



Type 2 Diabetes Forums Analysis Report May 2018



Healthwatch Oldham
12 Manchester Chambers
West Street
Oldham
Lancashire
OL1 1LF

Tel: 0161 622 5700
www.healthwatcholdham.co.uk
@HWOldham

Contents

- 1. Introduction**
- 2. Background Information**
- 3. Type 2 Diabetes: What is it?**
- 4. Methodology**
- 5. Overall Findings**
- 6. Response to individual questions**
 - a. Diagnosis**
 - b. Risk factors**
 - c. Ability to change**
 - d. Health checks**
 - e. Emotional wellbeing**
- 7. Conclusions**
- 8. Recommendations**
- 9. Appendix 1 - Diabetes Forum Survey Questions**
- 10. Appendix 2 - Demographic Information**

1. Introduction

This report brings together all the data collected by Healthwatch Oldham during our July 2017 and November 2017 Healthwatch Forums which focused on type 2 diabetes Prevention and Awareness as well as our health stall held at the European Islamic Centre Mosque in Werneth in November 2017.

We have collected this data to help identify both positive and negative patterns and trends in relation to people's understanding of diabetes and to see if there are any similarities or differences between the two Forums as they were targeted individually at the Pakistani and Bangladeshi communities.

These patterns and trends help us to understand how people feel about their own perception of diabetes and the steps they can take to help prevent type 2 diabetes.

Disclaimer

Please note that this report relates to findings recorded in our own system of collecting data. Our report is not a representative portrayal of all the local geographic area, only an account of what feedback we have received.

2. Background Information

Healthwatch Oldham hold a Forum every quarter and each event focuses on a difficult health related subject to provide information, support and obtain feedback from attendees' experiences with the specific subject.

Local evidence shows that there is a higher prevalence of type 2 diabetes in Black, Asian and Minority Ethnic (BAME) communities across Oldham. As a result, we specifically targeted two forums at the Pakistani Community Centre in Glodwick and the OBA Millennium Cultural Centre in Westwood on the subject of type 2 diabetes, prevention and awareness. The event was designed to be an interactive forum where attendees could visit a range of health and wellbeing information stands.

In addition, there were two guest speaker presentations which focussed on: causes, prevention, management and support services available nationally and at a local level.

For these Forums, we designed a specific survey for attendees to complete which is where we have collected the data for this report.

3. Type 2 Diabetes: What is it?

We all need insulin to live. It does an essential job. Insulin allows the glucose in our blood to enter our cells and fuel our bodies.

When we eat our bodies break down carbohydrate from food and drink and turn it into glucose. The pancreas responds to this by releasing insulin.

But if you have Type 2 diabetes the insulin doesn't work properly, so blood glucose levels keep rising. As a result, more insulin is released. For some people with Type 2 diabetes this can eventually tire the pancreas out, meaning their body makes less and less insulin. This causes even higher blood glucose levels.

4. Methodology

Healthwatch Oldham created a specific survey with regards to diabetes which people who attended the event completed. We also completed surveys at a health stall in November 2017 at the European Islamic Centre Mosque in Werneth, which we have included in these findings.

The survey asked specific questions about people's understanding of diagnosis, risk factors, their ability to change their lifestyle and any health checks they may have received. The specific questions asked can be accessed in Appendix 1 and analysis of these questions are in Section 5.

The answers to these questions have been collated and analysed to identify any patterns and trends within their experiences and understanding. We have also included a summary of the overall findings in Section 4.

4. Overall Findings

We completed the diabetes survey at three different venues. Below is the breakdown of the amount of surveys collected overall:

Venue	Amount of Surveys Completed
Healthwatch Oldham Forum July 2017 - Pakistani Community Centre	22 Surveys Completed
Healthwatch Oldham Forum November 2017 - OBA Millennium Cultural Centre	26 Surveys Completed
Health Stall November 2017 - European Islamic Centre Mosque	5 Surveys Completed
TOTAL	53 Surveys Completed

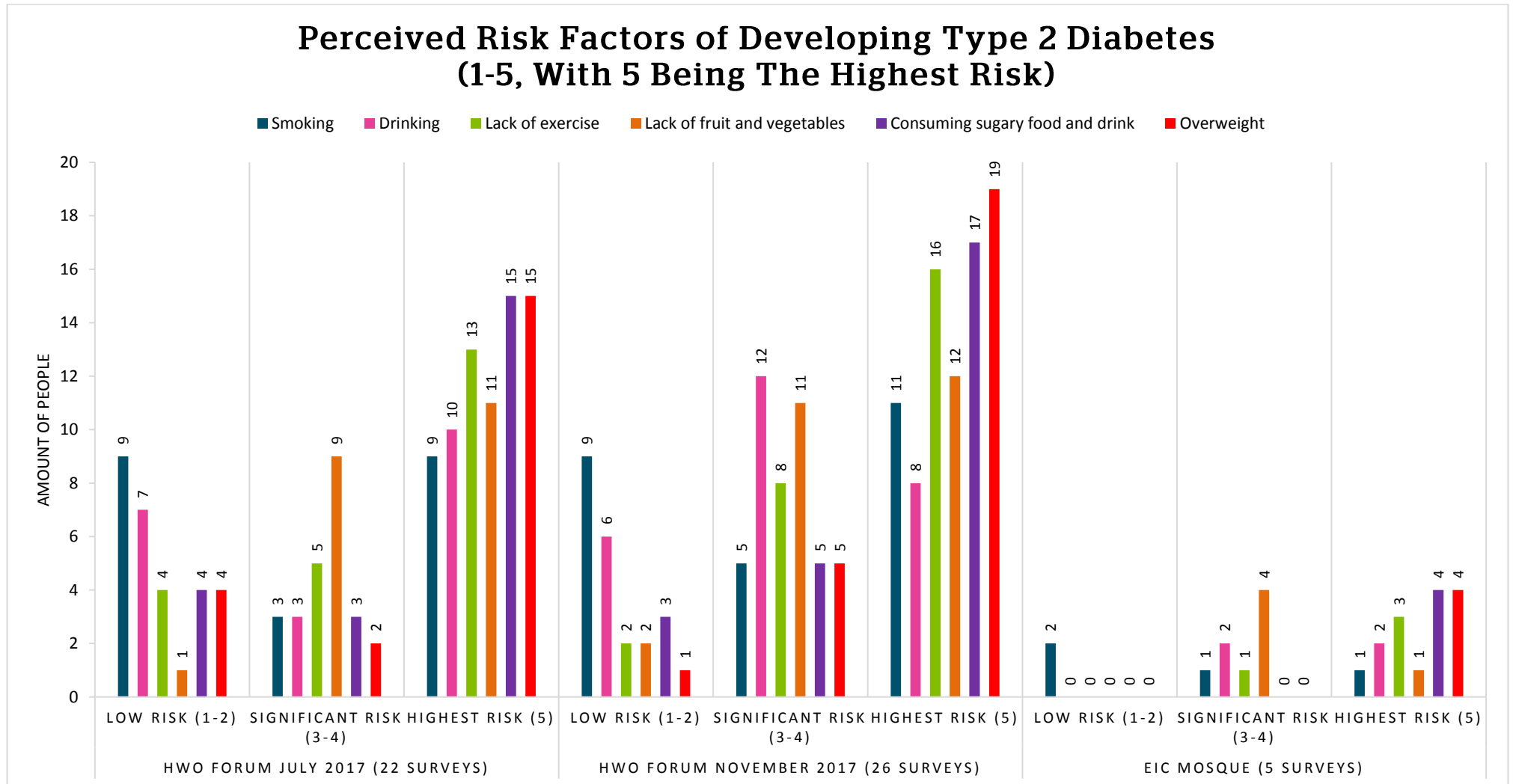
We have summarised each section of the questionnaire to explain key findings and placed them in to different charts to compare between the different events which took place. This was designed to see if there was any difference in opinion between the different targeted communities.

Diagnosis

- 30% of those who completed a survey stated they had a type of diabetes
- The most common type of diabetes from those that completed the survey was type 2 diabetes
- Nearly half of those who stated that they didn't have diabetes, cared for, or knew someone that has.

Risk Factors

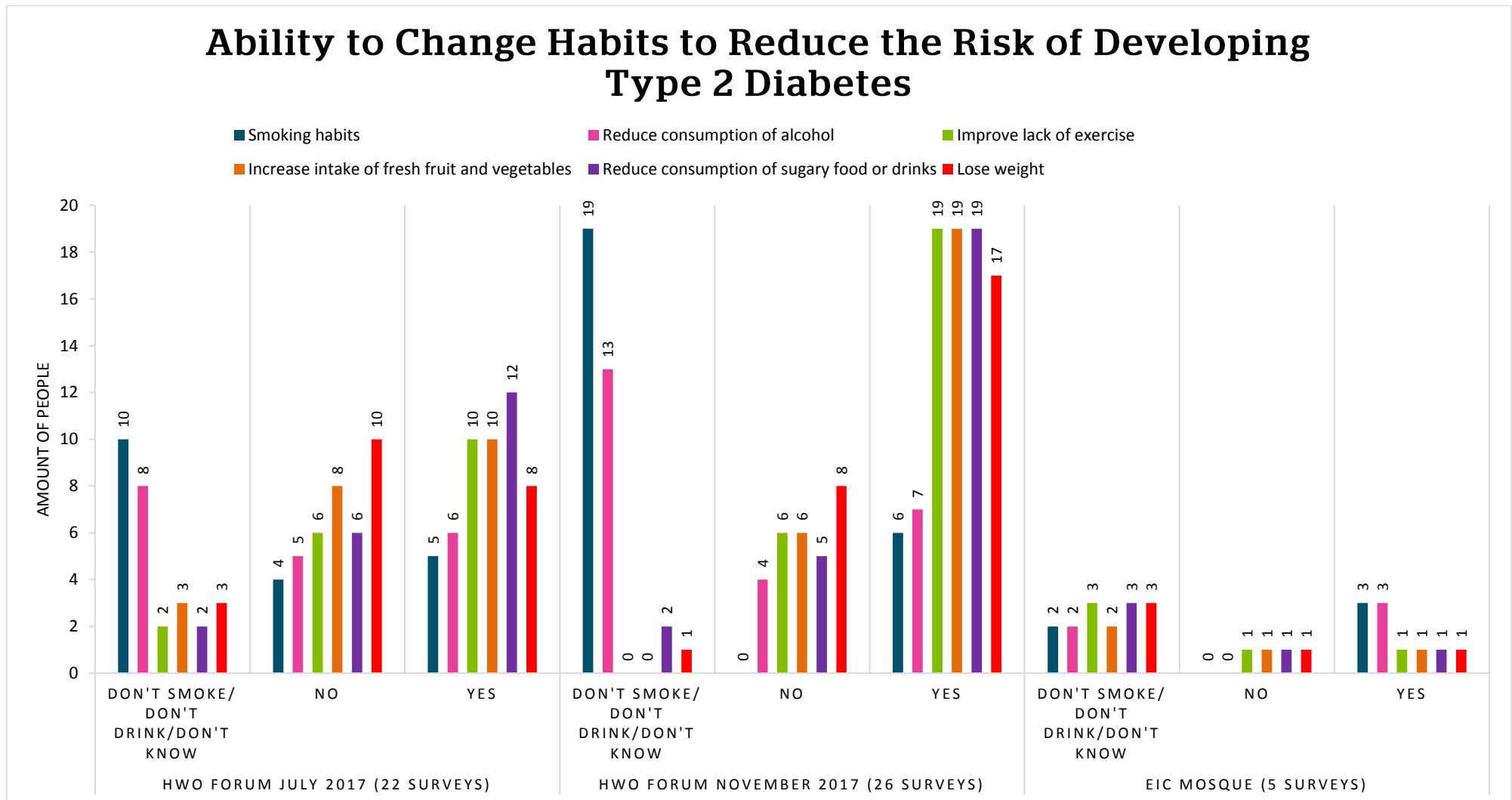
People were asked to score on a 1-5 scale (with 5 being the highest risk) of how much they felt something was a risk of developing diabetes. Below were the overall findings:



We have grouped the five scales into three areas of risk - low risk, significant risk and highest risk. This chart shows that the data across the three different venues follow the same pattern. It's clear that people feel that being overweight, consuming sugary food and drink and a lack of exercise are the highest risks of developing type 2 diabetes.

Ability to Change

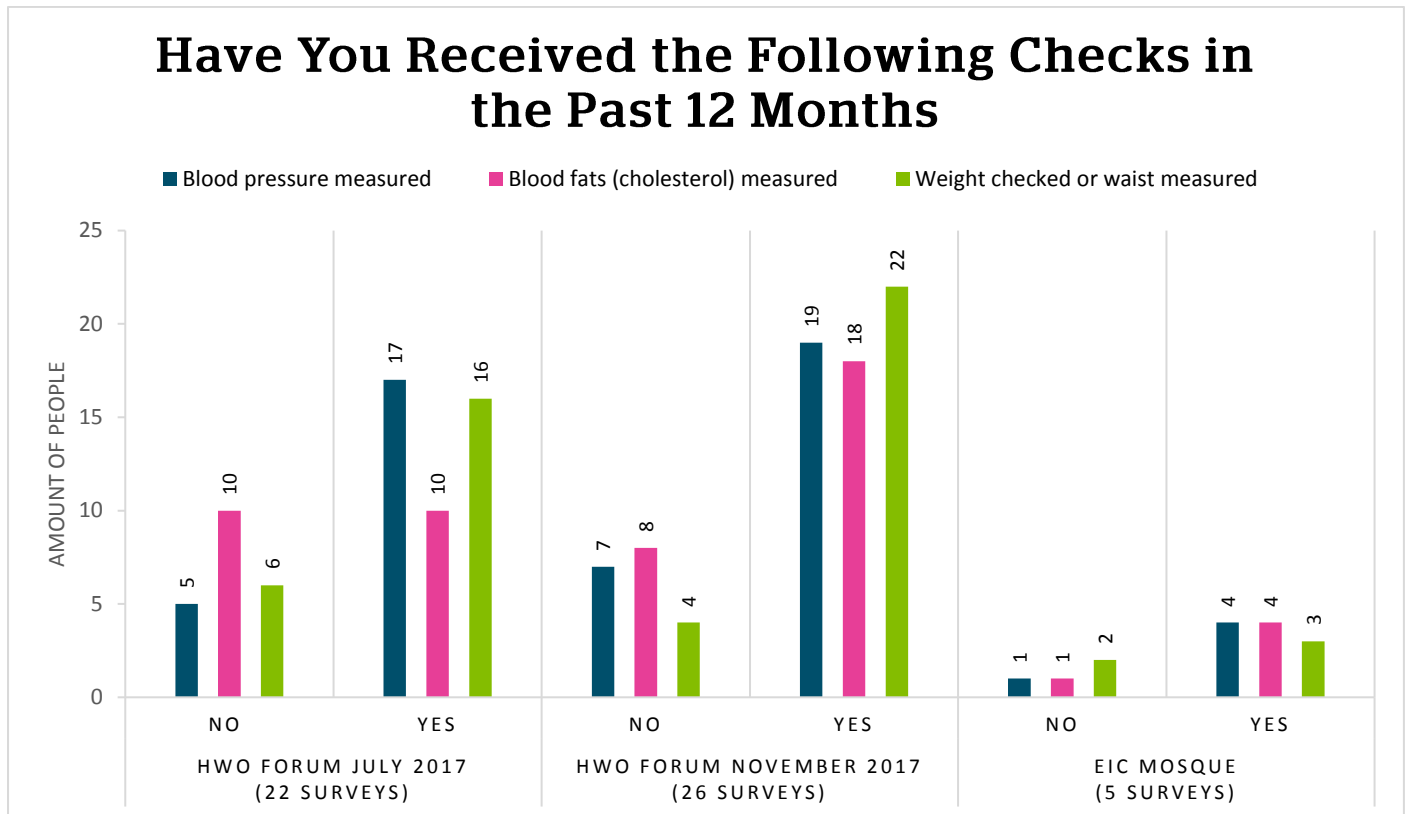
People were asked whether they think they can change these habits to reduce their risk of developing type 2 diabetes. Below were the overall findings:



The results show that most people feel they can change most of their habits, but the highest scored responses were improving their level of exercise, losing weight, increasing their intake of fresh fruit and vegetables and reducing their consumption of sugary food and drinks. These high responses mostly came from the Forum which took place in November 2017.

