



Report on the data collected by Healthwatch Oldham at our Type 2 Diabetes Forum held in June 2016

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1. Introduction

This report brings together all the data collected by Healthwatch Oldham during our June 2016 Healthwatch Forum which focused on type 2 diabetes Prevention and Awareness. We have collected this data to help identify both positive and negative patterns and trends in relation to people's understanding of diabetes.

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

In June 2016, we held our Forum at the new Oldham Community Leisure Centre and the subject was 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 and management and services available nationally and at a local level.

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

3. Methodology

Healthwatch Oldham created a specific survey with regards to diabetes which people who attended the event completed.

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

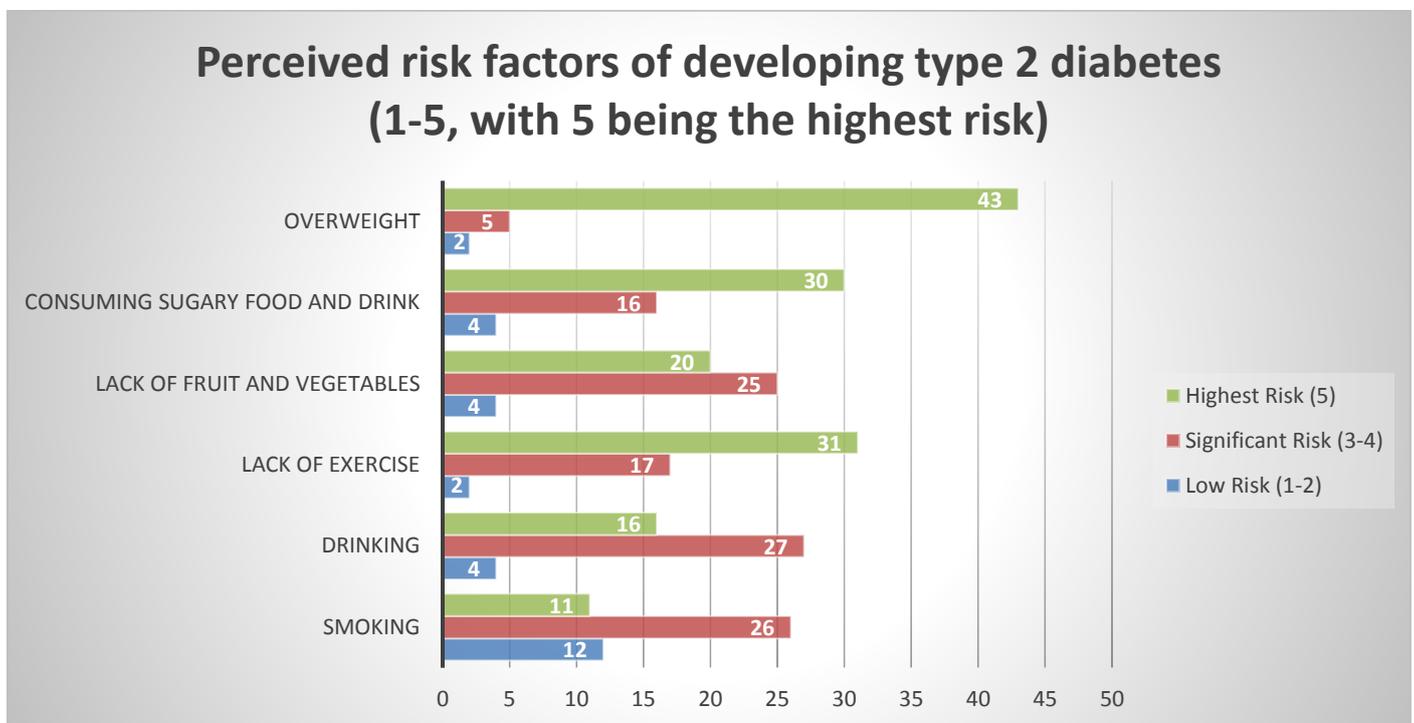
We have summarised each section of the questionnaire to explain the key findings. From Section 5 you can find analysis on each individual question asked.

Diagnosis

- Nearly half of the people who attended this Forum stated that they had diabetes.
- The most common type of diabetes from those that attended was type 2 diabetes.
- Nearly a third 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:

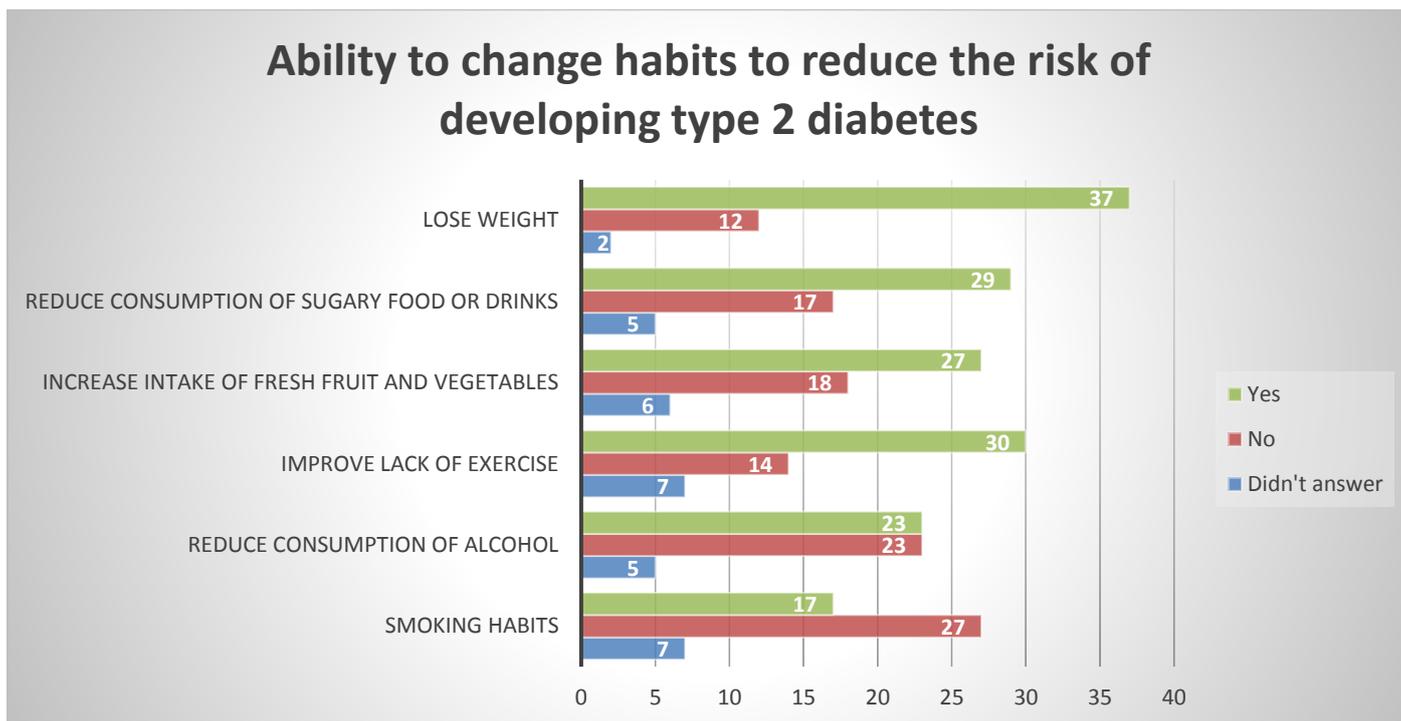


It's clear that people feel that being overweight, consuming sugary food and drink and a lack of exercise are the highest risks of developing type 2 diabetes.

The chart on the next page looks at people's ability to change to reduce their risk of developing type 2 diabetes. There seems to be a strong relationship between people's perceived risks of developing type 2 diabetes and the habits they can change to help reduce that risk.

Ability to change

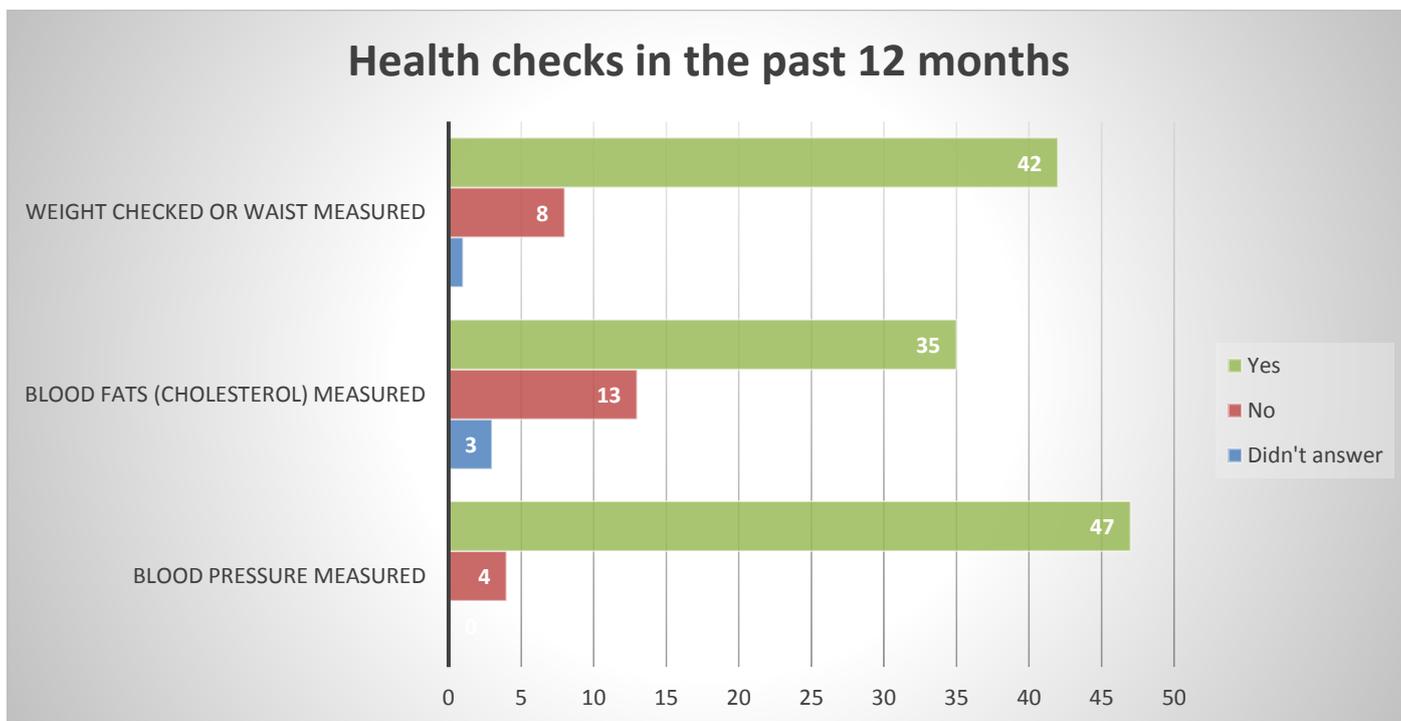
People were asked whether they think they can change these habits to reduce their risk of developing type 2 diabetes. Below were the overall findings:



The most common response was that people felt they could change most of their habits apart from smoking and reducing their alcohol consumption. This will be considered later within this report.

