

Diabetes in Sandwell – Healthwatch Sandwell report Impact Review

Introduction

Healthwatch Sandwell published a report Diabetes in Sandwell in March 2024.

10.1% of Sandwell adult patients are recorded as having diabetes, exceeding West Midlands National average figures, projection are that it diabetes in Sandwell will continue to rise.

The report highlighted that raising awareness of diabetes in communities and prevention work with patients diagnosed as prediabetic is key to minimising risk of development of type 2 diabetes and reducing the percentage of patients with diabetes in Sandwell and consequent demand on diabetes health care services.

The report recommendations included:

- Increased information promotion, awareness raising and education on diabetes and risks
- A holistic partnership approach to diabetes prevention and risk reduction services
- Improvements to health care services including staff diabetes awareness training
- A focus on meeting specific needs for groups at higher risk of developing diabetes or challenges with managing the condition (elderly vulnerable population and Black and South Asian ethnic communities)
- Increases in support services for individuals and communities living with and managing diabetes.

The report findings were well received – some collaborative partnership working has begun.

This summary report takes a look at some of the activity and impact April – September 2024.



Over 10% of adults in Sandwell have diabetes.

Higher than West Midlands 8.2% and National average 7.3% - and rising!

Type 2 diabetes prevention week 2024

(Monday 20th May to Sunday 26th May)

healthwatch
Sandwell

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

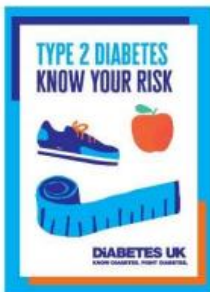
HEALTHY SANDWELL
We find the support you need

Sandwell Aquatics Centre

worked together to raise awareness of diabetes risks and provide information.

We spoke to 50+ people from Sandwell, over 40 years old, male and female of British, European, African, African Caribbean and South Asian ethnicities.

We promoted Diabetes UK information and helpline:



Diabetes UK Helpline – Phone: 0345 123 2399

Free Booklet:

<https://shop.diabetes.org.uk/products/type-2-diabetes-know-your-risk>

On-line tool:

<https://riskscore.diabetes.org.uk/start>



“It is great to have people locally providing this information.”

We heard:

- People want information about diabetes signs, symptoms and risk factors
- People want more information about healthy eating and being physically active
- Challenges with managing pre-diabetes and diabetes
- Concerns about family members with diabetes and associated risks

To find out more and help raise diabetes awareness:

[10th - 16th June Diabetes week free resources | Diabetes UK](#)

[Healthwatch Sandwell: Diabetes in Sandwell – Report with recommendations \(March 2024\)](#)

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Diabetes week 10th – 16th June 2024

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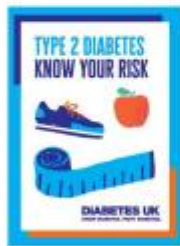
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working together, raising awareness and providing information.

Chat to us and pick up information from the stand.



Diabetes UK information:

<https://www.diabetes.org.uk/>

Diabetes UK helpline:

Phone 0345 123 2399

HEALTHY SANDWELL
We find the support you need

Phone **0800 011 4656** or **0121 569 5100**

Text **GETHEALTHY** to **87007**

healthwatch
Sandwell

Your Voice Counts

Phone 07732 683483

Email: info@healthwatchesandwell.co.uk



healthwatch
Sandwell

- Spoke to over **70** people about diabetes
- Promoted Diabetes UK & Healthy Sandwell support & information
- Supported a health check event
- Talked about diabetes with a social group of elderly South Asian women

Other collaborative work and impact

Influenced improvement plans for local diabetes prevention programme in communities.

Collaborated with the NHS Youth Worker Team Manager in Sandwell and West Birmingham NHS Trust to create a report to spotlight a youth worker pilot project for young people with long term conditions. The short funding timelines for the pilot project were highlighted alongside the impacts. The spotlight report called for consideration of extension and time and funding for the pilot project work.



Spotlight on a pilot project

Project Overview

- 12 Month Pilot project
- NHS Employed Youth Worker Roles
- Supporting young people with long term health conditions
- Holistic support as young people prepare and move into adulthood and transition to adult services.



Promoted:

Diabetes UK published a report highlighting concerns about the increase in type 2 diabetes in children. [Reverse the Trend - Reducing type 2 diabetes in young people - \(May 2024\) Diabetes UK](#)



When type 2 diabetes develops at a younger age, defined here as under 40, it is more acute and aggressive. It is associated with an increased risk, and more rapid onset, of devastating complications such as heart disease, kidney disease, sight loss, and even early death. Developing type 2 diabetes at a younger age can also bring additional challenges to managing blood glucose levels.