Health Checks

People were asked whether they had received any specific health checks within the past 12 months. Below are the overall findings:



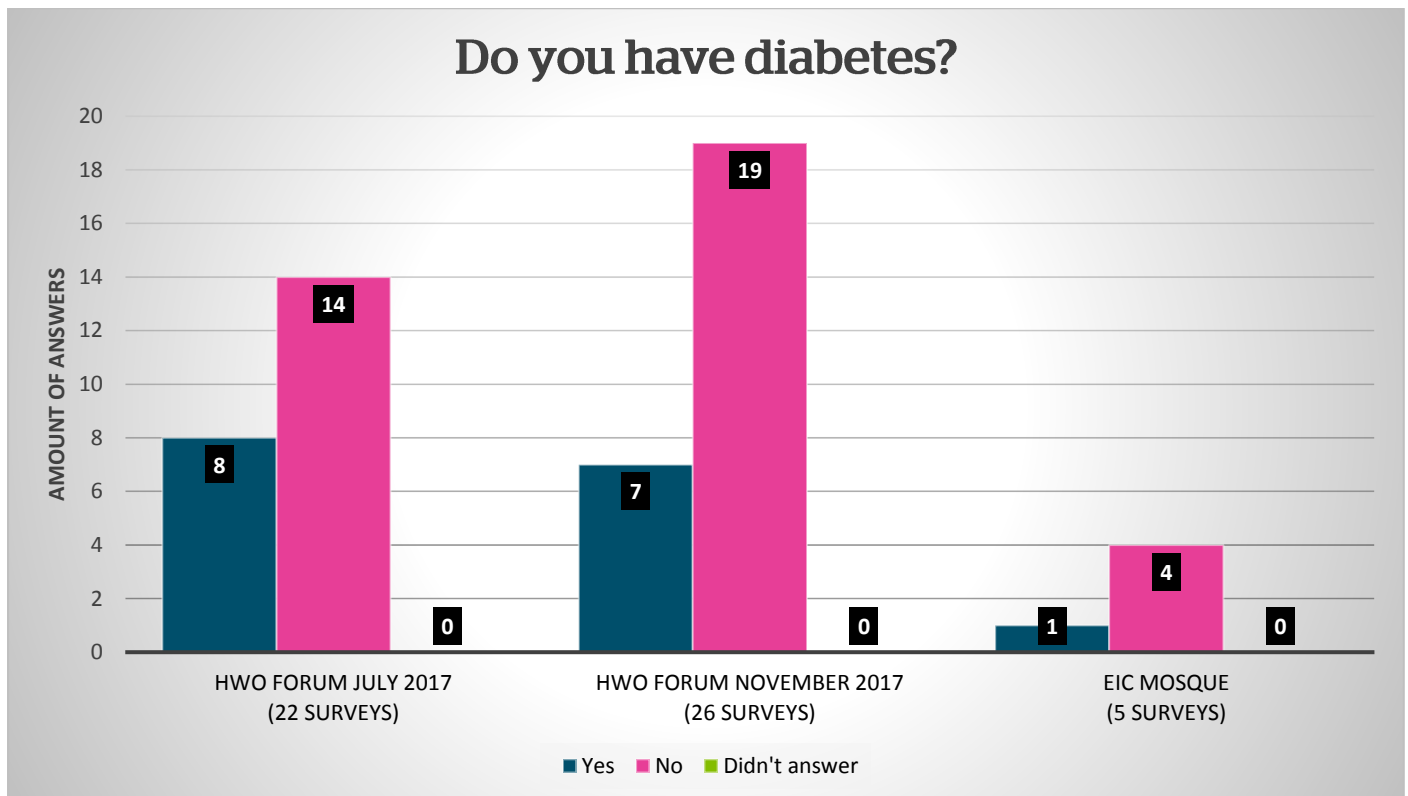
Across all three venues, most people stated they had received all three health checks in the past 12 months. Just under half of those in attendance stated that they were above their ideal weight.

5. Response to Individual Questions

a. Diagnosis

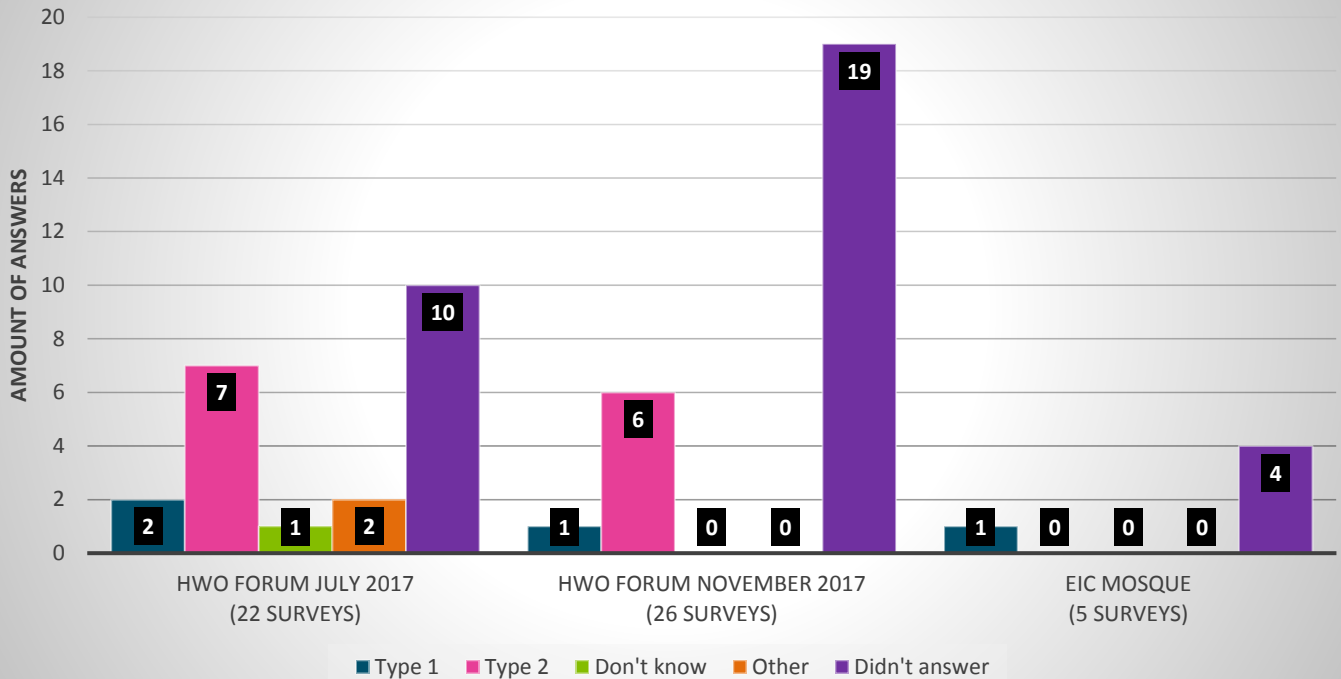
There were 53 diabetes questionnaires complete at the three venues. This section focuses on the questions relating to people's diagnosis of type 2 diabetes.

Please note - We are aware that there are some slight discrepancies in some of these answers, but people may have been confused in their responses and in some cases may have provided more than one answer. However, these are only slight and do not affect the overall picture of the results shown.



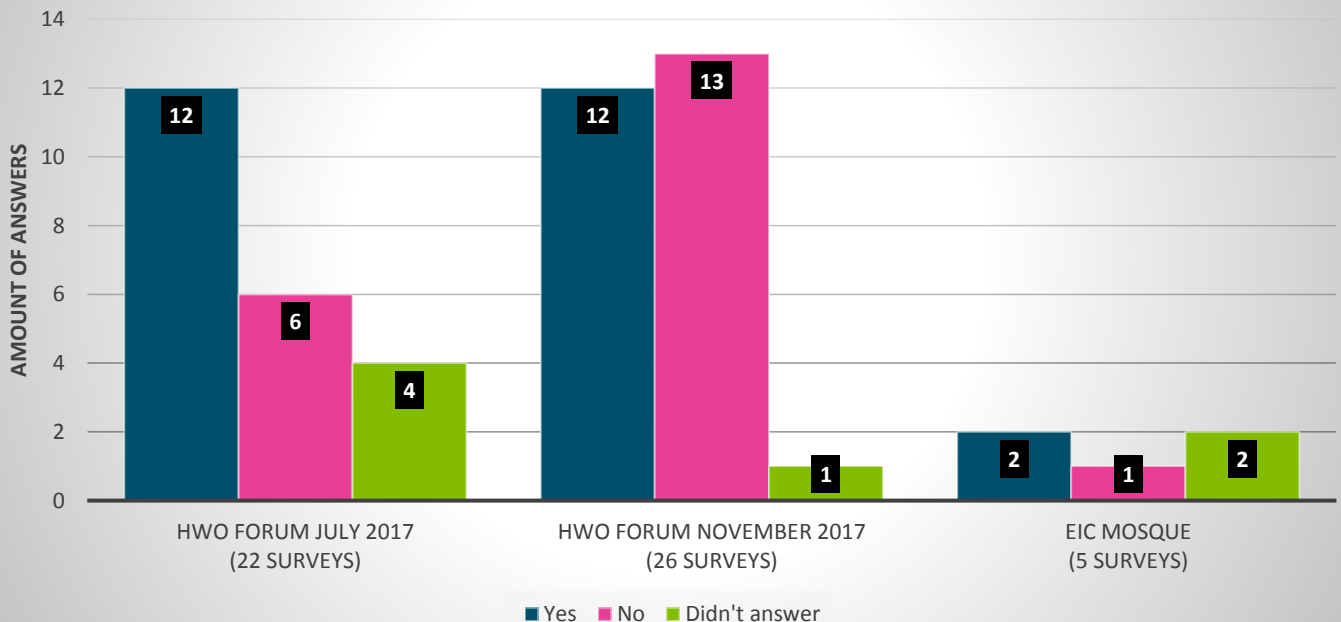
When asked if people had diabetes, the findings show that across the three venues the most common answer was that they didn't have diabetes. In total nearly 30% (16 people) stated that they had diabetes and nobody refused to answer this question.

What type of diabetes do you have?



When asked at the three venues what type of diabetes do you have, the most common response was type 2 diabetes. Only four people across the three venues stated that they had type 1 diabetes.

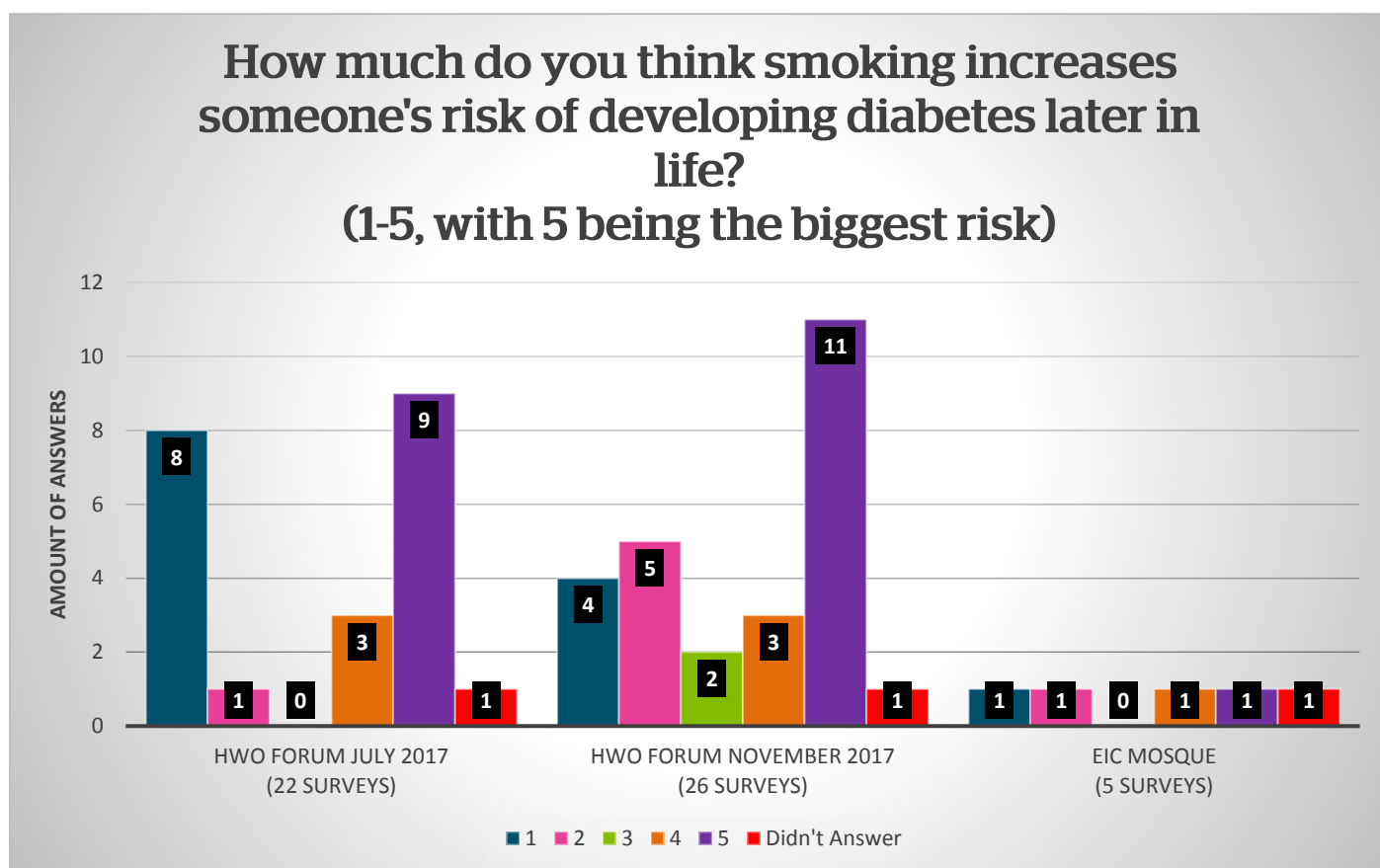
Do you know or care for someone who has diabetes?