Health Checks

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

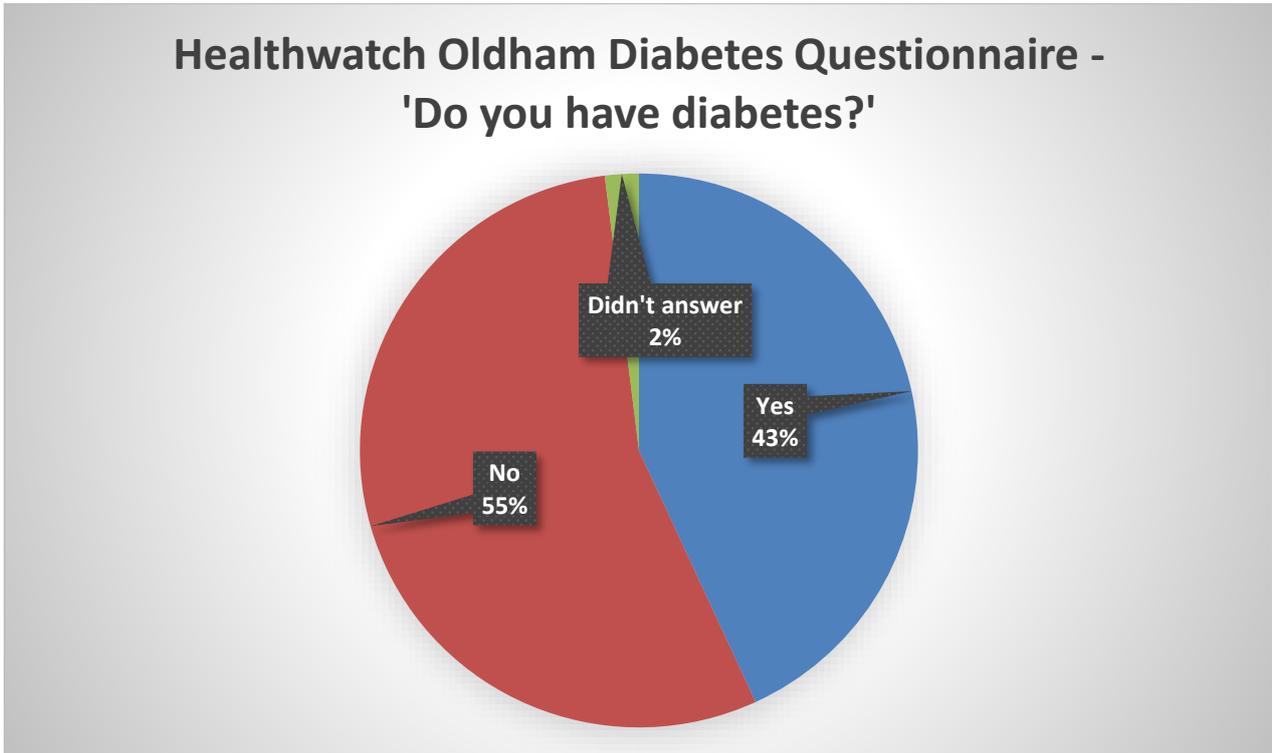


Most people that attended the forum had stated that they had received all three health checks in the past 12 months. Just over half of those in attendance also stated that they were above their ideal weight.

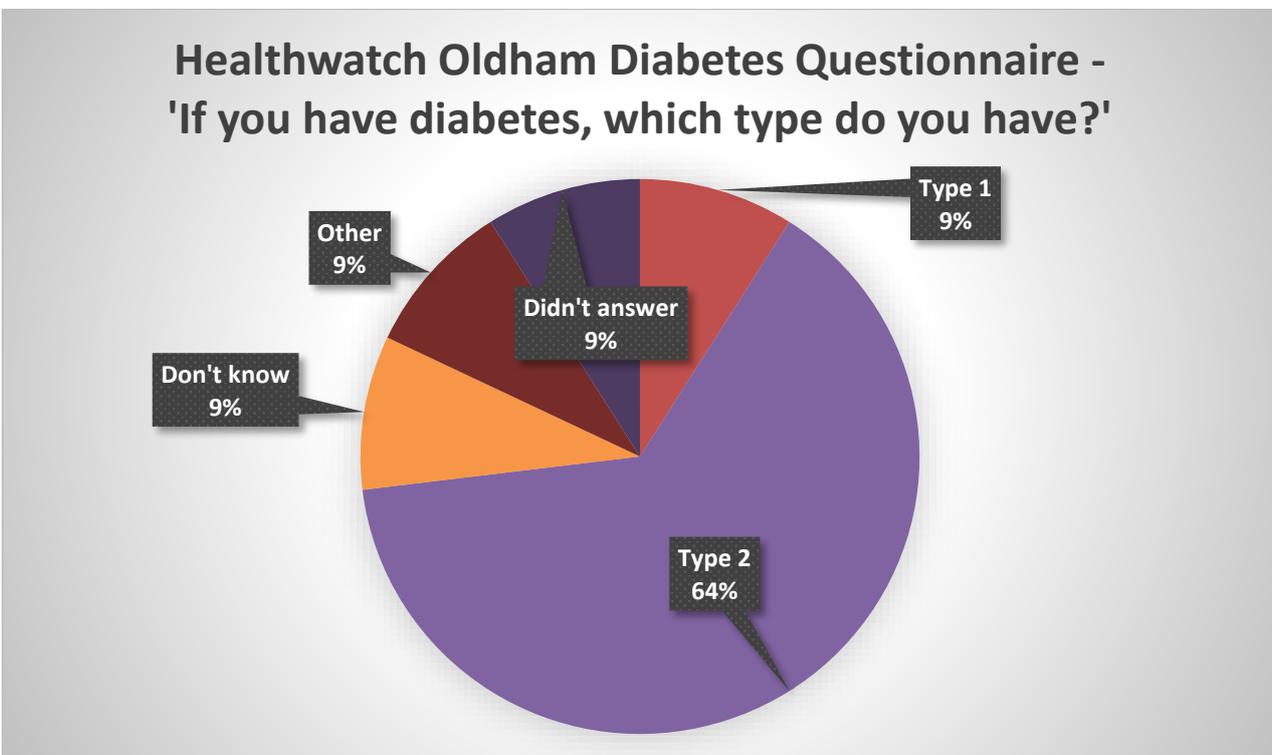
5. Response to individual questions

a. Diagnosis

There were 51 diabetes questionnaires completed at the type 2 diabetes Awareness and Prevention Forum. This section focuses on the questions relating to people's diagnosis of type 2 diabetes:



When asked if people had diabetes, the findings show the results to be very close. The largest percentage were people who stated that they didn't have diabetes which was 55% (22 people) with only 2% (1 person) choosing not to answer this question.



Of the 43% which stated they had diabetes, the most common was Type 2 at 64% (15 people). Only 9% (2 people) stated that they had been diagnosed with Type 1 diabetes. 9% (2 people) decided not to answer this question.

Healthwatch Oldham Diabetes Questionnaire - 'If you don't have diabetes, do you know or care for someone who does have diabetes?'

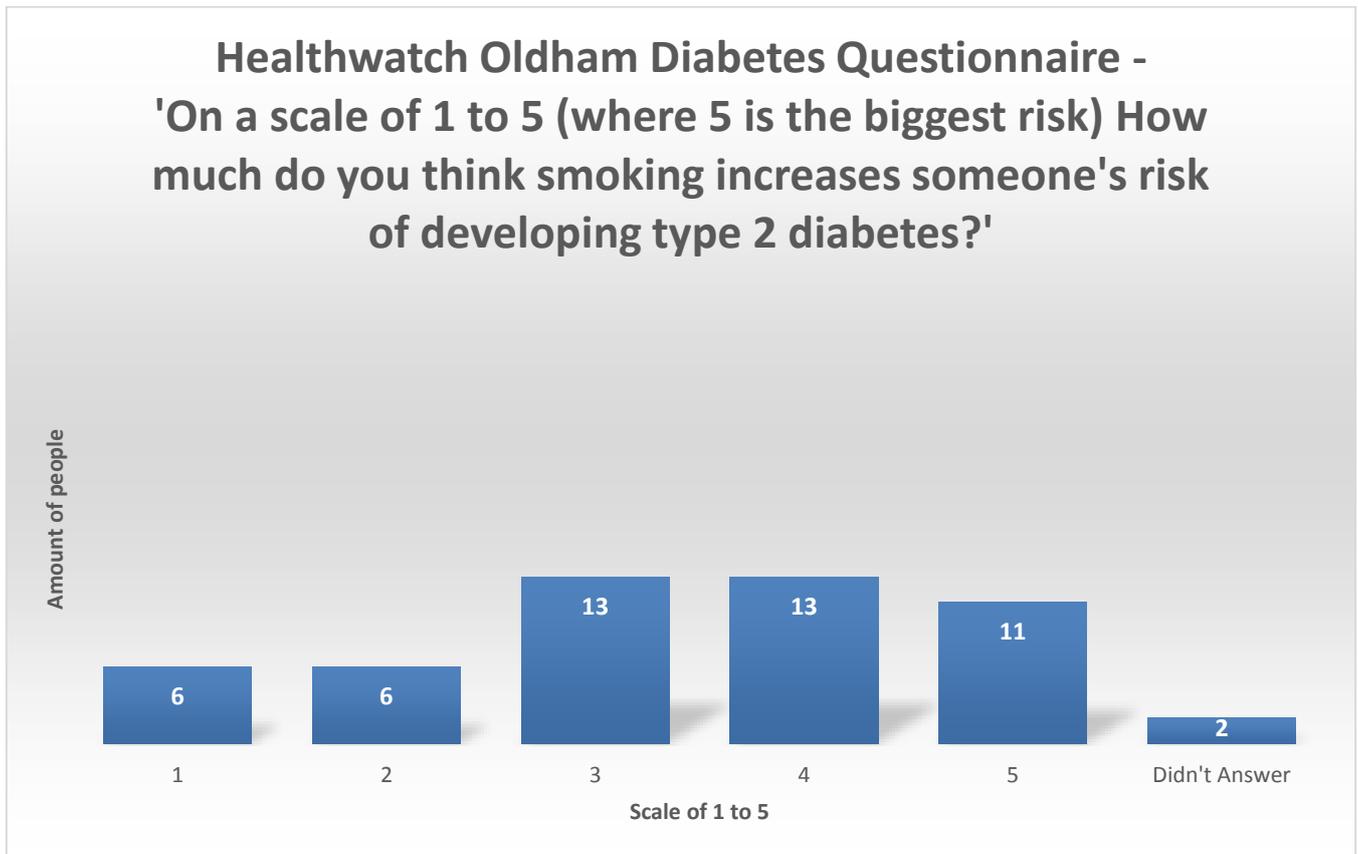


Of the 55% which stated that they didn't have diabetes 36 % (10 people) knew or cared for someone who does have diabetes compared to the 46% (13 people) which didn't know or care for someone with diabetes. 18% (5 people) chose not to answer this question.

