and support.

Diabetes UK

Diabetes UK have a vision to create a world where diabetes can do no harm. And with more and more people affected by diabetes, they have no choice but to fight harder than ever before to support those affected by Diabetes.

Diabetes UK have two ambitions to reach making them the perfect organisation to work in collaboration with to deliver this diabetes prevention and awareness event.

1. We want people to live well and longer with diabetes	2. We want to cure or prevent diabetes
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And joining us on the day sharing the expert knowledge of Diabetes UK was Diane Smith who set the scene, telling us what diabetes is and giving us a view of the bigger picture providing us with UK facts and figures and the cost of diabetes to NHS. To view the presentation please

For more information on preventing type 2 diabetes, the basics of diabetes, living with diabetes, current research, to hear more about the lived experience of diabetes and much more visit the Diabetes UK website [click here](#)

NHS Diabetes Advice

Whenever we are in need of support our trusted NHS is the first place we turn to.

NHSUK is a source of information where you can find out more about Diabetes, symptoms, getting diagnosed, understanding medicine, food and keeping active, going for regular checks, associated health problems, finding help and support and when to see your GP.

We were fortunate to have Dr K Sallis join us for the event to cover the patient's journey. Through case studies Dr Sallis demonstrated; clinical markers, the different types of diabetes, HBA1C, intolerances, testing for diabetes, COVID and when to see a doctor. [Click Here](#) to go to the presentation.

When to consult your GP. To find out more [NHS UK](#)

DESMOND Educators

DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) programme.

The Nottinghamshire Healthcare NHS Foundation Trust made the decision to offer DESMOND as their choice for type 2 diabetes patient education. DESMOND is a structured group education programme designed to increase an individual's knowledge of type 2 diabetes, but also encourage people to develop the skills to help effectively self-manage diabetes.

We had a very informative presentation from Hannah Walters, myth busting what you can and cannot eat, top tips for health living, how to manage your diet, and some very good advice on managing your plate for people with specific requirements too. To see the presentation, [click here](#)

To access the course for individuals that are newly diagnosed type 2 diabetes but also those that have established type 2 diabetes. To find out more [click here](#)

Diabetes Specialist Nurses

There are Diabetes Specialist Nurses based in most GP Surgeries. Find out more about specialist nurse role, read real live case studies and to access resources available [click here](#)

Our specialist nurse presentation included self-care and some of the complications experienced when diabetes is not managed well, signs to look out for if you suspect pre-diabetes and good practice for those with/without a diagnosis, which include checking the feet and caring for eyesight.

You can watch and hear more from one of our specialist nurses via the link to the live programme [here](#) or to view on You Tube [here](#)

Insight IAPT

Insight Healthcare is a not-for-profit organisation providing free IAPT talking therapies across the UK on behalf of the NHS. If you have anxiety or low mood it can affect your condition. Our presenter Marie Crowley shared her experience and knowledge of emotional wellbeing and how it affects the stability of diabetes as a condition, the shock of diagnosis and managing that shock as well as emotional compensation. You can see the Insight IAPT presentation or watch the recorded presentation [here](#)

For more information about the emotional support that Insight can offer [click here](#)

Living Well Taking Control

Living Well Taking Control (LWTC) service offers support through 'The Healthier You NHS Diabetes Prevention Programme' and is a behaviour change programme. This means that it focuses on looking at the factors that are increasing your risk of Type 2 diabetes and helping you to develop a plan to make healthy lifestyle changes that will reduce or remove your risk.

A presentation was shared by Indi Dhariwal with a full description of the start to finish path of support through the service, offering one to one or group support to those that are newly diagnosed or needing support to improve or manage their diabetes. You can see the presentation and recorded event [here](#)

Visit the LWTC website to find out more about the service, how to refer and access the 'know your own risk tool' and for support [click here](#)

Lived Experience

We all know there is nothing like the lived experience of having a condition and we had two wonderful volunteers John Burnett and Jeff Clarke, that supported the event. Both John and Jeff talked about their conditions type 2 & 1 diabetes. They are experienced volunteers that shared their journey from diagnosis to management. To watch and hear their powerful stories of advice and experience [here](#) or on You Tube [here](#)

Questions & Answers

During the event we had a short time for questions and answers that you may find useful (questions are in black and answers in blue):

Q - Why does diabetes cause leg ulcers?

A - There are several reasons why diabetes raises your odds of getting ulcers. One of the main symptoms of diabetes is high blood sugar (also called blood glucose). Over time, high blood sugar levels can damage your nerves and blood vessels

Q - Are there ways to test blood yourself - like a home testing kit?

A - You can technically buy a glucose monitor from a number of pharmacies. but if you don't have a diagnosis of diabetes, we don't recommend routinely checking your blood sugar level

Q - What type of help can someone living with diabetes get to increase the possibility of pregnancy for his partner?