People were asked whether they know or care for someone who has diabetes. 27 people in total across the three venues stated that they know or care for someone with diabetes. The highest response we received in one venue was 13 people who stated that they didn't know or care for someone with diabetes and this was taken from the November 2017 forum.

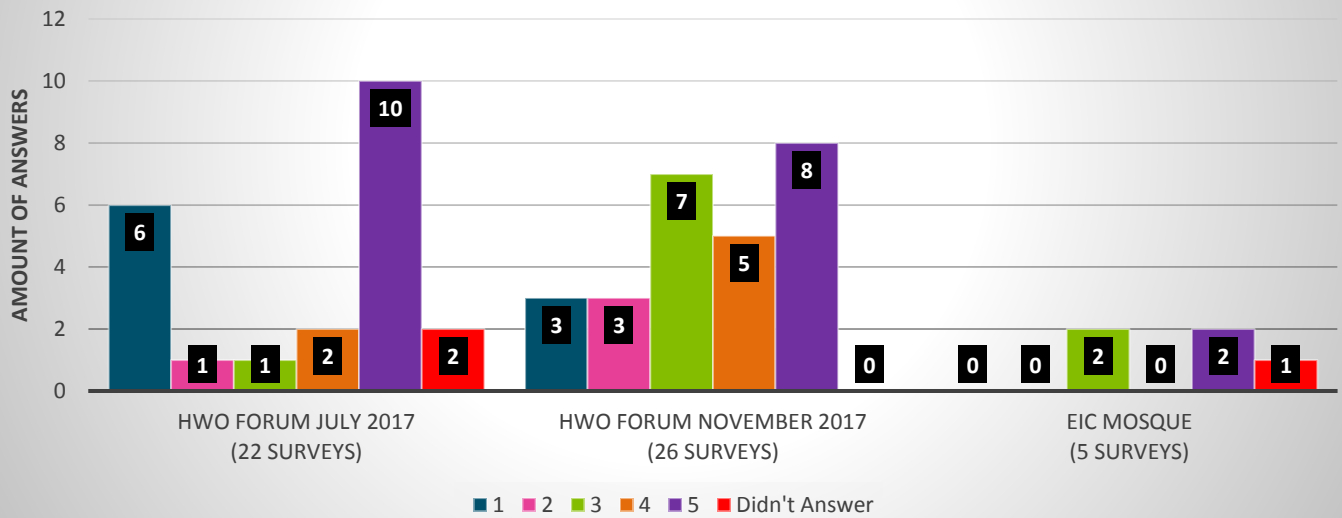
b. Risk Factors

The following questions regarding risk factors asked people to give a scale value (with 5 being the biggest risk) on various activities which might affect the chances of developing diabetes:



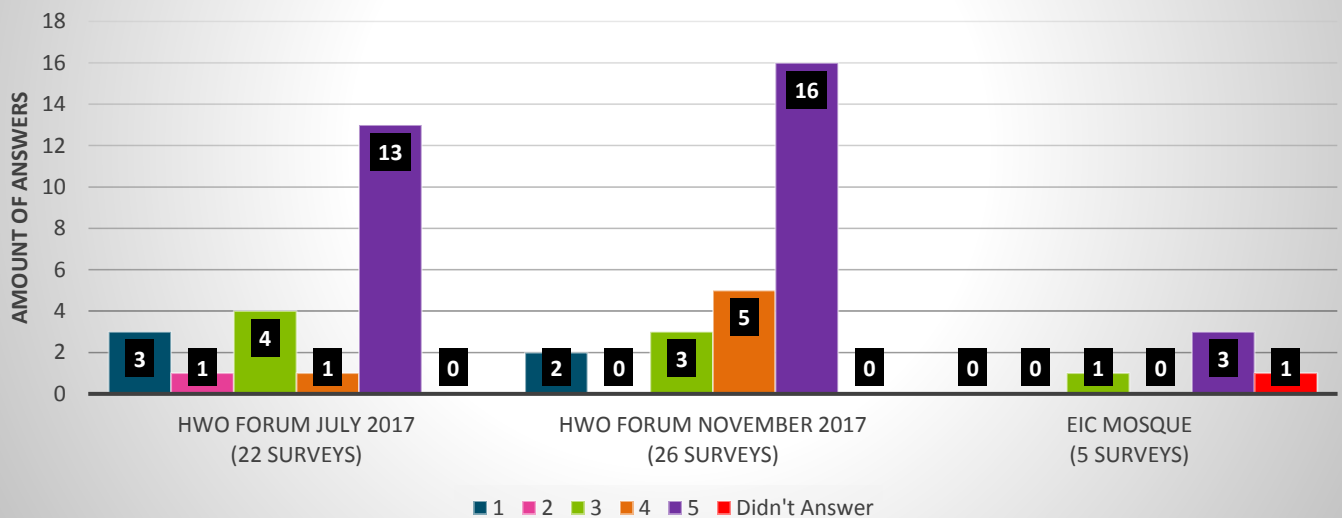
People were asked how they thought smoking might affect their chance of developing type 2 diabetes. Nearly half of those who completed the survey (21 people) across the three venues provided the highest response '5'. Eight people from the July Forum provided the response '1' which suggests that if answered accurately, a lot of people at this venue didn't feel smoking was related to the development of type 2 diabetes.

How much do you think drinking alcohol increases someone's risk of developing diabetes later in life? (1-5, with 5 being the biggest risk)



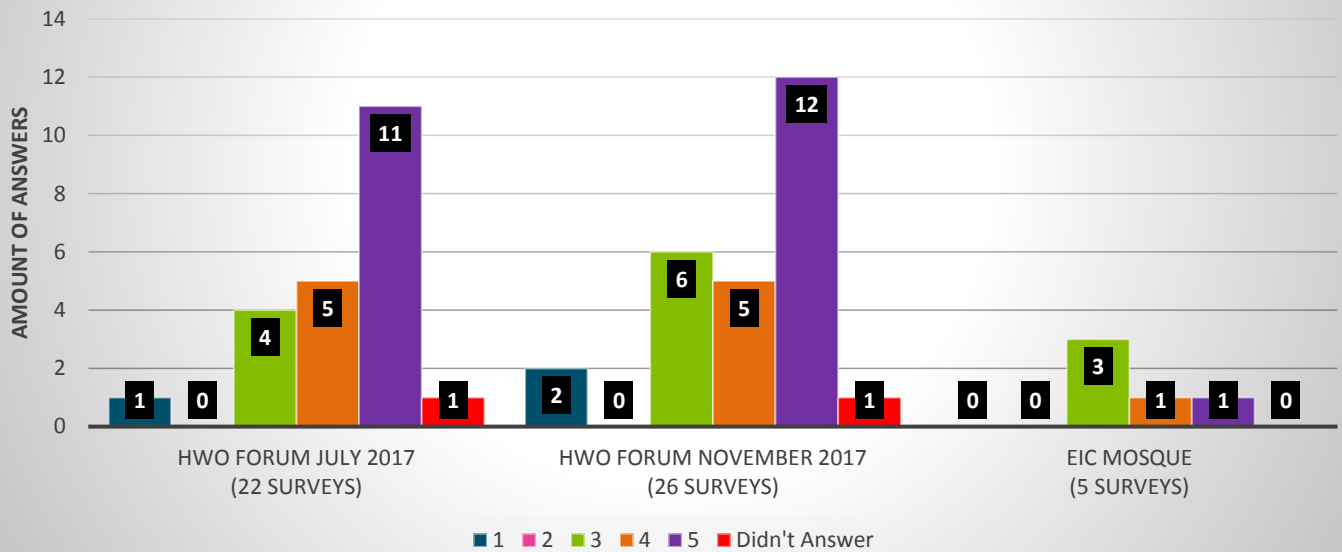
People were asked how they thought drinking alcohol might affect their chance of developing type 2 diabetes. Similarly to the previous smoking question, nearly half of those who completed the survey (20 people) across the three venues provided the highest response '5'. Six people from the July Forum provided the response '1' which suggests that if answered accurately, a lot of people at this venue didn't feel drinking alcohol was related to the development of type 2 diabetes.

How much do you think a lack of exercise increases someone's risk of developing diabetes later in life? (1-5, with 5 being the biggest risk)



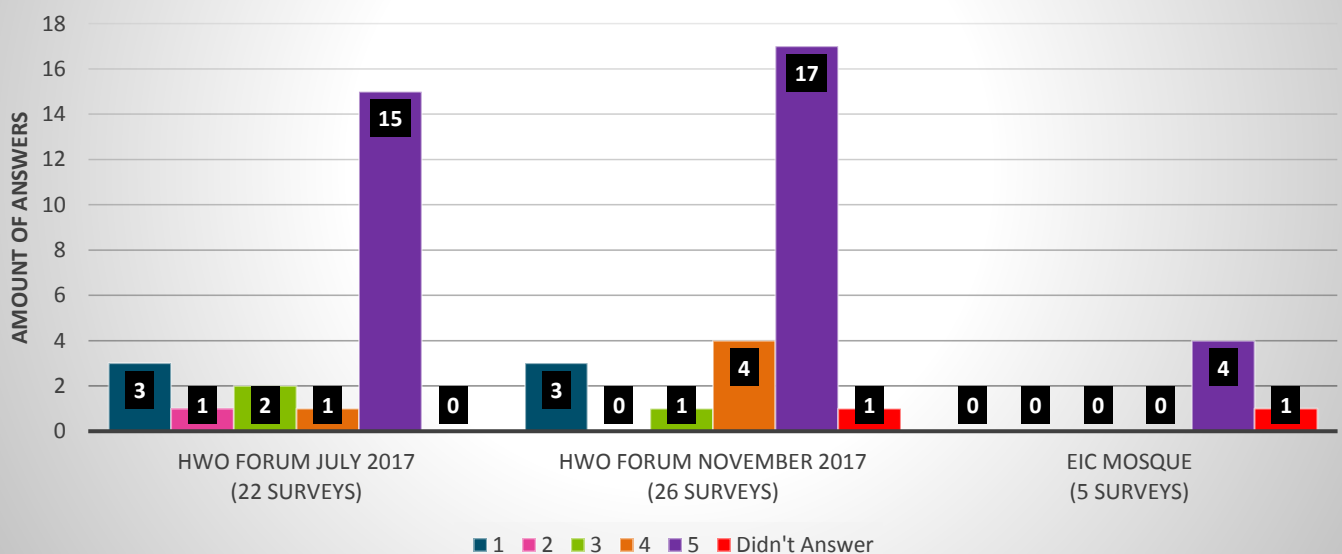
People were asked how they thought a lack of exercise might affect their chance of developing type 2 diabetes. Over half of those who attended the three venues (32 people) gave the highest response of '5'. This suggests that generally people understand that a lack of exercise increased your risk of developing type 2 diabetes.

How much do you think not eating fresh fruit and vegetables increases someone's risk of developing diabetes later in life? (1-5, with 5 being the biggest risk)



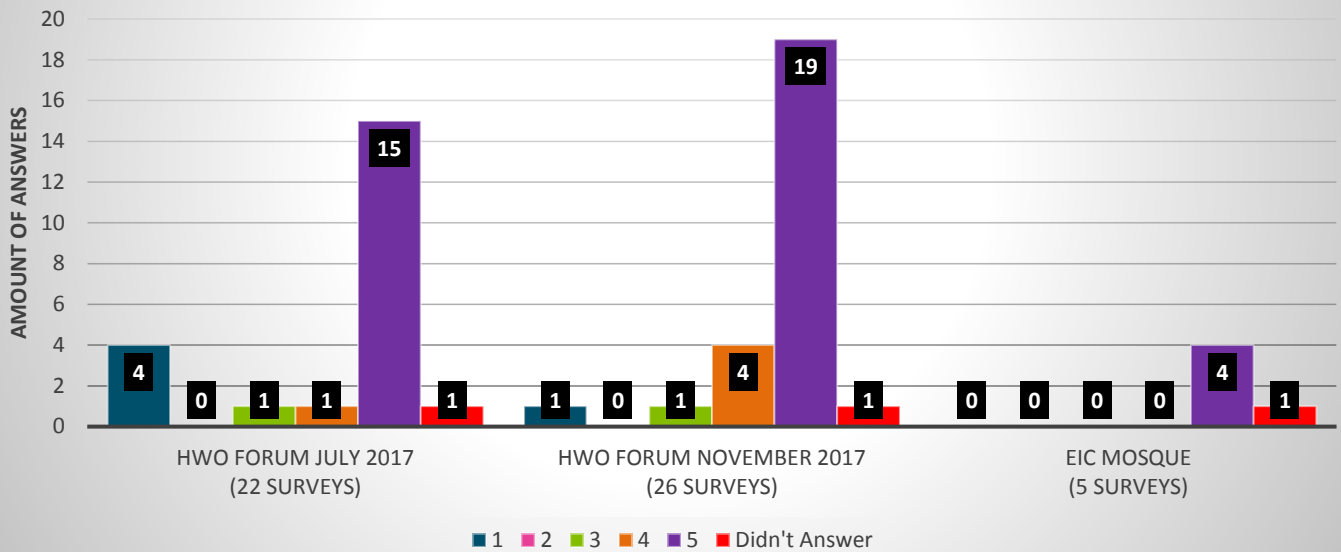
People were asked how they thought not eating fresh fruit and vegetables affected their chance of developing type 2 diabetes. The most common answer provided was the highest scale '5' with 24 responses across the three venues.

How much do you think consuming sugary food and drink increases someone's risk of developing diabetes later in life? (1-5, with 5 being the biggest risk)



People were asked how they thought consuming sugary food and drink affected their chances of developing type 2 diabetes. 36 people out of the 53 surveys all scored consuming sugary foods and drinks at the highest scale of developing type 2 diabetes.