It is also worth noting that there was one person who stated that they had type 2 diabetes as well as knowing or caring for someone else who had also been diagnosed with a form of diabetes.

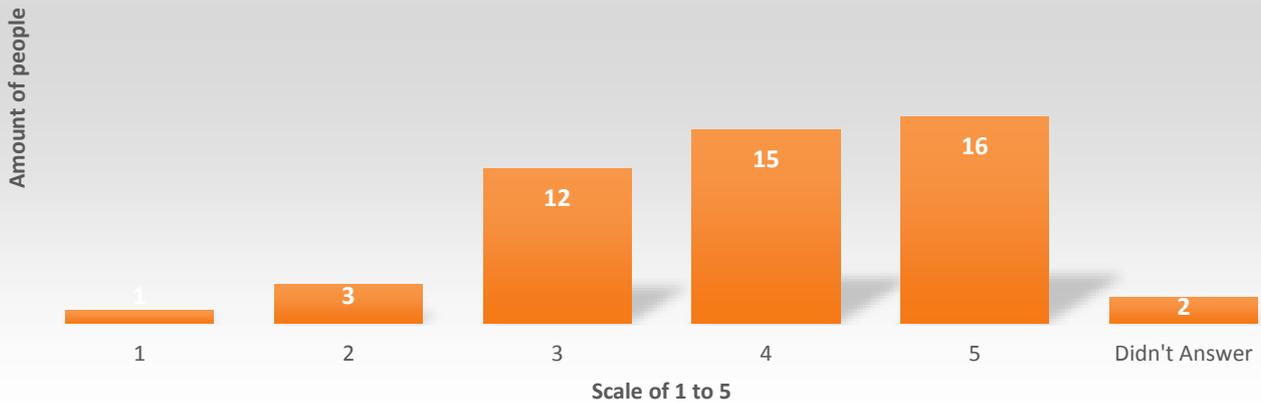
b. Risk factors

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:



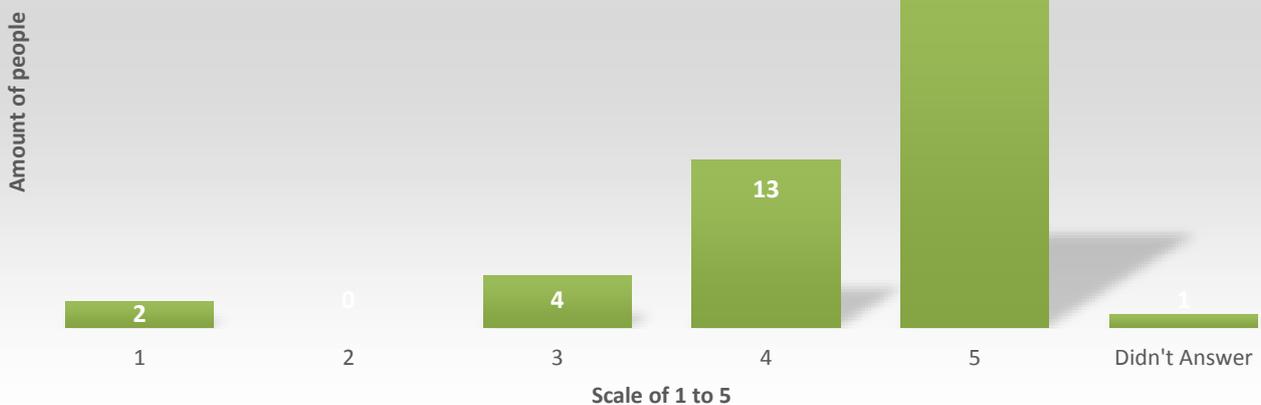
All five scales were selected in this question. The most common answers were 3,4 and 5. The responses with the highest amount of answers were scales 3 and 4 which received 13 answers each. This would suggest that those who completed a questionnaire felt smoking is a risk to developing type 2 diabetes.

**Healthwatch Oldham Diabetes Questionnaire -
'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 type 2 diabetes?'**



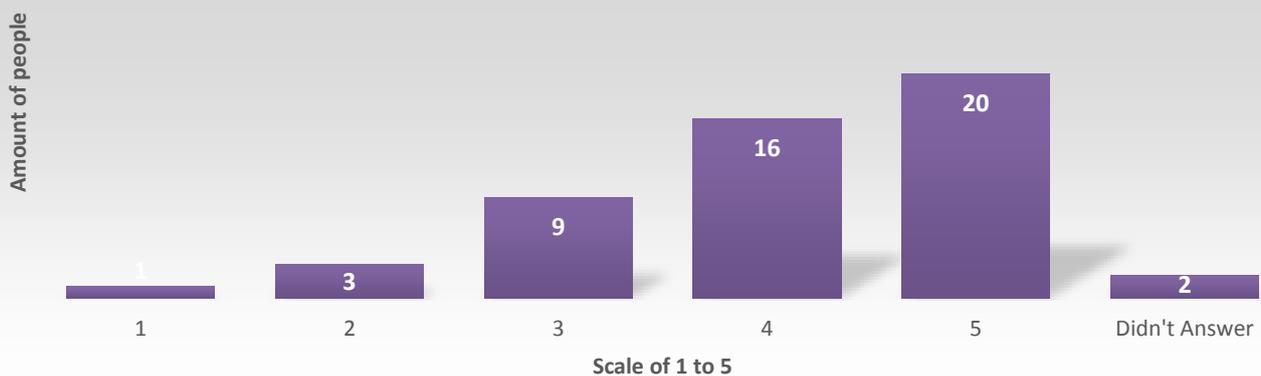
Within this question, all five scales were selected and like the previous smoking question the three most common answers were 3,4 and 5. Scales 4 and 5 received 15 and 16 answers respectively which suggests that most people who completed this questionnaire feel that drinking alcohol increases your risk of developing type 2 diabetes.

**Healthwatch Oldham Diabetes Questionnaire -
'On a scale of 1 to 5 (where 5 is the biggest risk) How
much do you think lack of exercise increases
someone's risk of developing type 2 diabetes?'**



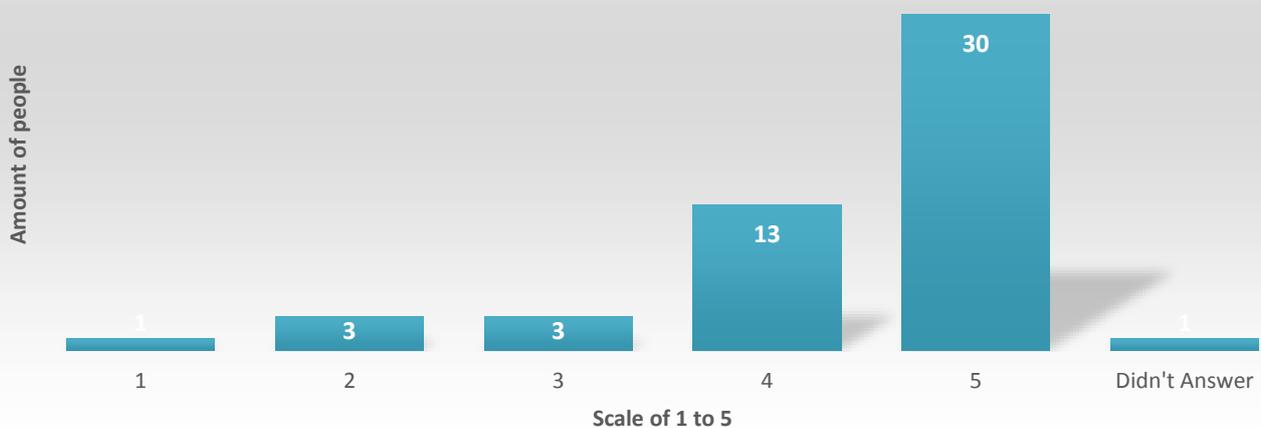
Within this question, the most common answer was scale 5 with 31 answers. This would suggest that of those who completed the questionnaire most feel that a lack of exercise largely increases risk of developing type 2 diabetes.

Healthwatch Oldham Diabetes Questionnaire - 'On a scale of 1 to 5 (where 5 is the biggest risk) How much do you think not eating fresh fruit and vegetables increases someone's risk of developing type 2 diabetes?'