A – Trying to get your sugar level within normal limits is the best thing you can do diabetes wise. However not smoking and no alcohol can also help your chances of conceiving. It is also important that pre-pregnancy vitamins are taken to reduce the risk of neural tube defects – Spina bifida. If you find you are trying for more than 6 months or more, I would recommend looking for support from your GP practice.

Q - I'm in good shape but according to BMI I am overweight. When you say managing weight does that mean managing fat or does it include muscle?

A - Good question, BMI doesn't fully take into account lean muscle mass, it would be good to measure your muscle mass via impedance scales to get more of an accurate result. You can also look at your waist to hip ratio, hope that helps?

Q - Is a urine test as definitive as the Hba1c blood test for diagnosis or indication that you are looking at pre diabetes?

A - for diagnosis of type 2 diabetes or prediabetes a blood test - the hba1c is used. it does get a bit complicated because if you don't have any symptoms, you need two blood tests. We use urine to diagnosis for children and potential type 1 as it gives you a potential diagnosis straight away in the consultation. Majority of patients who are potentially a new diagnosed type 1 need a hospital admission to get started on insulin.

Q - I have had urine tests but not the blood test. If I have vague symptoms, should I ask the GP for a blood test?

A - I would discuss with your practice. If you have had bloods done recently you might have been checked already. If not and if you are concerned then they will be able to discuss your symptoms and support you from there.

Support groups

Voluntary Peer Support groups offer an amazing long term support solution to reducing the feelings of isolation when we manage conditions. They are a place to make friends, feel supported, learn from each other's experiences and enjoy time with like-minded friends who understand. To find your nearest local Peer Support group use the links below:

[Diabetes UK support groups](#)

[Ask Lion support groups](#)

[Notts help yourself support groups](#)

Quick links to information & Other organisations

There are a number of other services that offer support to help you manage your condition and live healthy lifestyles.

Health Prevention

- Healthier You [NHS Diabetes Prevention Programme](#)
- Find out if you are at risk of diabetes using the Your Risk Tool
- Your Health, Your Way wellbeing service supporting people to manage their diabetes on a one to one and in groups Your Health Your Way

Self-management support for people with diabetes:

- More about type1 diabetes with [NHS My type1 diabetes](#)
- NHS Healthy living for people with type 2 diabetes [Healthy Living](#)
- Diabetes UK Updates: Coronavirus and diabetes [Diabetes UK](#)
- Diabetes UK sick day rules [Being ill and Managing when you are sick](#)
- Learn more about your Diabetes on the [Learning zone](#)
- Healthier You NHS Diabetes Programme has self-management materials to support you in reaching your goals. [Access worksheets and materials](#)

Nutritional Advice

For comprehensive advice on nutrition and management The Association of Dietetics (BDA) give some excellent advice through their factsheets; [glycaemic index](#) [Food facts diabetes type 2](#) and [portion sizes](#)

And Diabetes UK have some comprehensive [nutritional guidelines](#)

Resources from Diabetes UK on foot care:

- Information for people with diabetes including how to recognise signs of a foot problem and advice about [how to look after your feet](#)

Eye care

- High blood sugar levels can cause diabetic retinopathy and a regular eye check for this condition is essential [Find out more about retinopathy](#)
- NHS have some very good information about diabetes [eye screening](#)

Resources for emotional support and wellbeing:

- Diabetes UK have a lot of information for people with diabetes and [emotional wellbeing](#)
- Insight IAPT Talking Therapies are a free service offering [counselling support](#)
- [Every Mind Matters](#) provides expert advice and practical tips to help you look after your mental health and wellbeing and [top tips](#) that you can improve your wellbeing, from making sure you're getting enough sleep and taking a walk in the fresh air to catching up with friends and family, whether that's by using video platforms like Zoom or just giving them a call. Also, just switching off from the news and social media can help.
- Child and Adolescent Mental Health Services (or CAMHS) are for people up to 18 years old and provide [child and adolescent support](#)
- [Kooth](#) provides support for 10-25 year olds who want to talk to a mental health professional online, anonymously and free. You can register directly.
- The NHS is now offering all patients with a learning disability and diabetes, who use insulin to manage their condition, a [Flash Glucose Monitor](#)

Carer Support

- Advice and support for carers via the [carers roadshow online](#)
- Carers Trust East Midlands offer advice, support service and helpline. For more information visit the [Carers Trust East Midlands](#)
- [Tuvida](#) provide advice, support and services for carers in the community.

Helplines

Diabetes UK helpline 0345 123 2399. To find out more about the helpline watch this [short video](#)

Nottinghamshire County Council Customer Service Centre (Golden Number) **0300 500 80 80**

Thank you and Acknowledgements

We would like to acknowledge and thank the organisations and people that we have worked in collaboration with to bring the diabetes programme to our citizens.

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