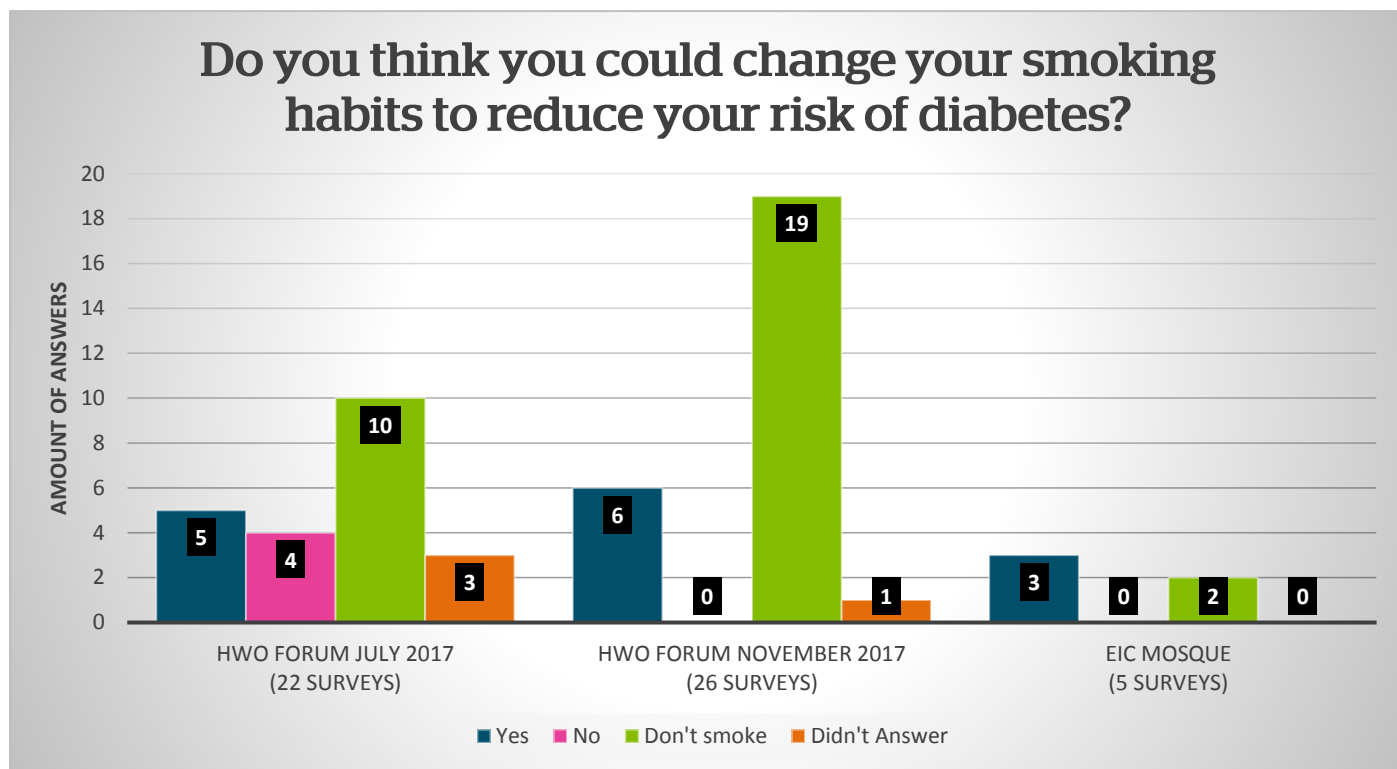
How much do you think being overweight increases someone's risk of developing diabetes later in life? (1-5, with 5 being the biggest risk)



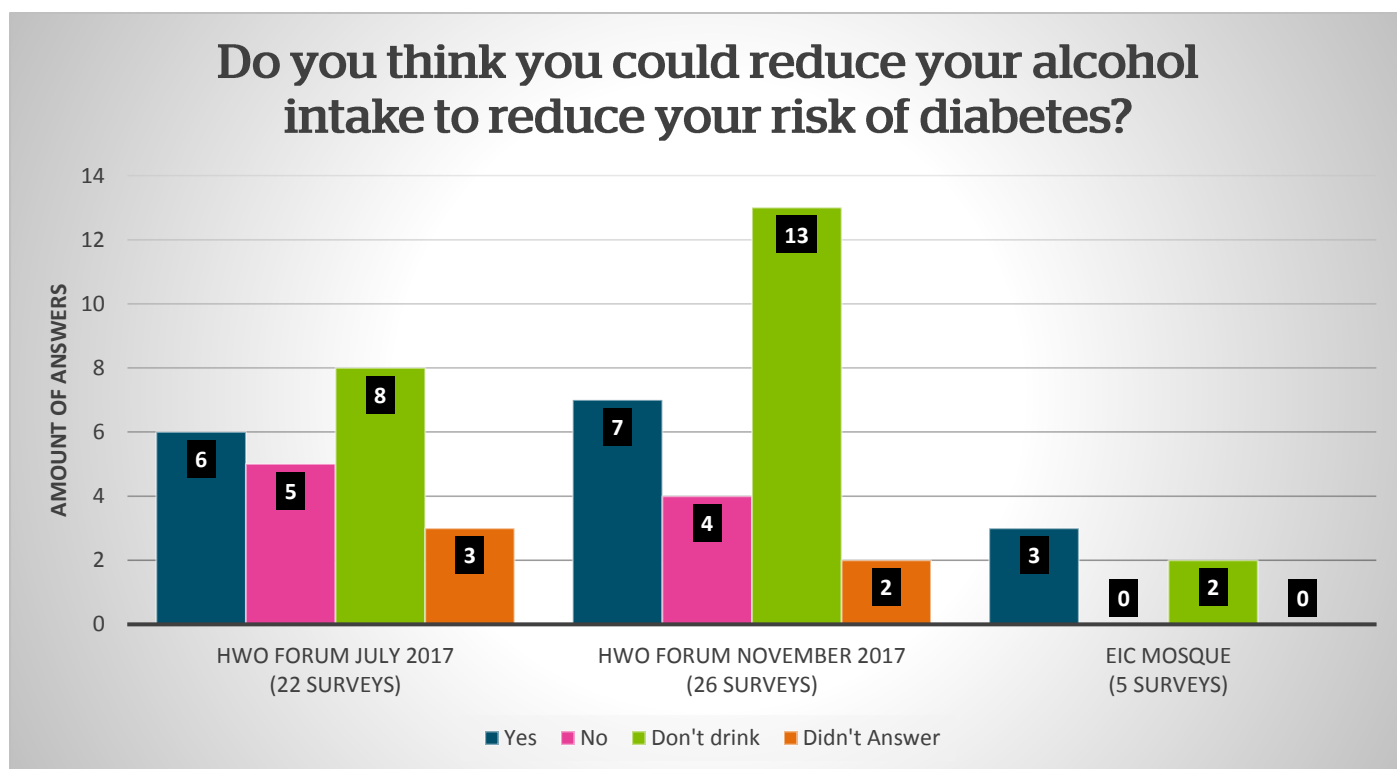
People were asked how they thought being overweight affected their chances of developing type 2 diabetes. 38 people out of the 53 surveys scored being overweight at the highest scale of developing type 2 diabetes.

c. Ability to Change

The next set of questions gave the opportunity to answer yes or no when asked if they could change their own habits to try and reduce their chance of developing type 2 diabetes.

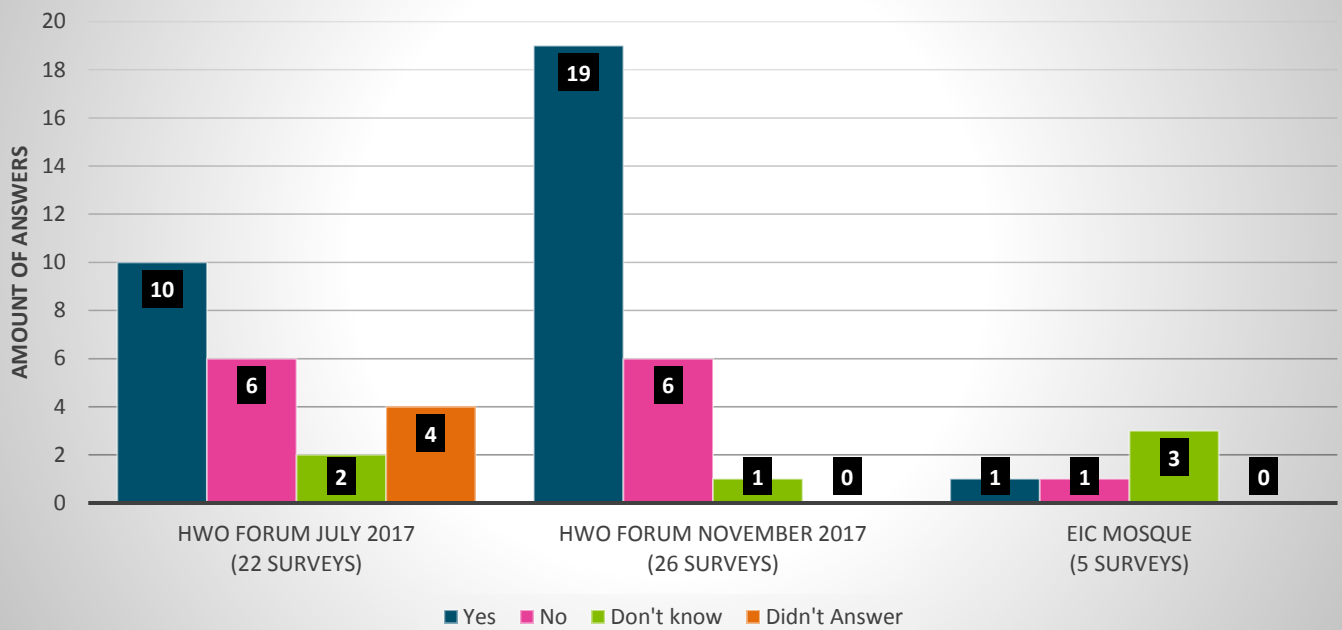


People were asked if they could change their smoking habits. The largest number of answers were people stating that they didn't smoke (31 people). However, the second largest number was 14 people across the three venues which stated that they felt they could change their smoking habits.



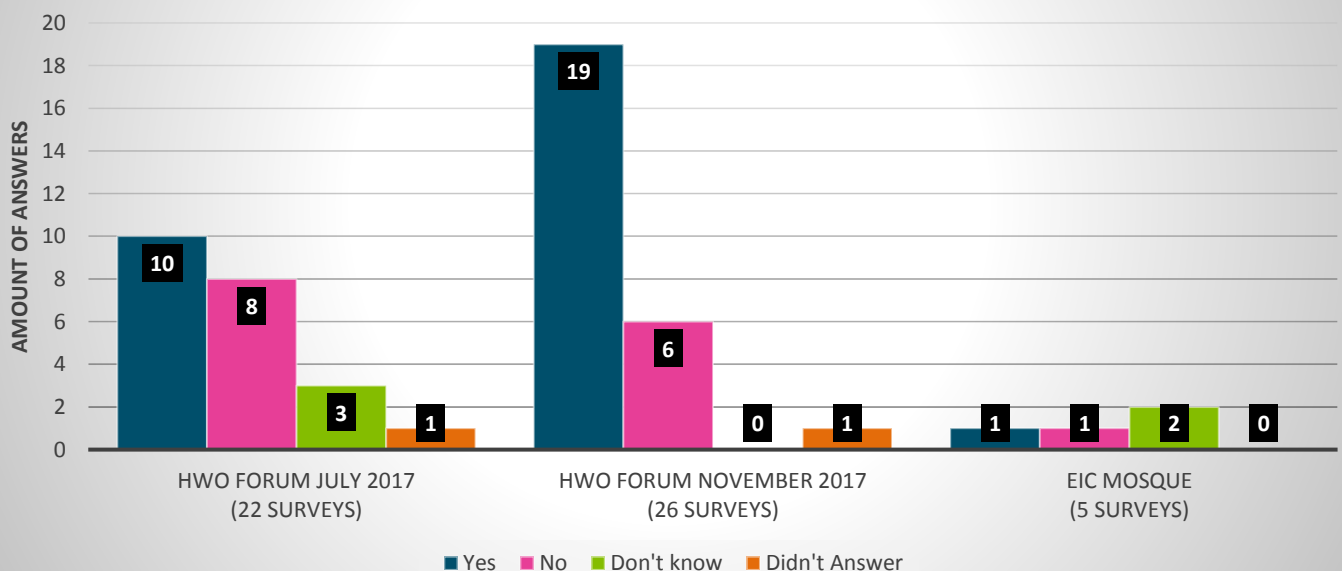
People were asked if they could reduce their alcohol intake. The largest number of answers were people stating that they didn't drink (23 people). However, the second largest number was 16 people across the three venues which stated that they felt they could reduce their alcohol intake.

Do you think you could increase your amount of exercise to reduce your risk of diabetes?



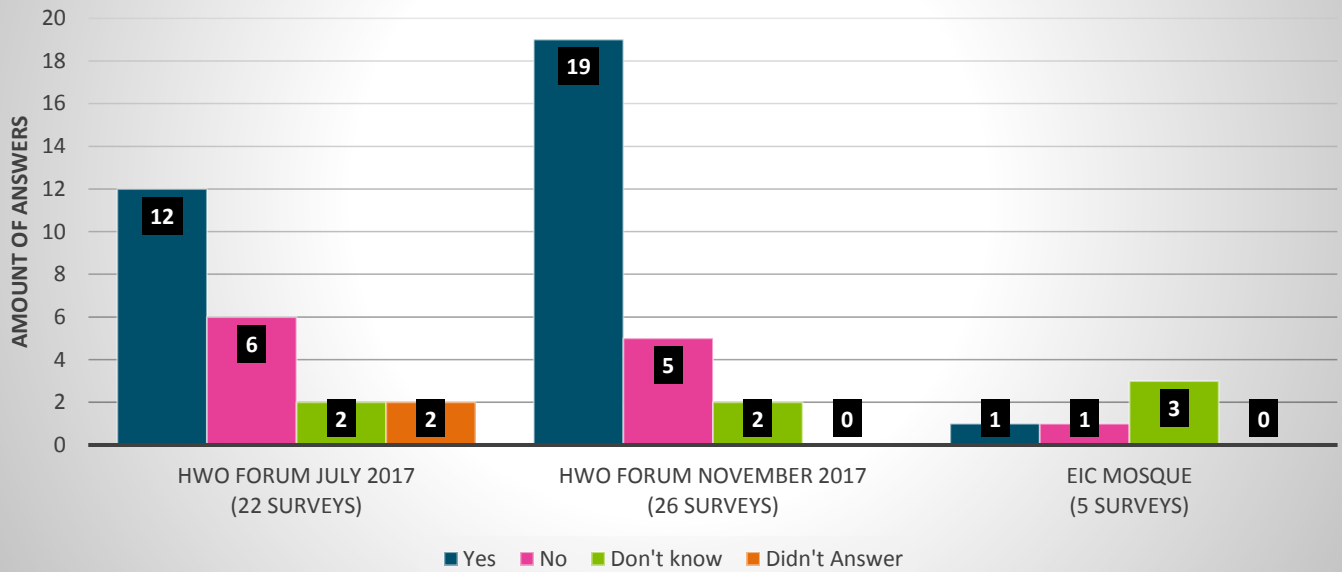
People were asked if they could increase their amount of exercise to reduce the risk of developing diabetes. The largest number of answers given was 30 people across the three venues which stated that they could increase their exercise levels to reduce the risk of developing diabetes.