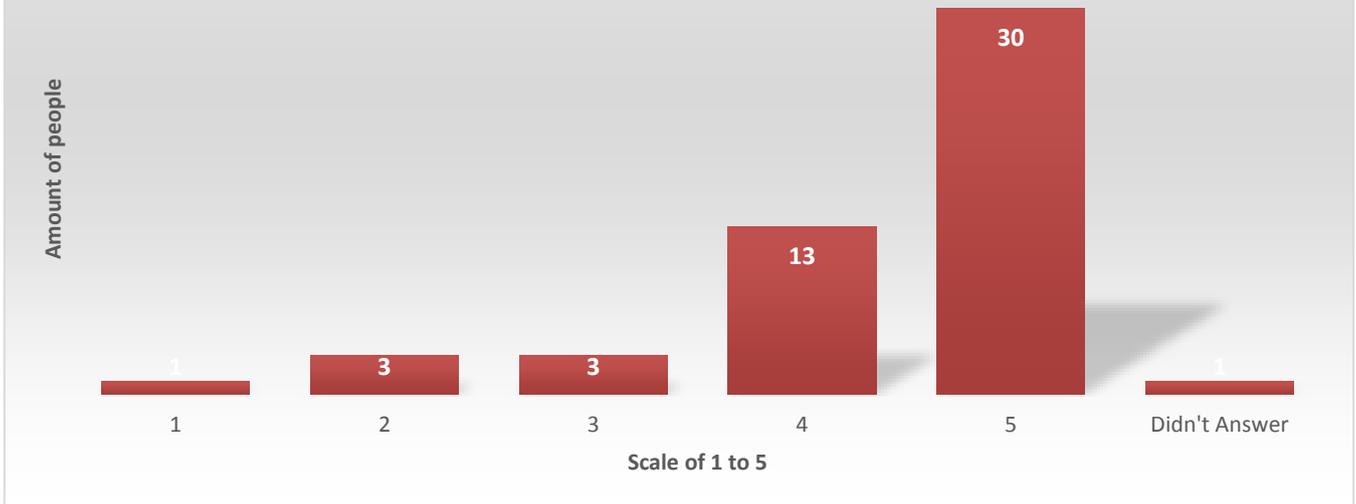
Within this question, all five scales were selected. However, the two highest selected answers were 4 and 5 with only a difference of 4 responses and the highest being scale 5 with 20 answers. This would suggest that those that completed the questionnaire feel that not eating enough fresh fruit and vegetables is a risk of developing type 2 diabetes.

Healthwatch Oldham Diabetes Questionnaire - '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 type 2 diabetes?'



Within this question, all five scales were selected. However, the highest scored answer was scale 5 with 30 responses. This would suggest that those who completed this questionnaire feel that consuming sugary food and drink largely increases the risk of developing type 2 diabetes.

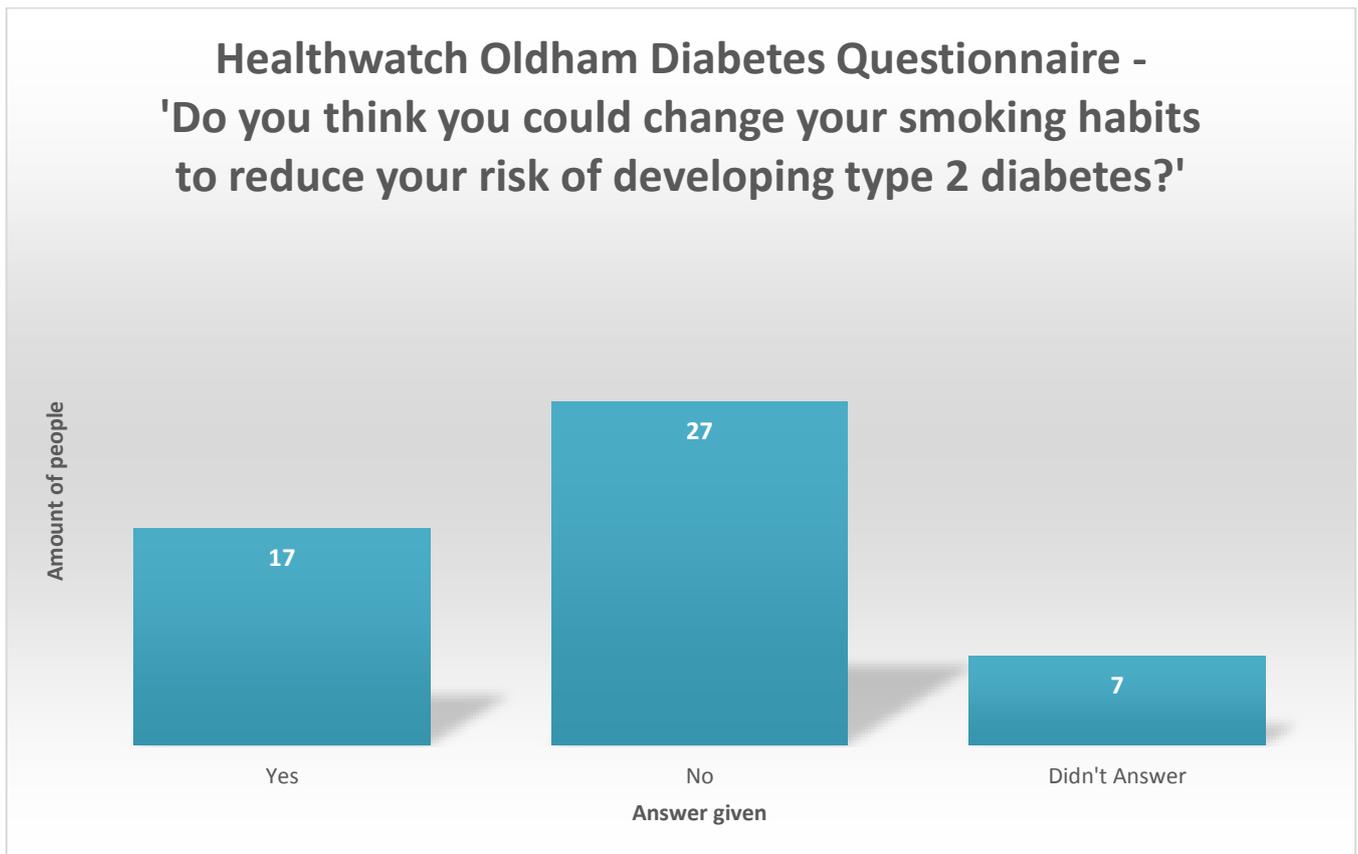
**Healthwatch Oldham Diabetes Questionnaire -
'On a scale of 1 to 5 (where 5 is the biggest risk) How
much do you think being overweight increases
someone's risk of developing type 2 diabetes?'**



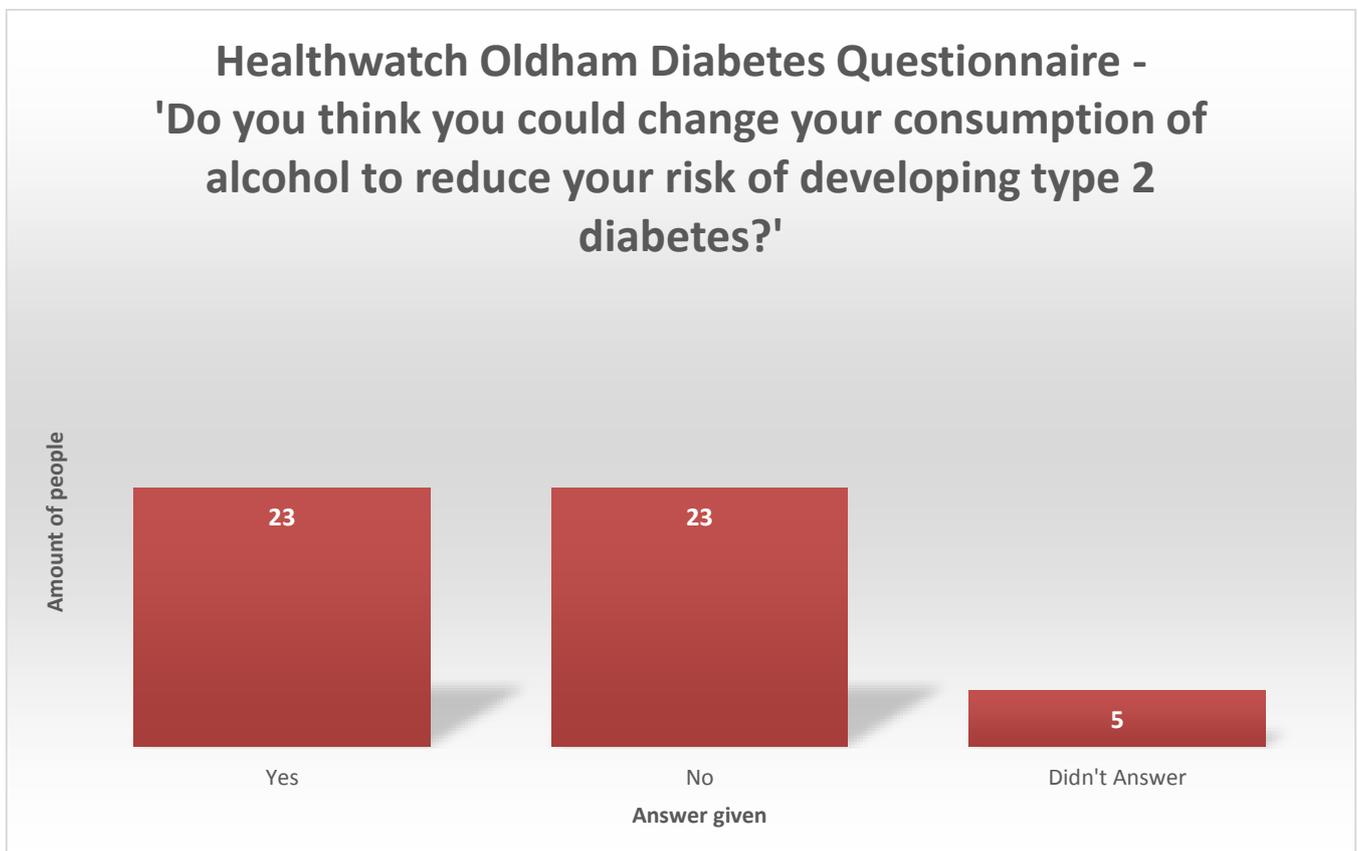
Within this question, all five scales were selected. However, the highest selected answer was scale 5 with 30 answers, which more than doubles the closest answer of 13 answers on scale 4. This would suggest that those that completed the questionnaire feel that being overweight carries a high risk of 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.

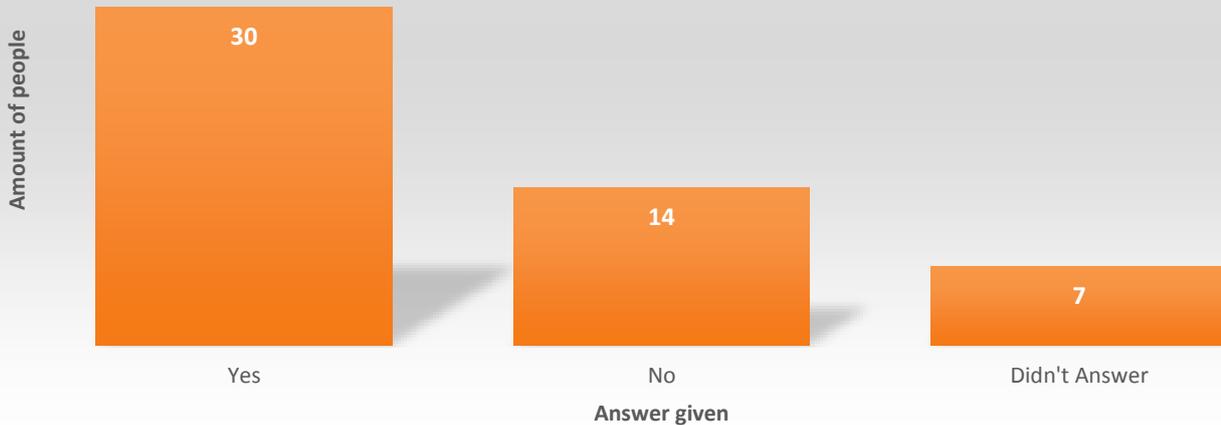


People were asked if they could change their smoking habits. 27 people stated they didn't think they could compared to the 17 who thought that they could. 7 people chose not to answer this question.



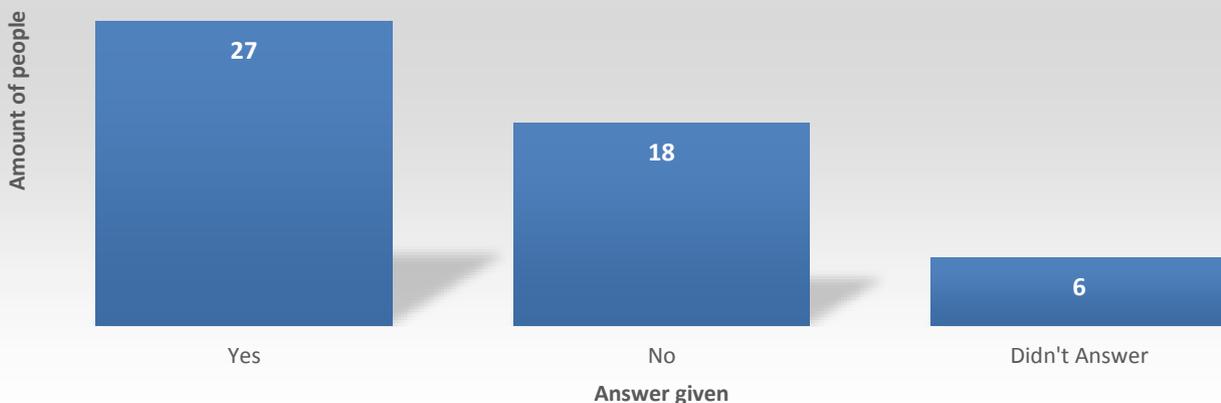
Of those that answered it was an equal percentage for those that felt they could and those that felt they couldn't with 23 answers for both yes and no. 5 people chose not to answer this question.

Healthwatch Oldham Diabetes Questionnaire - 'Do you think you could improve your lack of exercise to reduce your risk of developing type 2 diabetes?'



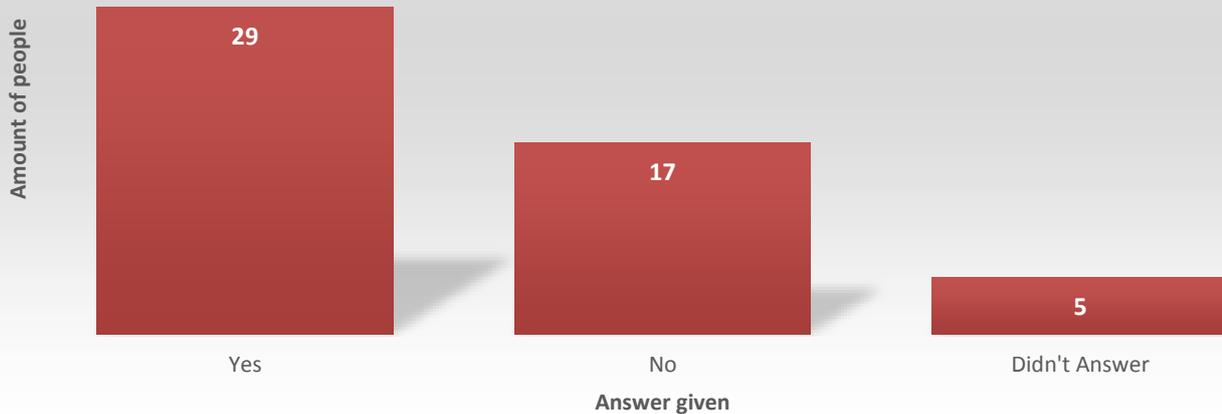
People were asked if they could increase their lack of exercise to reduce their chance of developing type 2 diabetes. 30 people stated that they could compared to 14 who felt that they couldn't. 7 people chose not to answer this question.

Healthwatch Oldham Diabetes Questionnaire - 'Do you think you could increase your fresh fruit and vegetables intake to reduce your risk of developing type 2 diabetes?'



People were asked if they could eat more fresh fruit and vegetables to reduce their chance of developing type 2 diabetes. 27 people stated that they could and 18 felt that they couldn't. 6 people chose not to answer this question.

Healthwatch Oldham Diabetes Questionnaire - 'Do you think you could reduce your consumption of sugary food and drink to decrease your risk of developing type 2 diabetes?'



People were asked if they could reduce their sugary food and drink intake to reduce their chance of developing type 2 diabetes. 29 people stated that they could and 17 people felt that they couldn't. 5 people chose not to answer this question.

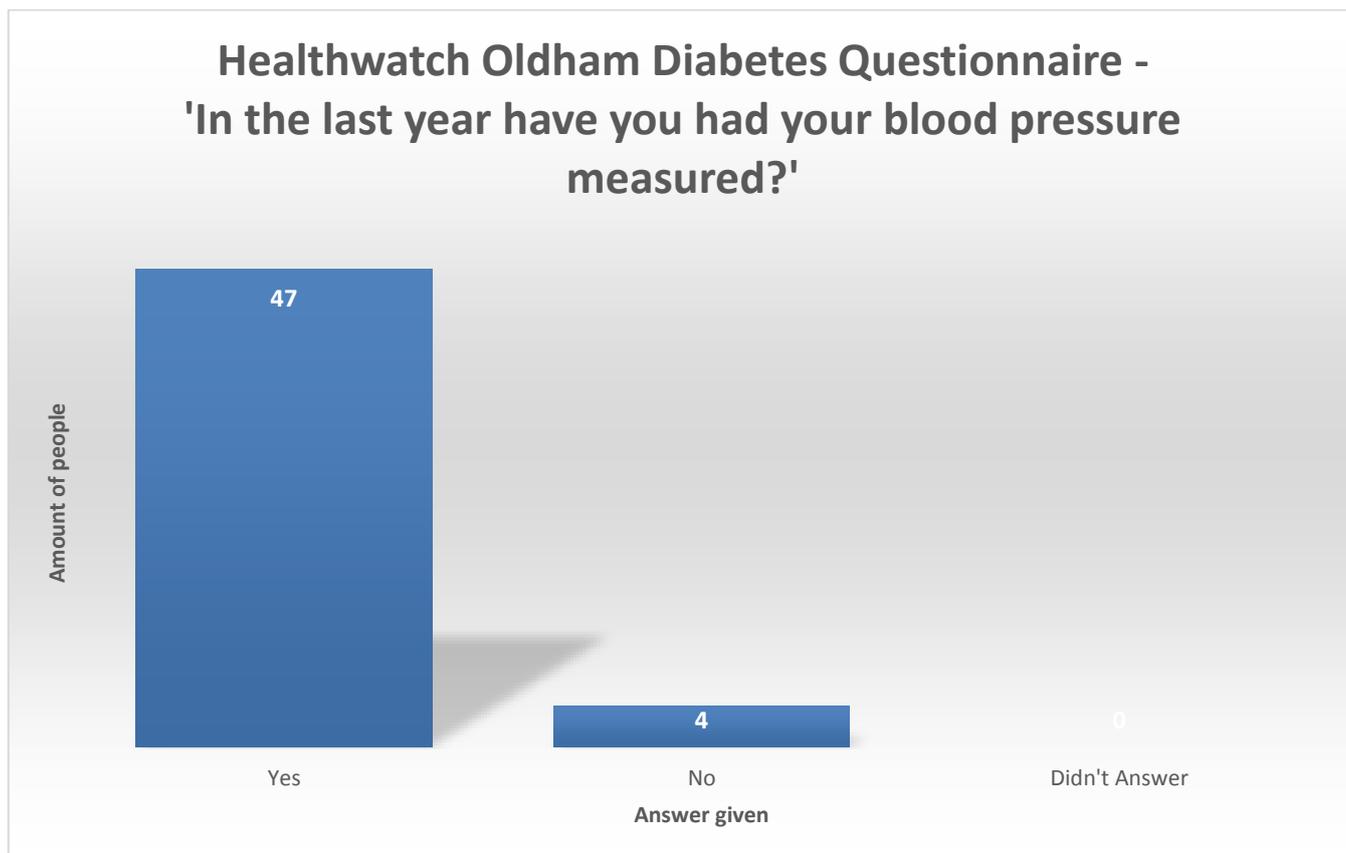
Healthwatch Oldham Diabetes Questionnaire - 'Do you think you could lose weight to reduce your risk of developing type 2 diabetes?'