Do you think you could increase your consumption of fresh fruit and vegetables to reduce your risk of diabetes?



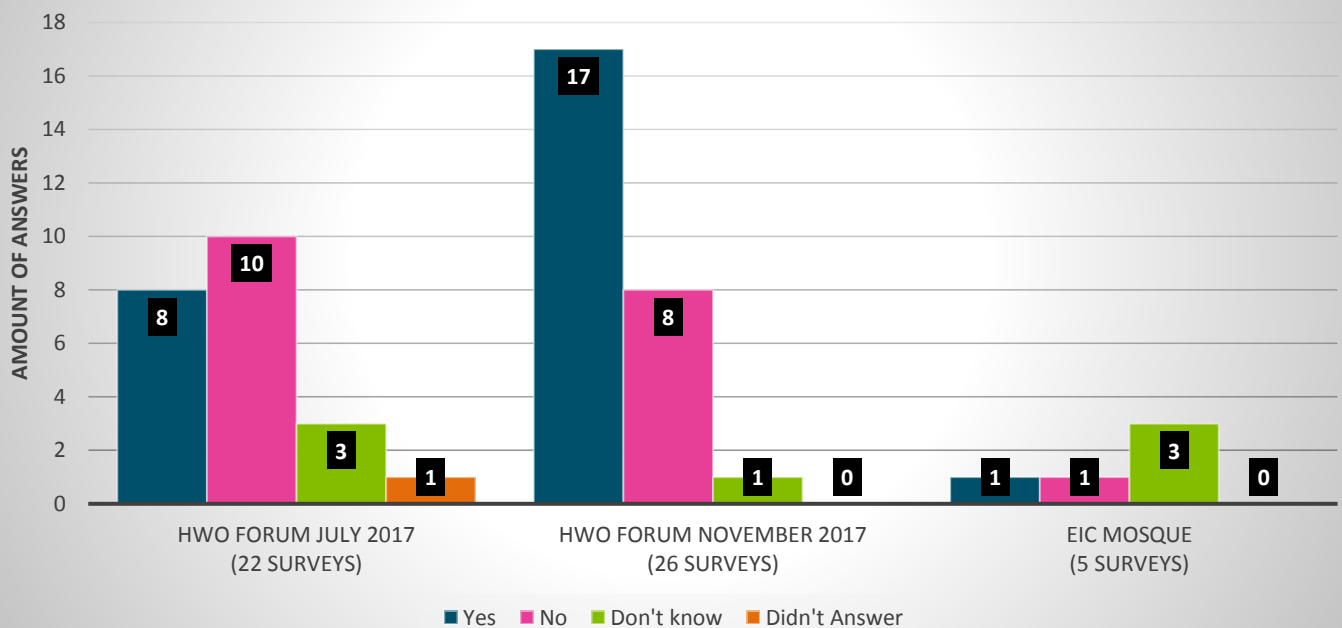
People were asked if they could increase their consumption of fresh fruit and vegetables to reduce their risk of developing diabetes. The largest number of answers given was 30 people across the three venues which stated that they could increase their consumption of fresh fruit and vegetables to reduce the risk of developing diabetes.

Do you think you could reduce your consumption of sugary food and drinks to reduce your risk of diabetes?



People were asked if they could reduce their consumption of sugary foods and drinks to reduce their risk of developing diabetes. The largest number of answers given was 32 people across the three venues who stated that they could reduce their consumption of sugary foods and drinks to reduce the risk of developing diabetes.

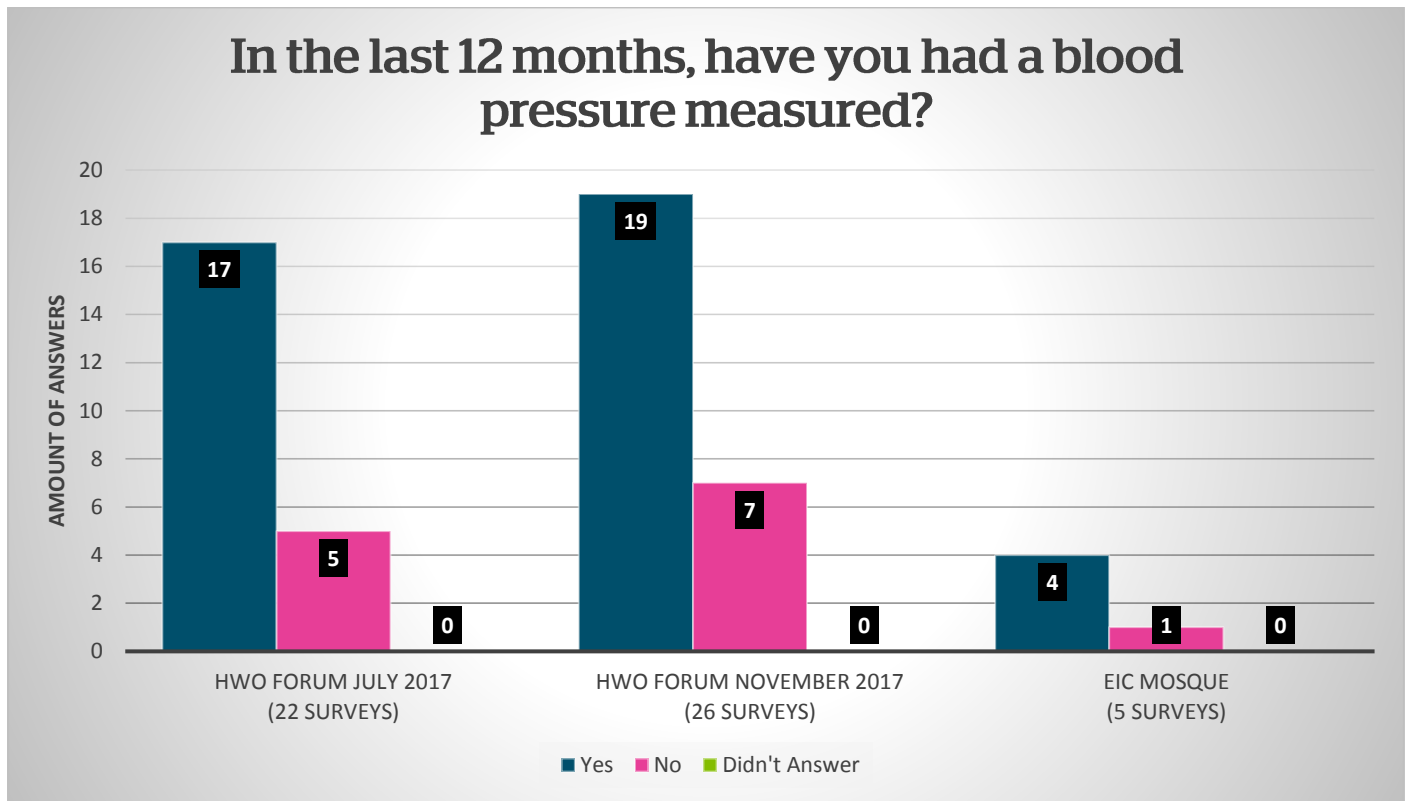
Do you think you could lose weight to reduce your risk of diabetes?



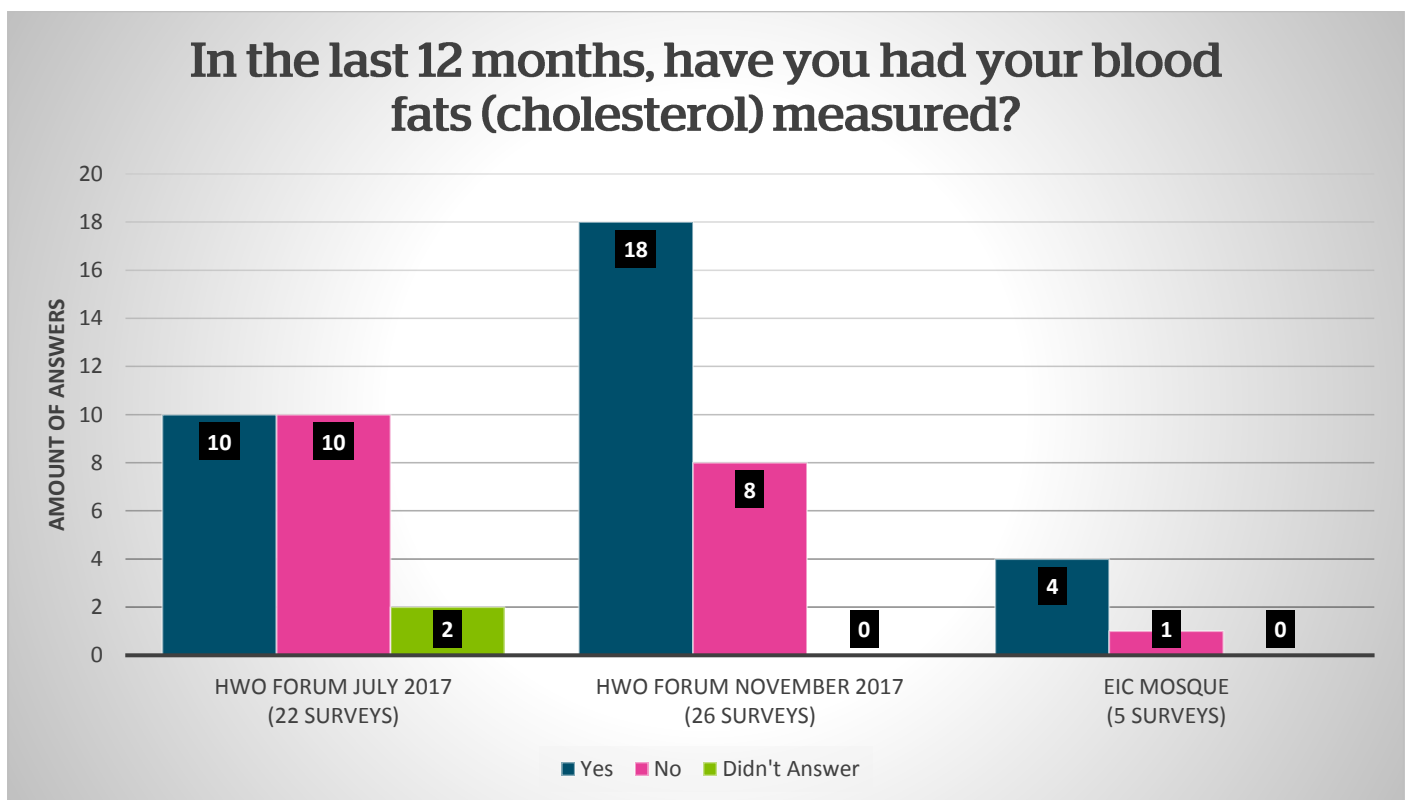
People were asked if they could lose weight to reduce their risk of developing diabetes. The largest number of answers given was 26 people across the three venues who stated that they could lose weight to reduce the risk of developing diabetes. There were 19 people who stated that they couldn't lose weight. It's unclear whether these people might not feel able or might not need to.

d. Health Checks

The next set of questions asked whether people have had specific health checks which can help to detect any health issues which can lead to the development of type 2 diabetes. These were:

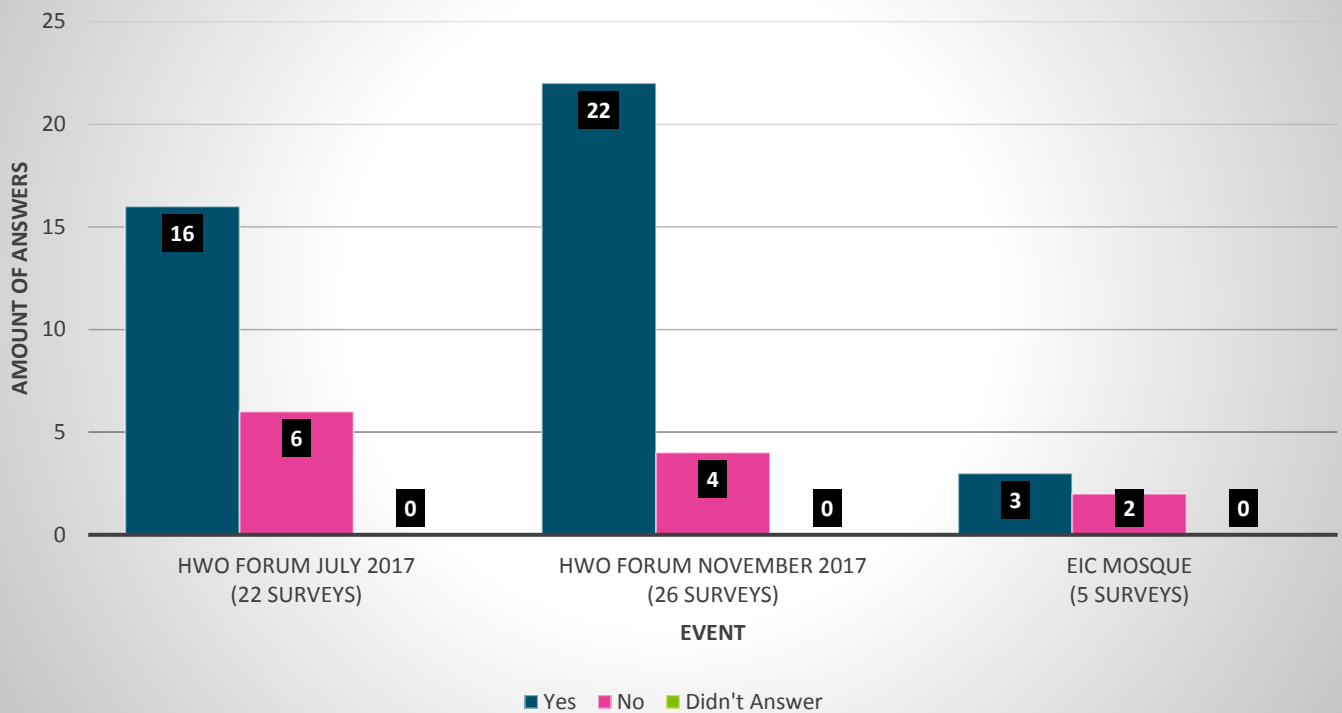


People were asked if they've had their blood pressure measured in the past 12 months. 40 people out of 53 people at the three venues have had their blood pressure monitored in the past 12 months.



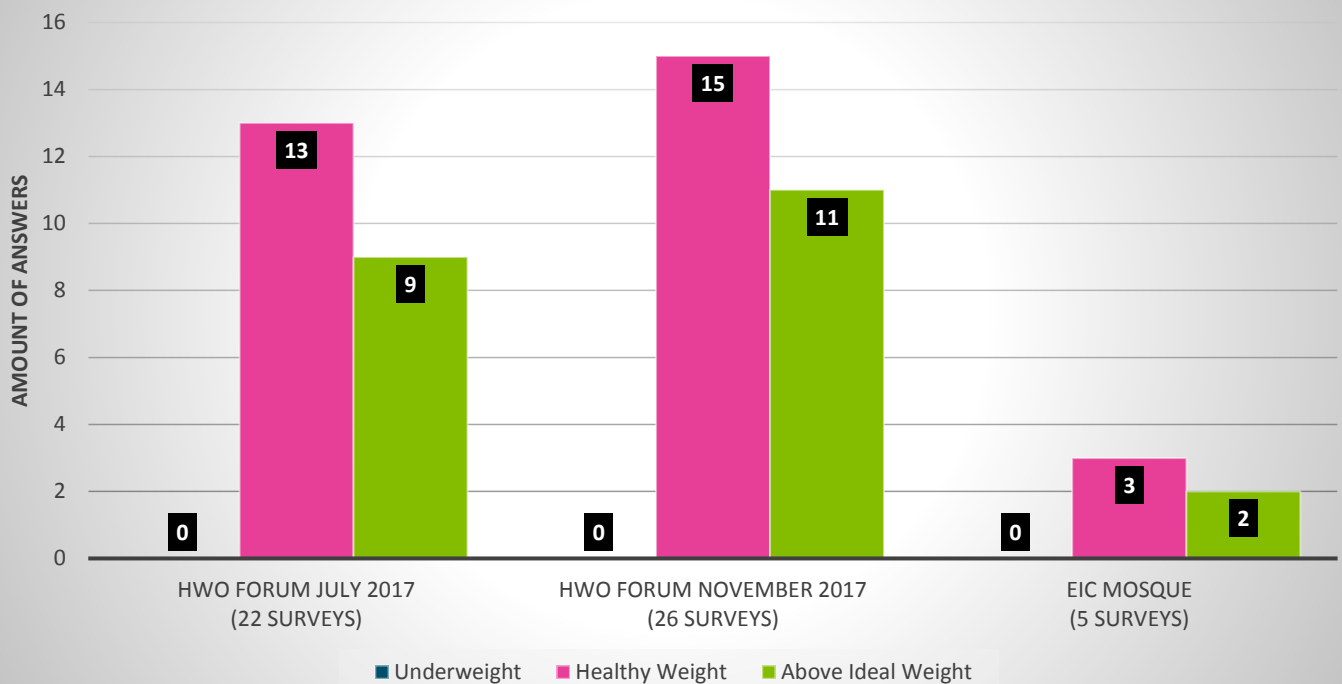
People were asked if they've had their blood fats (cholesterol) measured in the past 12 months. 32 out of the 53 people across the three venues stated that they had compared to 19 who hadn't.

In the last 12 months, have you had your weight or waist measured?



People were asked whether they'd had their weight or waist measured in the past 12 months. 41 people out of 53 surveys across the three venues states that they had compared to the 12 people who hadn't.

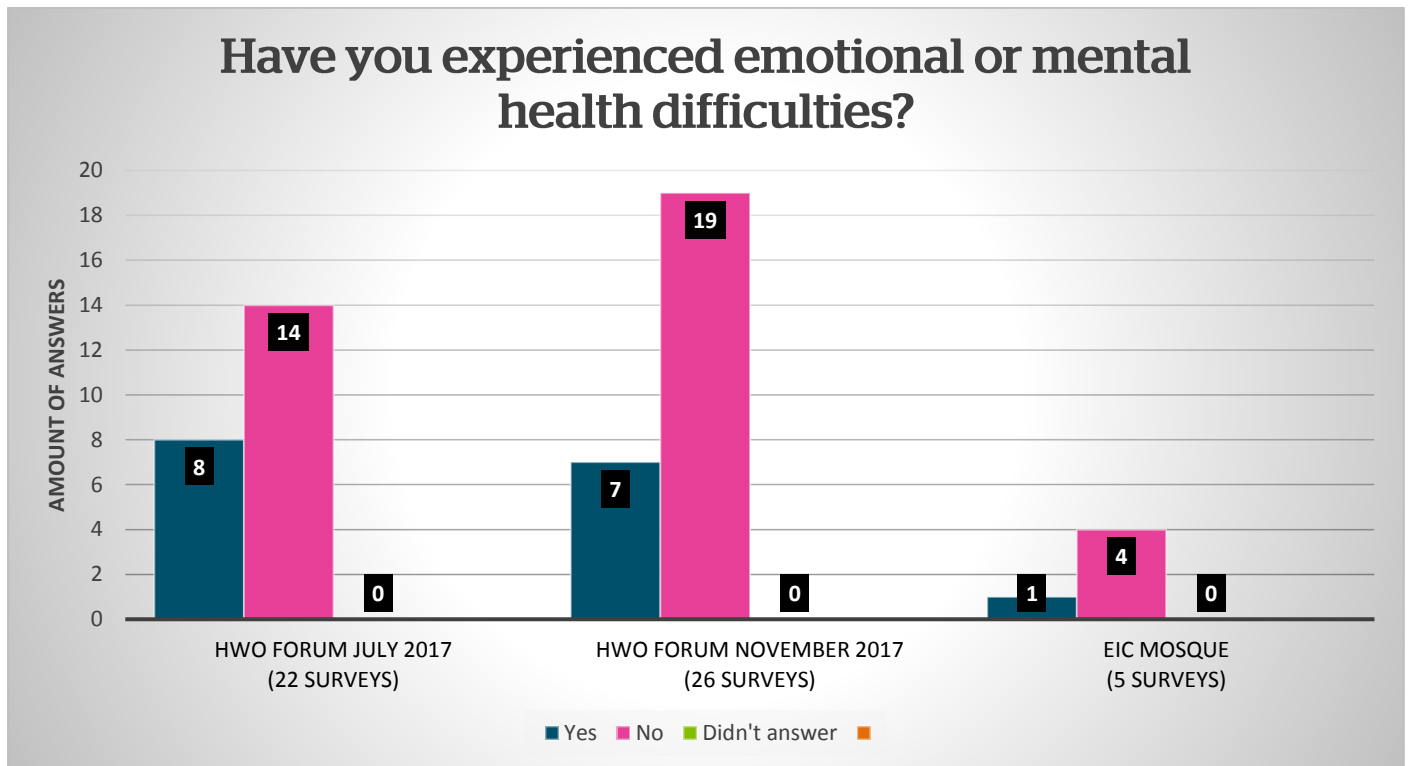
How would you describe your weight?



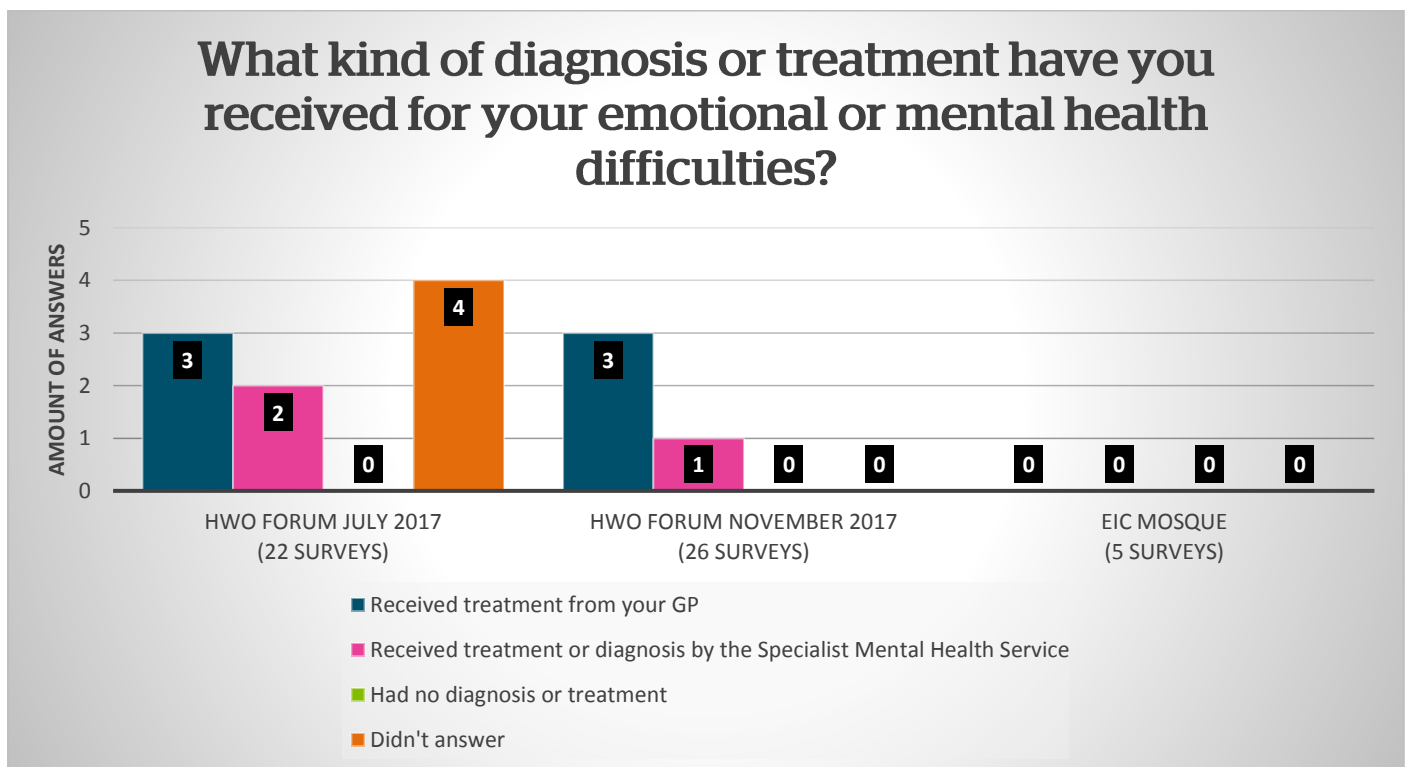
People were asked how they would describe their own weight. The most common answer was 'healthy weight' with 31 responses across the three venues. 22 people across the three venues stated that they were above their ideal weight and nobody stated that they were underweight.

e. Emotional Wellbeing

For those that stated they had diabetes or know somebody who has, we asked a couple of questions relating to their emotional wellbeing:



23 people across the three venues stated that they hadn't had any emotional or mental health difficulties in comparison to the 11 people that stated they had.



Out of the 11 people who stated that they had experienced an emotional or mental health difficulty, we asked them what kind of diagnosis or treatment they had received. Treatment from the GP was the most popular answer across the three venues with a total of 6 and treatment or diagnosis by the Specialist Mental Health Service had a total of 3 across the three venues. Please note that people were able to give more than one answer to this question.

6. Conclusion

The main objective of this report was to compare the different events which were targeted at the Bangladeshi and Pakistani communities to see if there were any trends which could be identified. When we compare the feedback from the three different events, it shows that there were no significant difference in understanding or trends with regards to type 2 diabetes.

Based on the findings in this report, it's evident that in the main, people are aware of the main risk factors of developing type 2 diabetes, especially being overweight, consuming sugary food and drink and a lack of exercise. The most common variation of diabetes declared by people on the questionnaire was type 2.

When looking at risk factors further, those in attendance for the July 2017 forum, scored smoking equally between it being the highest and lowest risk factor of developing diabetes later in life.

When asked if people could improve their own habits, most stated that they could improve their levels of exercise, reduce their weight, increase intake of fresh fruit and vegetables and eat less sugary food and drink.

The most common reflection was that people felt they were at their ideal weight. However, there was still a large amount of responses which stated that they were above their ideal weight.

When asked more about the different tests and checks people have received, most stated that they have either had their cholesterol checked, waist measured, or their blood pressure taken.

These responses combined would suggest that most people are aware of the steps they can take to prevent type 2 diabetes and lead a healthier lifestyle. It also suggests that most people have had their health checks and are aware of their current state of health. However, people are answering that they still feel this is a problem for them. This would suggest that people are not taking the action that they feel they need to and feel able to take.

This could suggest that more needs to be done to motivate and incentivise people to choose a healthier lifestyle. Whilst we've been able to understand that people are generally aware of the risks of developing diabetes and the actions that can be taken to avoid it, it's unclear whether people are not taking these actions because they don't know how to go about being better in these areas.

Also, the scoring made at Pakistani Community Centre Forum in July 2017 on risk factors with smoking could be looked into further to see why they scored smoking as a low risk. It's an unusual trend compared with the other venues and it's unclear whether any errors may have been made in answering this question.