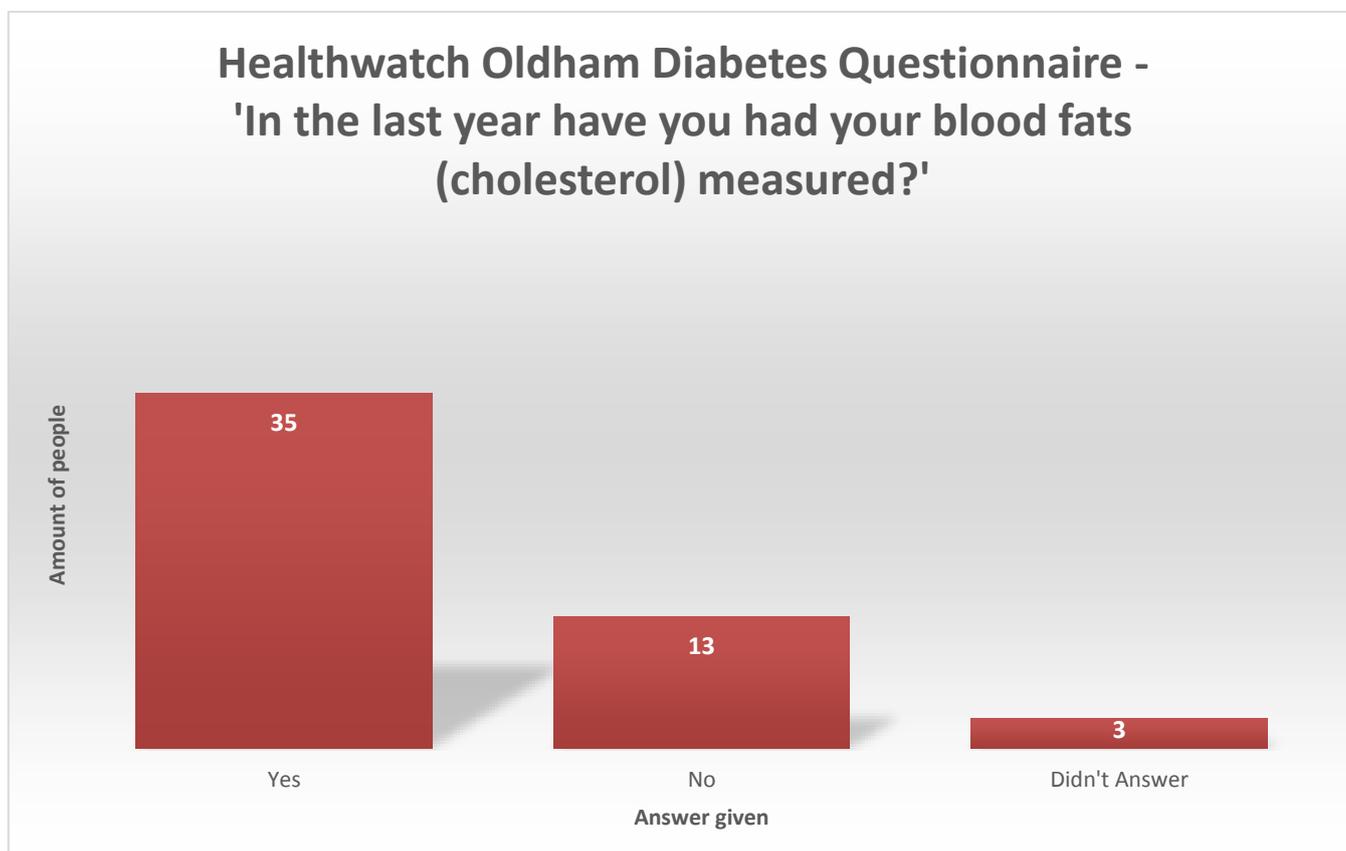
People were asked if they could lose weight to try and reduce their risk of developing type 2 diabetes. 37 people stated that they think they could improve their weight and 12 people felt that they couldn't. 2 people chose not to answer this question.

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:

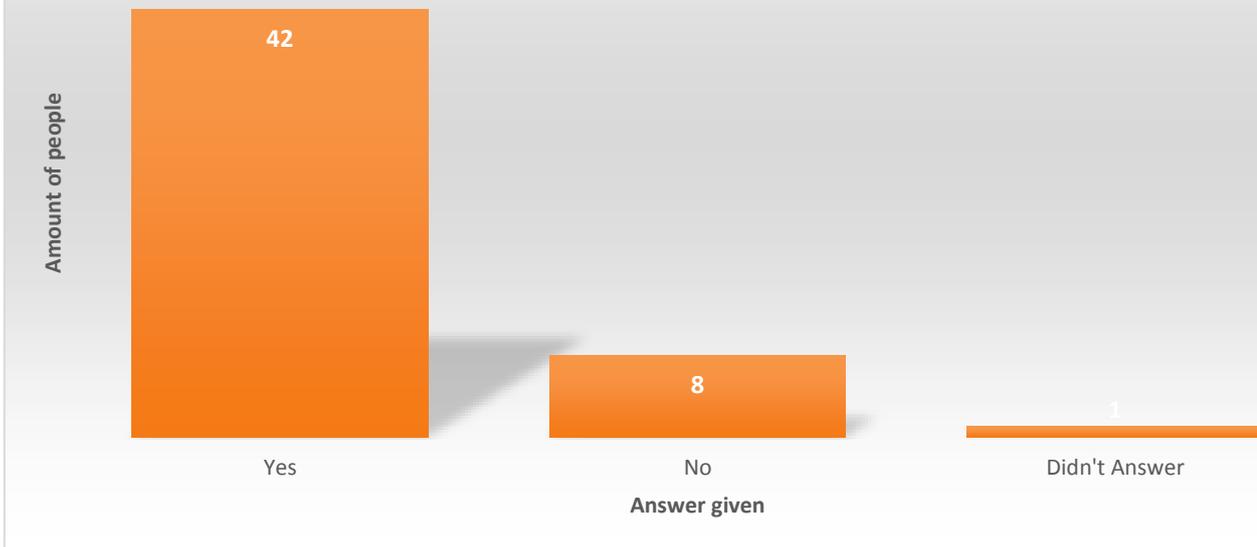


People were asked if they've had their blood pressure measured in the past year. 47 people stated that they've had their blood pressure measured with only 4 people stating that they hadn't.



35 people stated that they've had their blood fats (cholesterol) measured compared with 13 who hadn't. 3 chose not to answer this question.

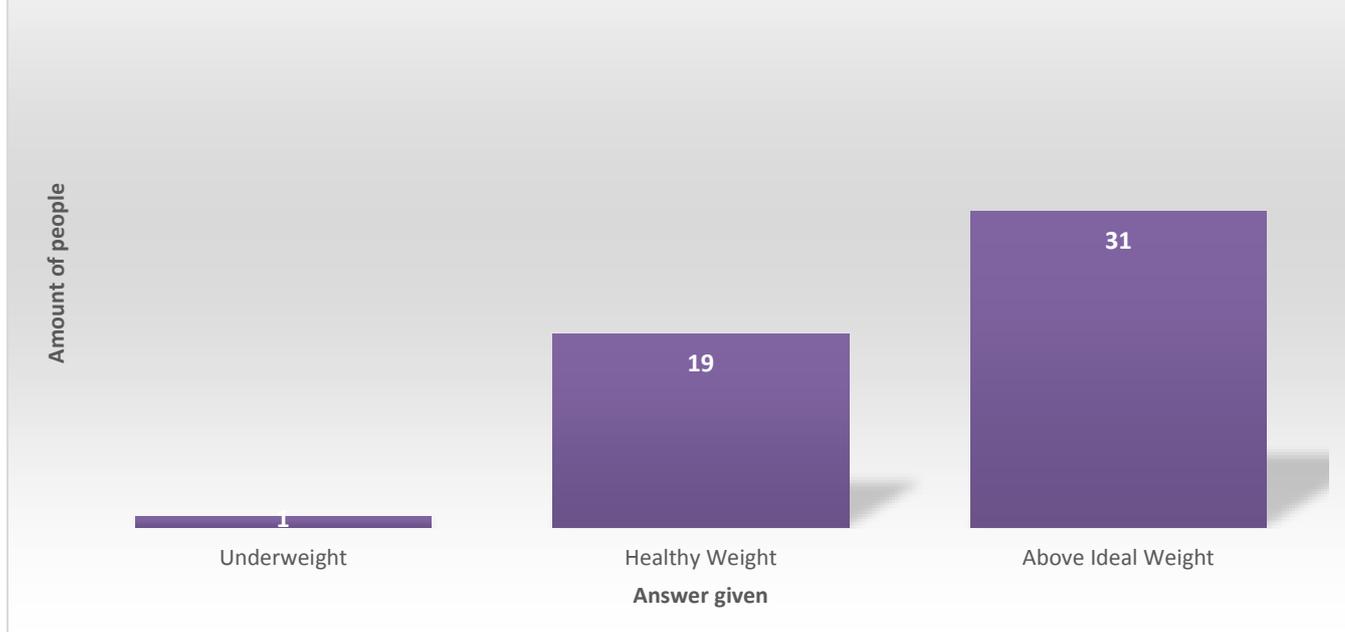
Healthwatch Oldham Diabetes Questionnaire - 'In the last year have you had your weight checked or waist measured?'



People were asked if they've had their weight checked or waist measured in the past year. 42 people stated that they had and 8 people stated that they hadn't. 1 person chose not to answer this question.

Our final question asked how people would assess their own weight:

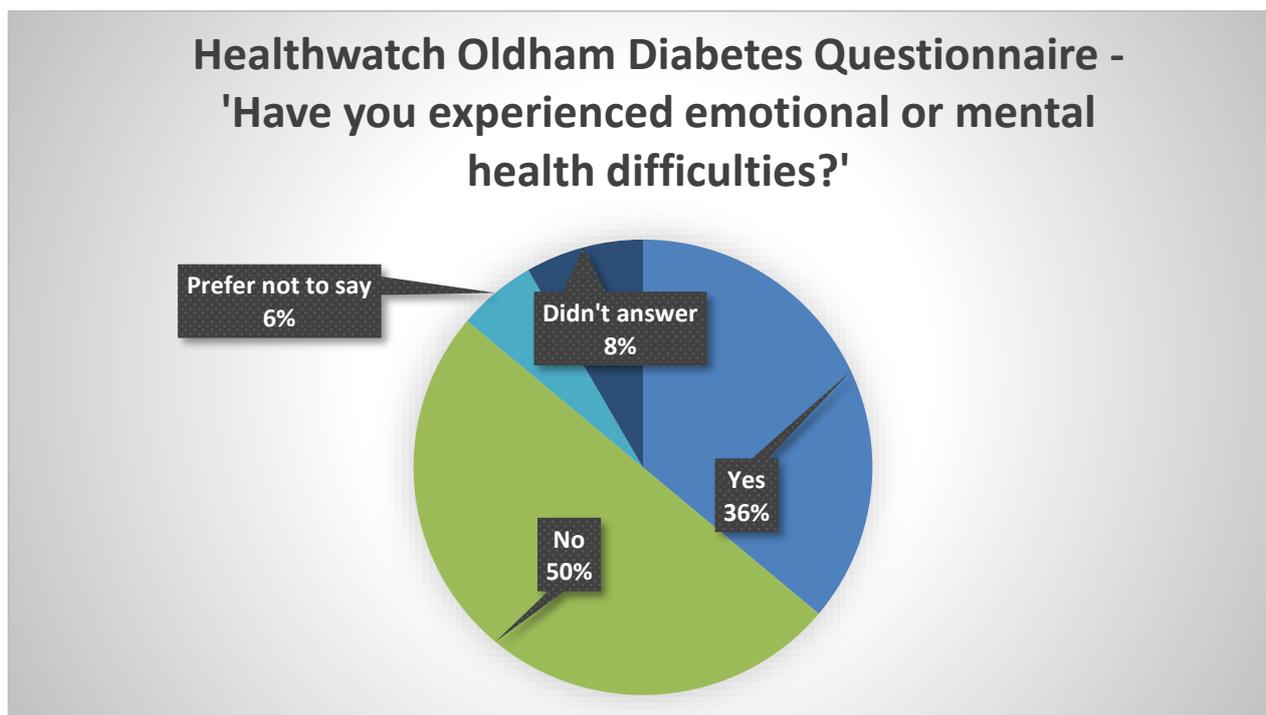
Healthwatch Oldham Diabetes Questionnaire - 'Would you describe yourself as Underweight, Healthy Weight or Above Ideal Weight'