7. Recommendations

Due to the answers provided within this questionnaire, Healthwatch Oldham would make the following recommendations:

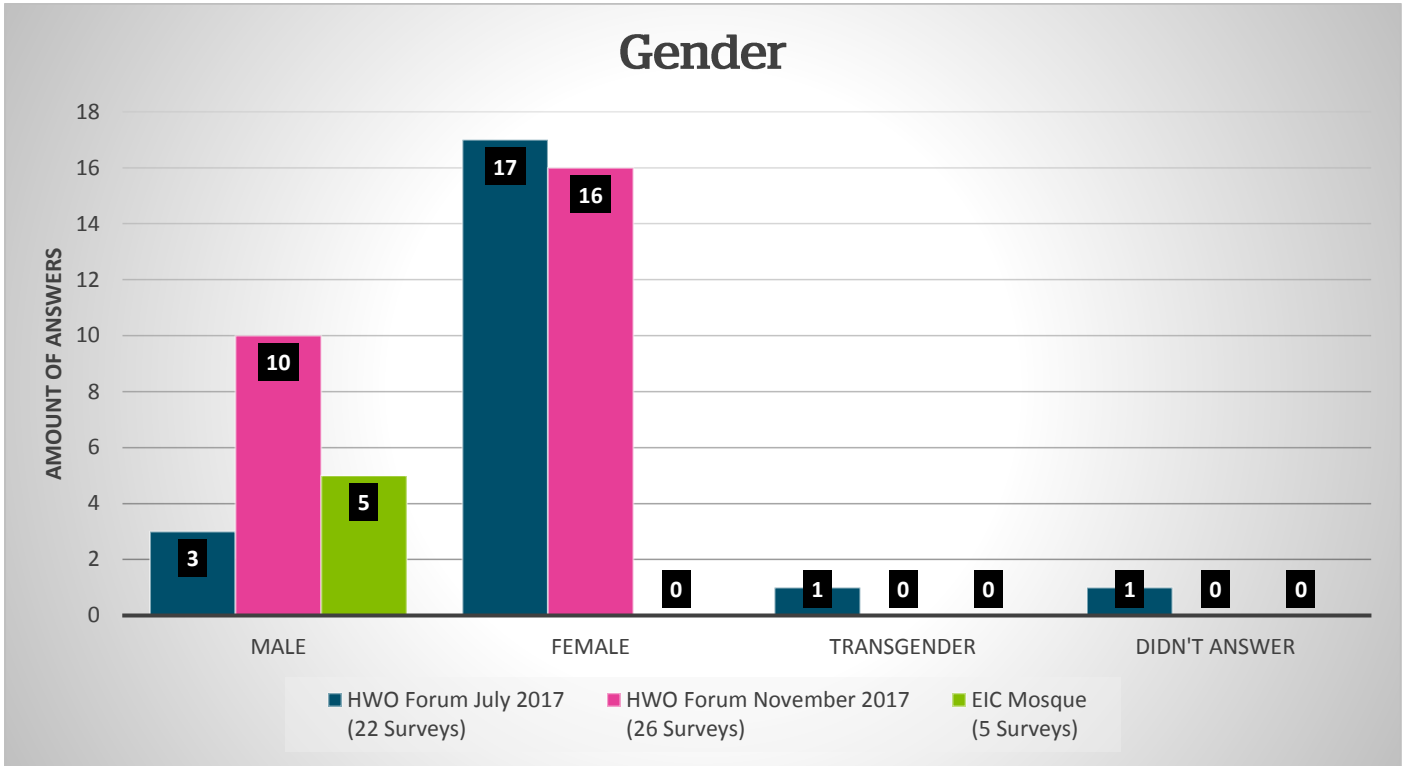
- Healthwatch Oldham will share this report with key local partners and ask them to feedback any actions they take which arise from it.
- Healthwatch Oldham working in partnership with Public Health and other partners will continue to provide people with accurate and up to date information on services which can support people with the awareness and prevention of type 2 diabetes.
- Healthwatch Oldham will try to improve their understanding on how people can be better motivated to live healthier lifestyles and reduce their risk of developing type 2 diabetes. This will be achieved through future forums, projects and events.
- Healthwatch Oldham working in partnership with Public Health and other partners will continue to promote actions for a healthier lifestyle and show the benefits to encourage people to take the required actions to help the prevention of type 2 diabetes. We will do this through active social media engagement and promotion through our ebulletin and website.
- Healthwatch Oldham will in any future project work undertaken within the Pakistani community, attempt to understand more about smoking as a risk factor for diabetes within this ethnicity.
- Healthwatch Oldham will provide information to empower people to allow them to make an informed choice about their own health and the services they can access.

Appendix 1 – Diabetes Survey Questions

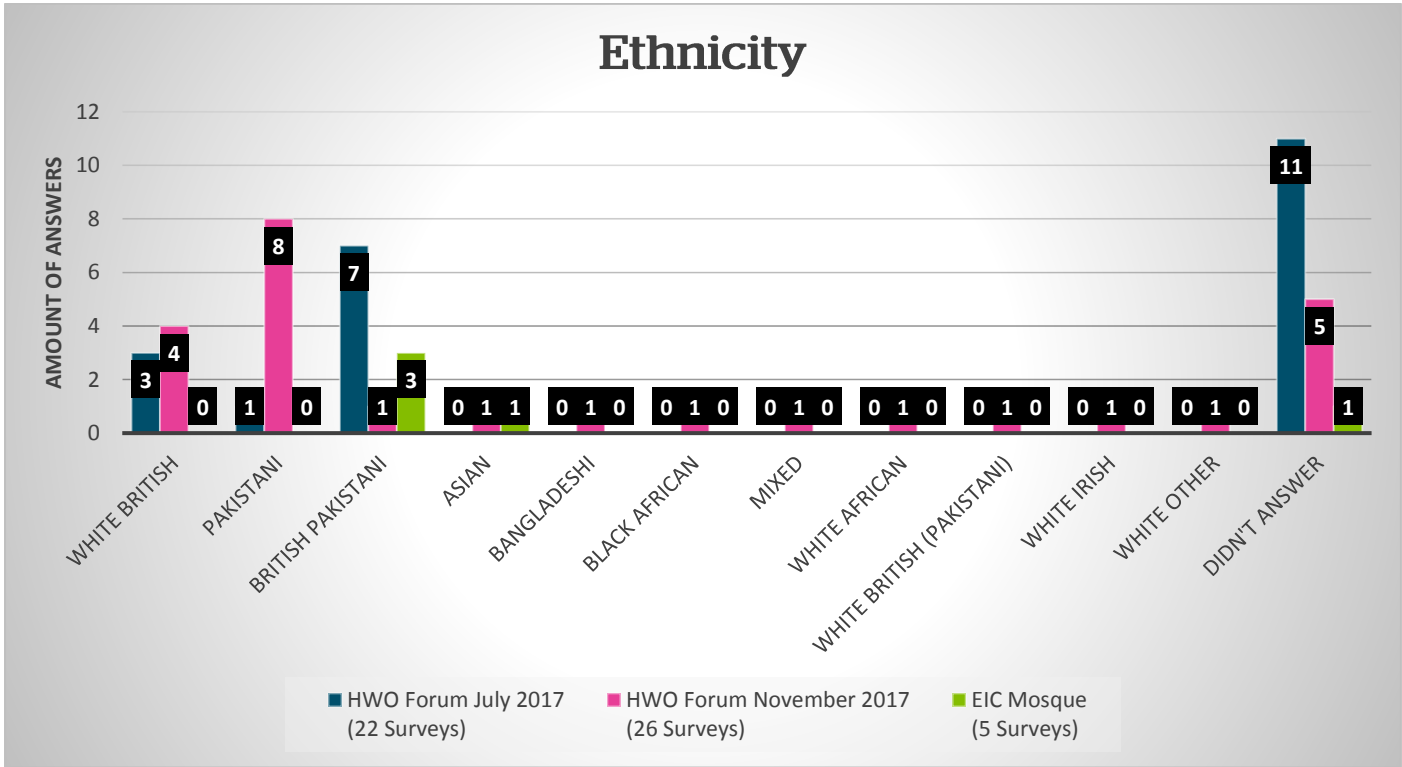
The following questions were asked in this diabetes specific survey:

1. Do you have diabetes?
 - If YES, what type of diabetes do you have?
 - If NO, do you know or care for someone who has diabetes?
2. On a scale of 1 to 5 (where 5 is the biggest risk) how much do you think smoking increases someone's risk of developing diabetes later in life?
3. On a scale of 1 to 5 (where 5 is the biggest risk) how much do you think drinking alcohol increases someone's risk of developing diabetes later in life?
4. On a scale of 1 to 5 (where 5 is the biggest risk) how much do you think a lack of exercise increases someone's risk of developing diabetes later in life?
5. On a scale of 1 to 5 (where 5 is the biggest risk) how much do you think not eating enough fresh fruit and vegetables increases someone's risk of developing diabetes later in life?
6. On a scale of 1 to 5 (where 5 is the biggest risk) how much do you think consuming sugary food and drink increases someone's risk of developing diabetes later in life?
7. On a scale of 1 to 5 (where 5 is the biggest risk) how much do you think being overweight increases someone's risk of developing diabetes later in life?
8. Do you think you could change your smoking habits to reduce your risk of diabetes?
9. Do you think you could change your consumption of alcohol to reduce your risk of diabetes?
10. Do you think you could change your lack of exercise to reduce your risk of diabetes?
11. Do you think you could change your lack of eating fresh fruit and vegetables to reduce your risk of diabetes?
12. Do you think you could change your consumption of sugary food and drink to reduce your risk of diabetes?
13. Do you think you could change any of the following to reduce your risk of diabetes?
14. Do you think you could change your weight to reduce your risk of diabetes?
15. In the last year, have you had your blood pressure measured?
16. In the last year, have you had your blood fats (cholesterol) measured?
17. In the last year, have you had your weight checked or your waist measured?
18. Would you describe yourself as underweight, healthy weight or above ideal weight?

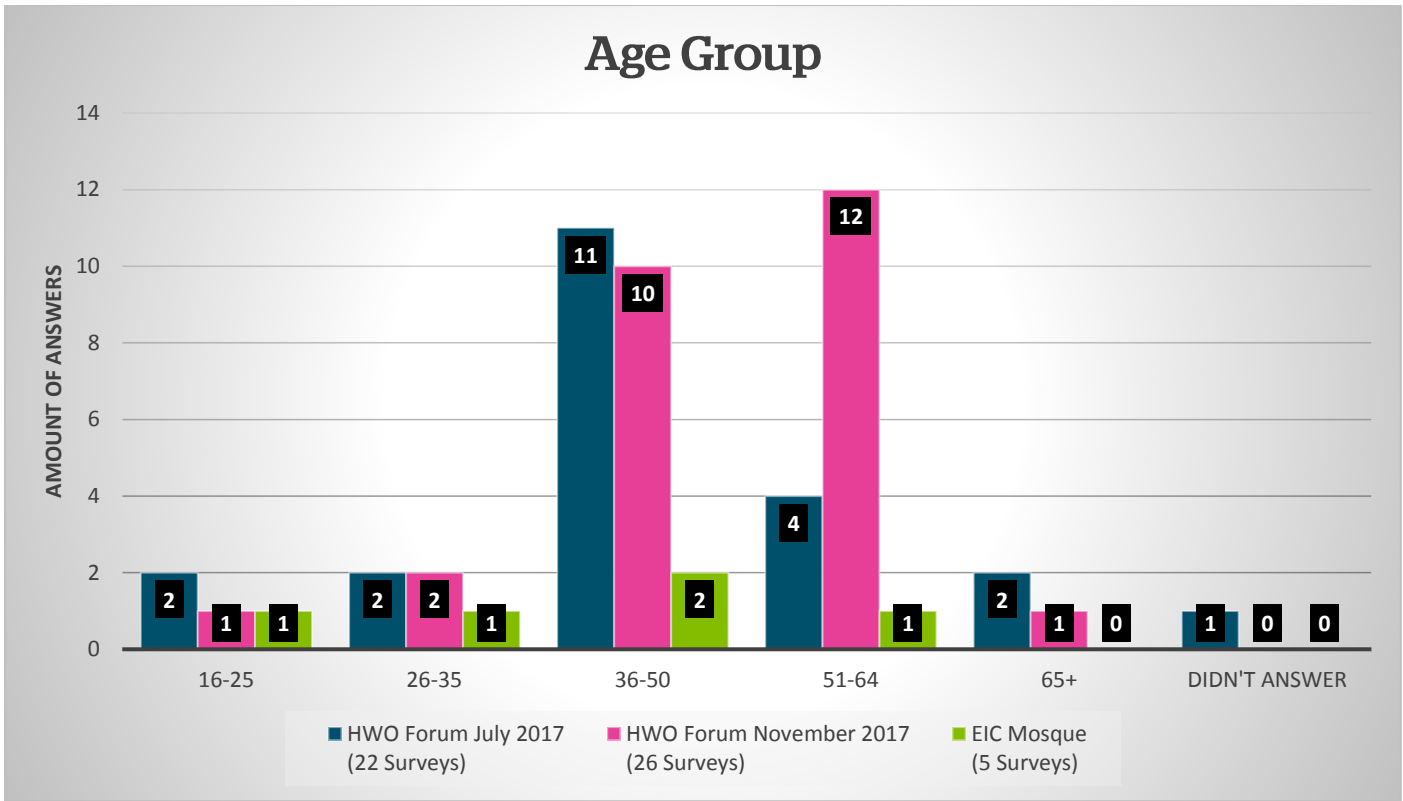
Appendix 2 - Demographic Information



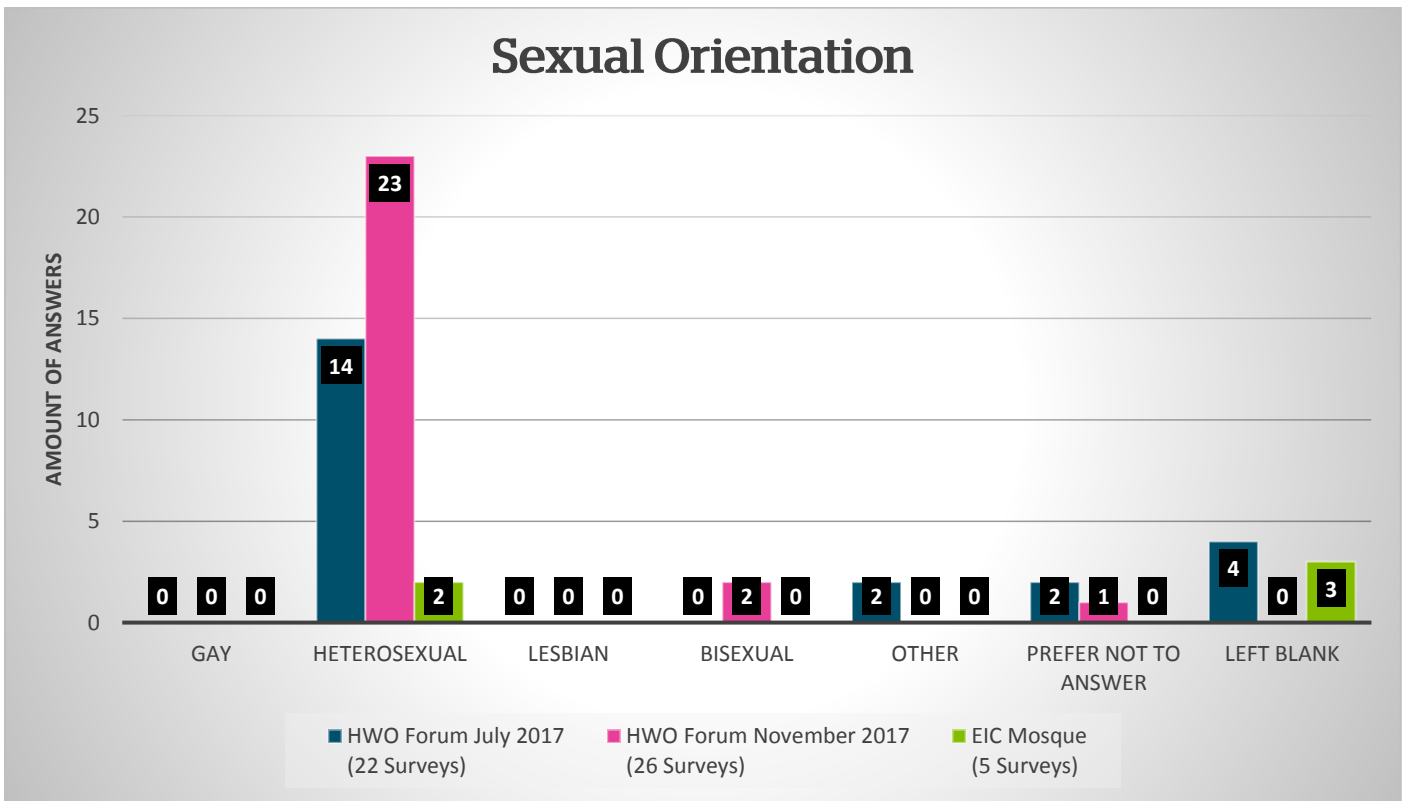
The most common answer was female with 17 and 16 people respectively from the Forums held in July and November 2017.