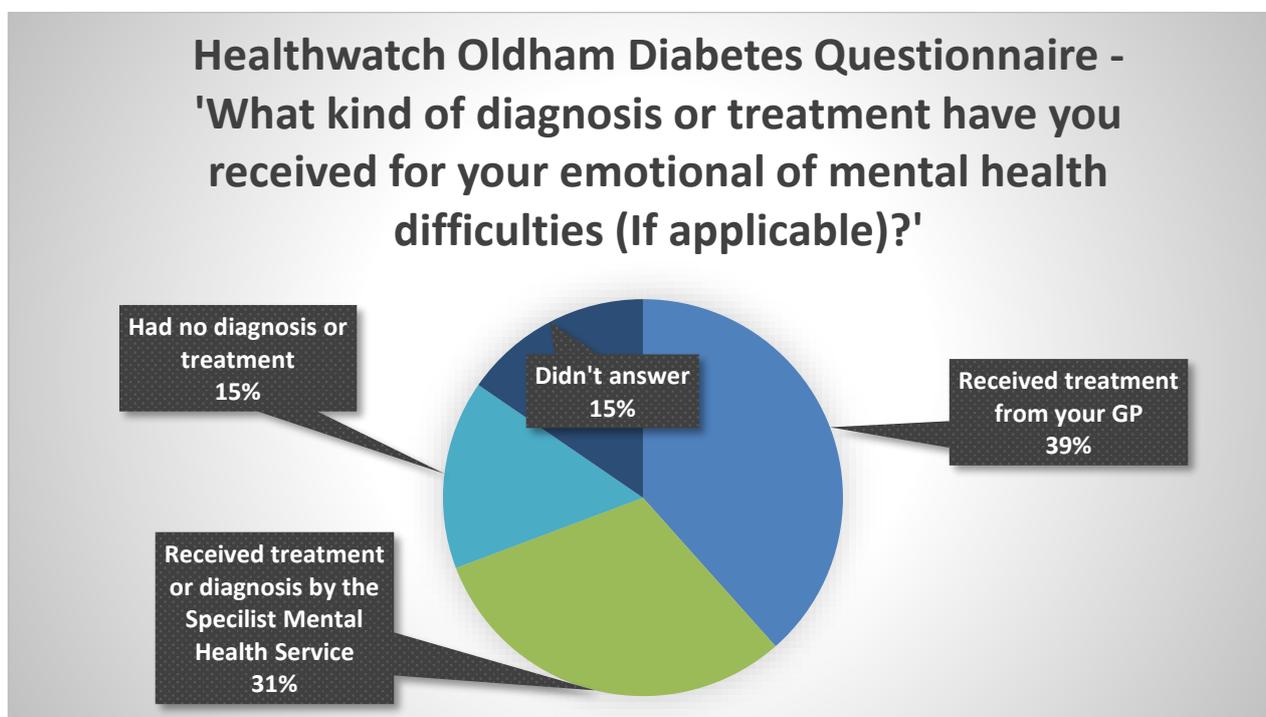
31 people stated that they would class themselves as 'above ideal weight' compared to 19 people who chose 'healthy weight' as their option. 1 person selected 'underweight'. This would suggest that most people feel they are above their ideal weight.

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:



50% (18 people) stated that they had not experienced emotional or mental health difficulties and 36% (12 people) stated that they had. A small amount stated that they preferred not to answer or chose not to answer the question.



For those that stated that they had experienced an emotional or mental health difficulty, we asked people what kind of diagnosis or treatment they have received. 39% (5 people) had received treatment from their GP, 31% (4 people) had received treatment by the Specialist Mental Health Service, 15% (2 people) had no diagnosis or treatment and 15% (2 people) chose not to answer this question.

5. Conclusion

Based on the above findings, it's evident that in the main, people are aware of how they can reduce the risk of developing type 2 diabetes. The most common variation of diabetes declared by people on the questionnaire was type 2.

When asked if they could improve their habits, people commonly stated that they could improve their levels of exercise, reduce their weight, and eat less sugary food and drink. However, most people answered that they didn't feel they could change their smoking habits. When asked if they could reduce their consumption of alcohol, there was an equal proportion of people who said that they could, to those that stated couldn't. We did not ask about people's current smoking and drinking levels so the results are unclear on these habits. These people may not smoke at all or they drink within the government guidelines.

Whilst a third of people who completed this questionnaire stated that they were at a healthy weight, the most common reflection was that people felt 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, the two lifestyle factors that people felt they couldn't make changes in were smoking and alcohol consumption. This might be because they are a non-smoker, drink moderately, don't consume alcohol or they may feel that they have/or might be starting with a dependency to these substances. There is also a possibility that people do not wish to change their smoking or alcohol consumption.

Below is a case study which highlights some of the above findings and provides an example of the beneficial information that is available from other service providers at all of the Healthwatch Oldham Forums.

6. Case Study - J's Story

J was diagnosed with Diabetes in May 2015. In May 2016 she was reassessed at her new GP Practice and was told that the results showed that she was pre-diabetic and was taken off the medication and advised to control it with diet and a healthier lifestyle.

J was unsure on what was best to do, she booked a place at this Healthwatch Oldham Forum on Type 2 Diabetes Prevention and Awareness. At this Forum, she spoke to the Community Diabetes Team who provided her with up to date information regarding healthy eating. She also found out about other services that were available to her and found the information provided at the Forum interesting and useful.

J six months later went for a type 2 diabetes check-up and has lost a total of 5 stone in weight over a 1 year period. She has now been told that her results show that she is no longer registering as having type 2 diabetes and that the lifestyle improvements she has made have significantly improved her health.

J has done so well and has been so determined in making these significant lifestyle changes, and says the information and knowledge acquired at the Healthwatch Oldham Forum was invaluable on her ongoing journey to lead a healthier life.

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 continue to ensure that information on support services for alcohol and smoking dependencies are available for people to see and encourage people to get involved where possible.
- 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.
- 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.
- 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.

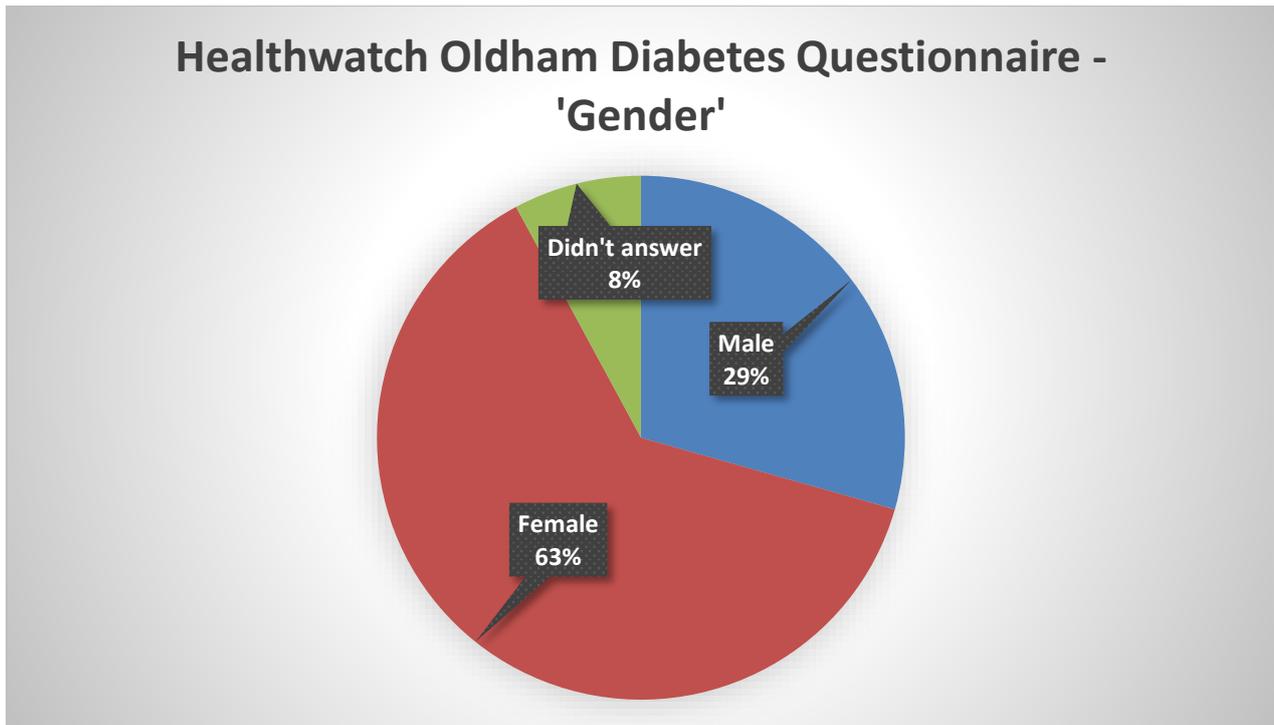
On reflection, Healthwatch Oldham will ensure that any future questionnaires (on a similar subject to this) will include more specific questions regarding alcohol and smoking to better understand people's feelings on these substances.