The most common ethnicity stated across the three venues was Pakistani and British Pakistani which received 20 answers in total. Out of the surveys completed at the November 2017 Forum, only one person stated that they were Bangladeshi. There was five people who didn't provide an answer from this particular forum.

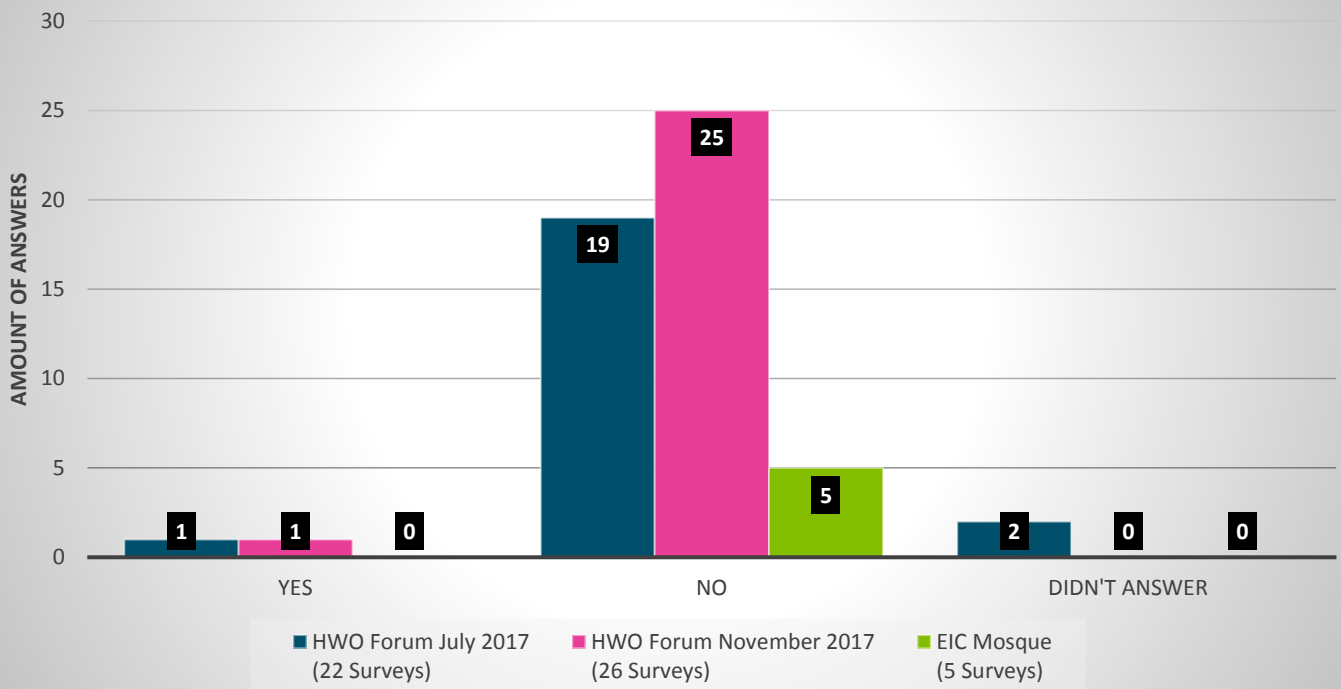


The most common age range who completed this survey across the three venues was 36-50 with 23 answers across the three venues. Interestingly, the November 2017 forum had 12 people aged between 51-64 compared to four people in that age bracket which attended the July 2017 forum.



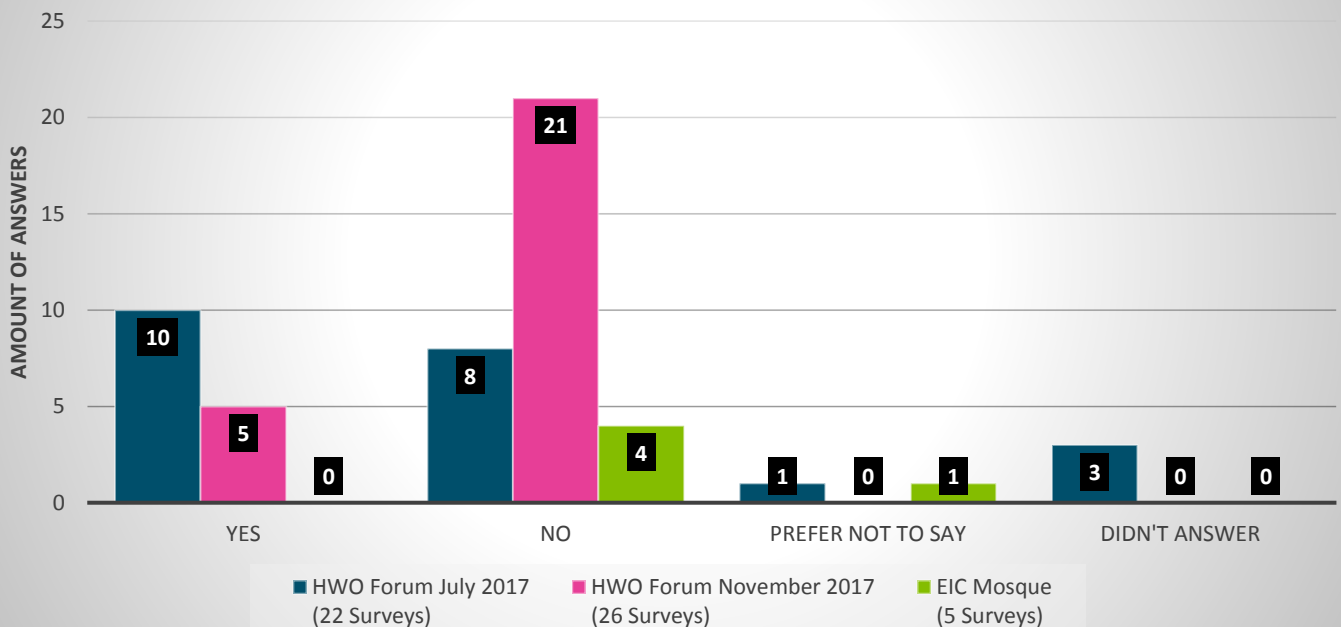
The most common sexual orientation stated was heterosexual with 39 answers across the three venues. Three people across the three venues decided not to answer this question.

Are you disabled person?



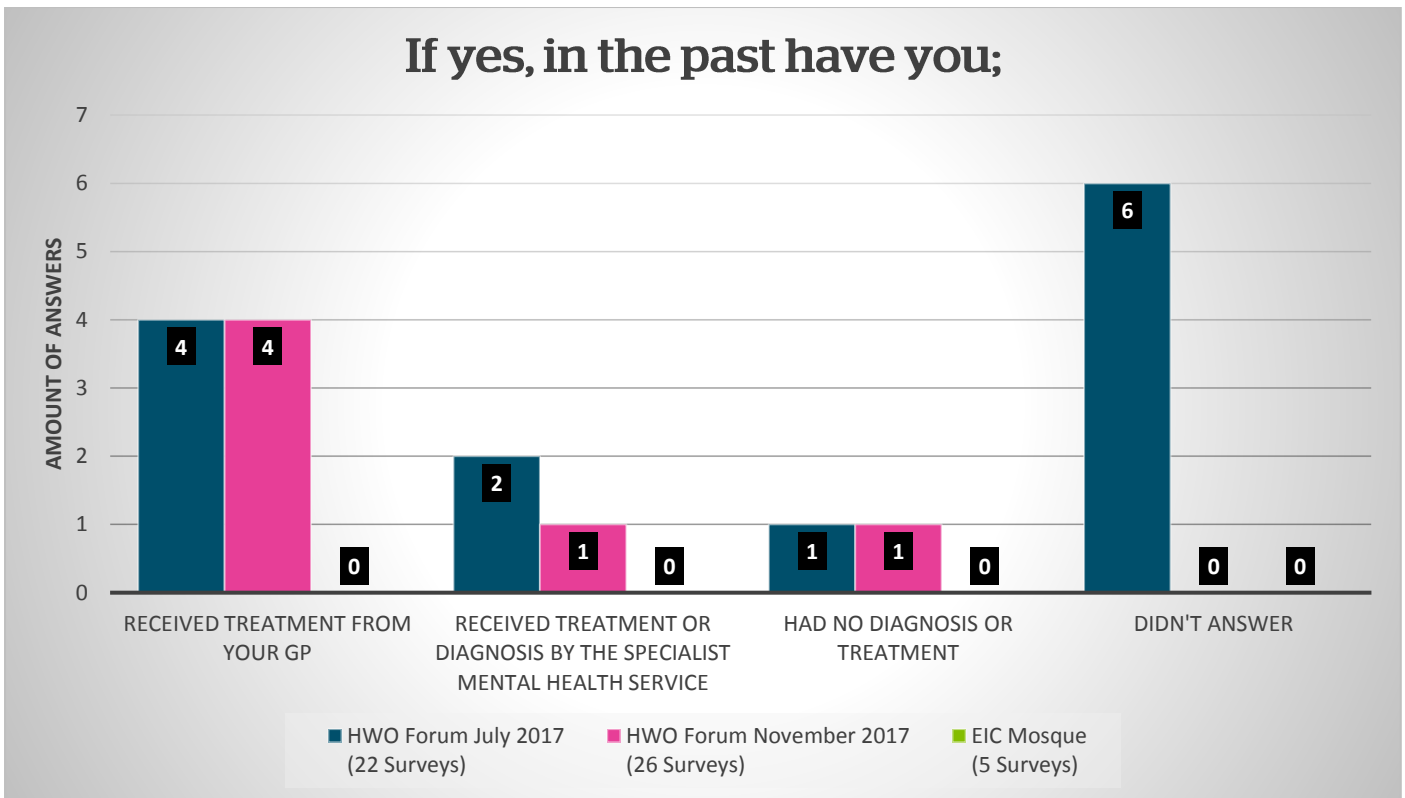
The most common answer when people were asked if they were disabled at these forums was 'no' with 49 answers. Only two people stated that they were disabled across the three venues.

Have you experienced any emotional or mental health difficulties?



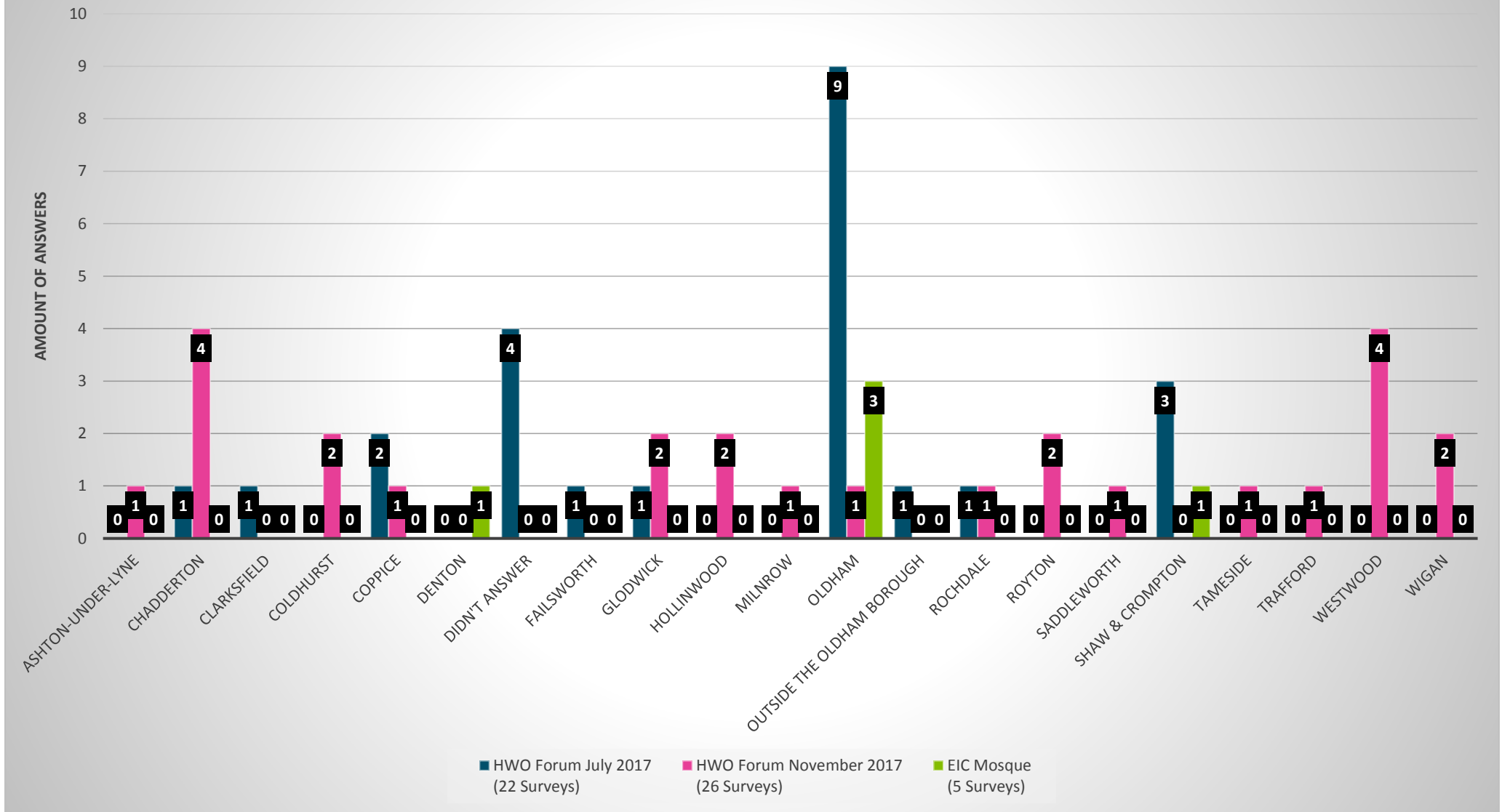
15 people stated that they had experienced emotional or mental health difficulties across the three venues. The most common answer across the three venues was 'no' with 33 answers in total.

If yes, in the past have you;



For those which answered yes to the previous question regarding mental health, we asked them what type of treatment they had. The most common answer was treatment from GP which received 8 answers across the three venues. Six people at the July 2017 didn't answer this question. The amount of answers here does not add up to the amount of people who answered yes as people have stated that they have had more than one form of treatment.

Town or area you live in



The most common answer provided across the three venues was simply 'Oldham' with 13 answers. There was a wide set of answers provided for this question including Trafford and Wigan which was represented.