Appendix 1 - Diabetes Forum Survey Questions

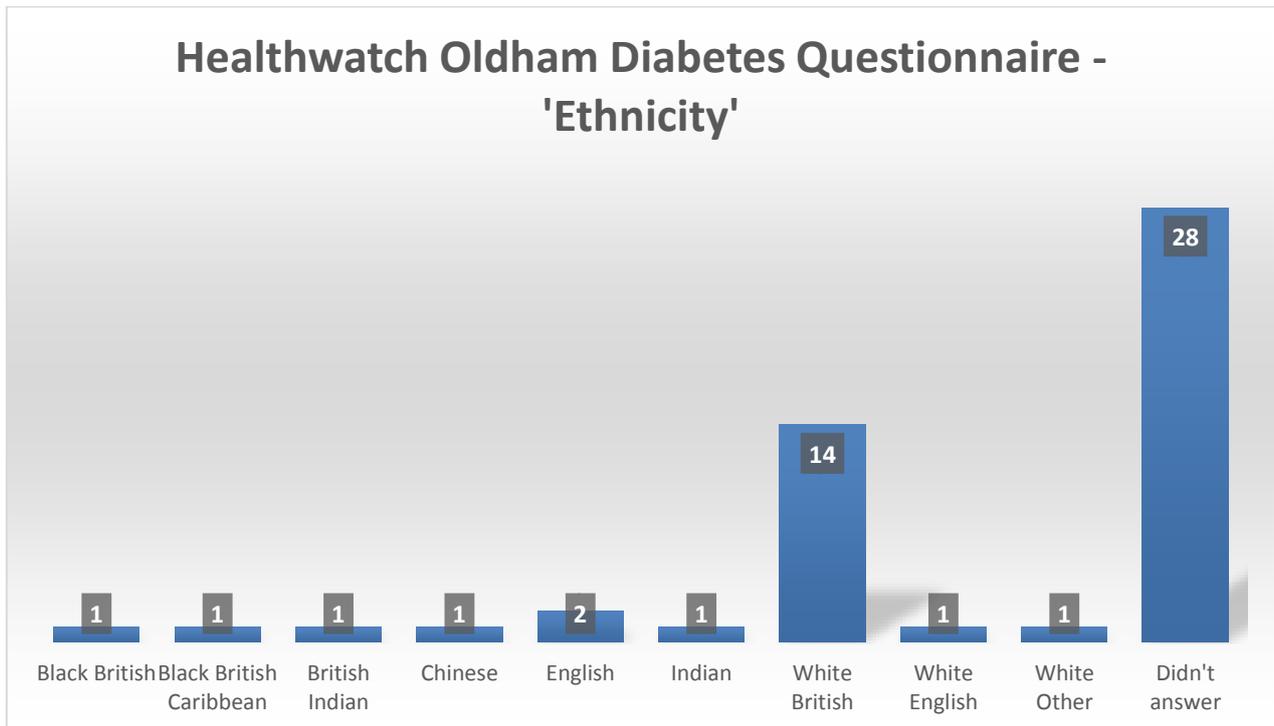
The following questions were asked in this diabetes specific survey:

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

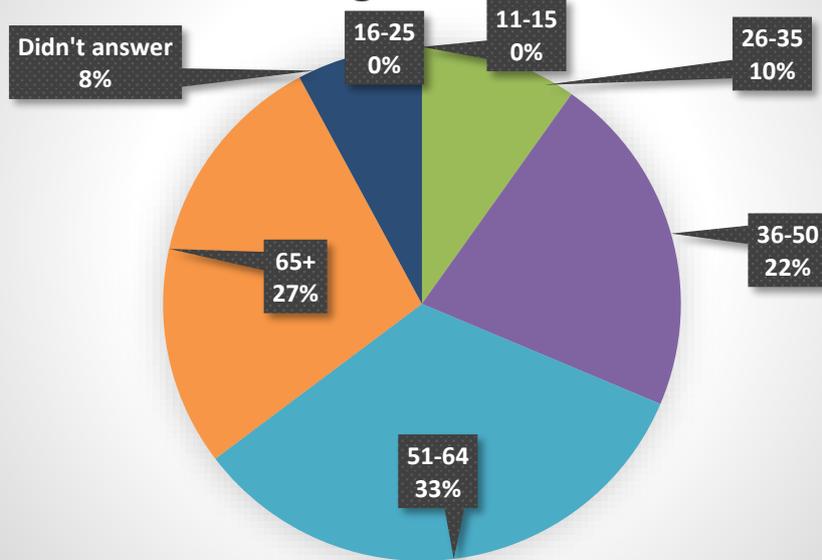


There is a larger percentage of female (32 people) than male (15 people) who completed this questionnaire with a 34% (17 people) difference. 8% (4 people) did not answer this question.



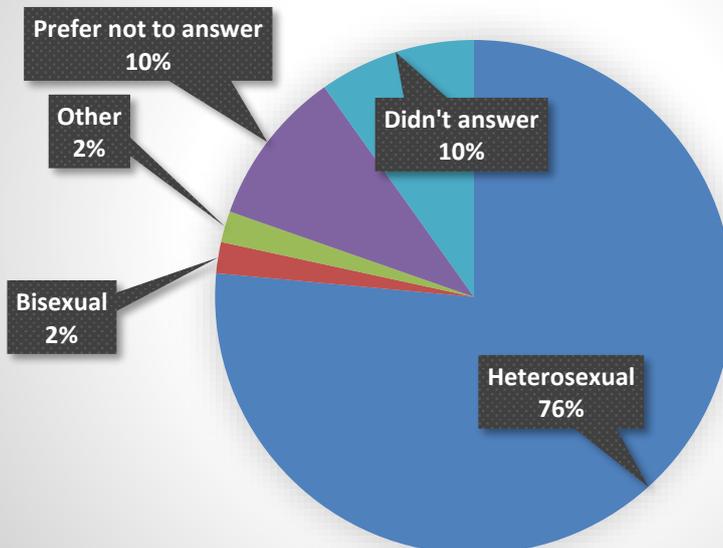
The most common answer provided for this question was 'White British' with 14 people. However, 28 people chose not to answer this question. This question allowed for people to declare their own ethnicity. Therefore, you have a few similar responses in 'White' and 'White English'.

Healthwatch Oldham Diabetes Questionnaire - 'Age Groups'



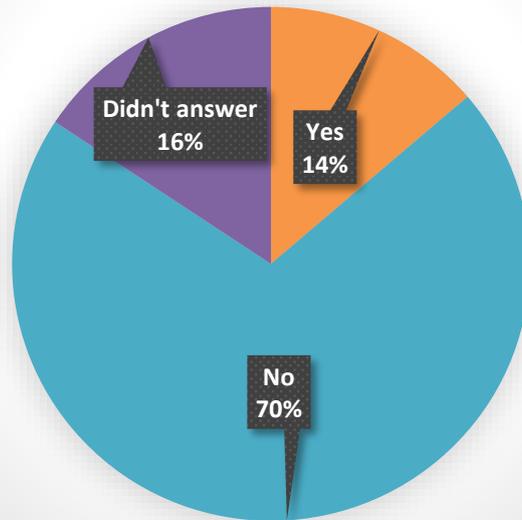
The largest proportion was the age bracket '51-64' with 33% (17 people). '11-15' and '16-25' age groups had no representation and 8% (4 people) chose not to answer this question.

Healthwatch Oldham Diabetes Questionnaire - 'Sexual Orientation'



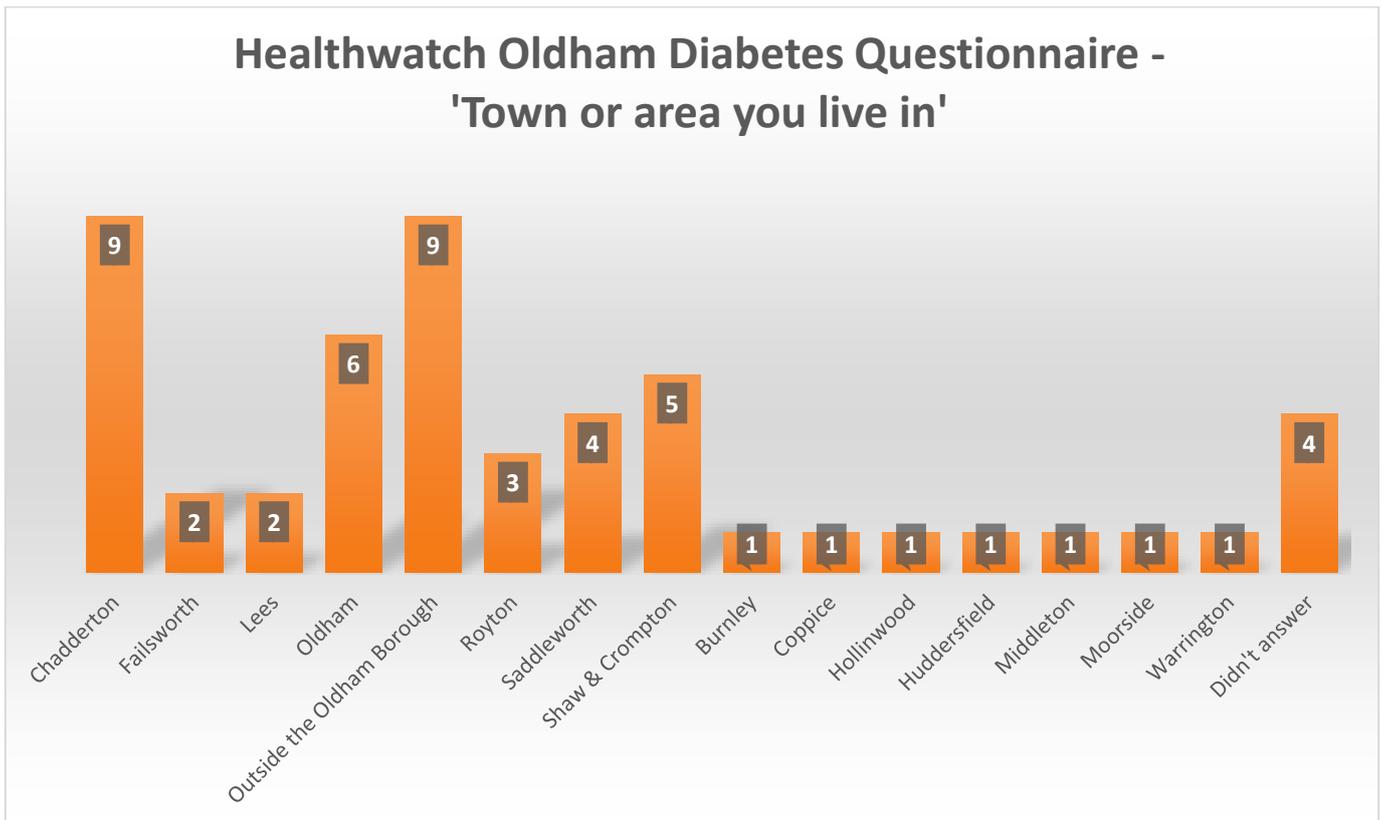
76% (39 people) declared on this questionnaire that they were heterosexual. There were 20% (10 people) who did not answer this question or stated that they preferred not to answer.

Healthwatch Oldham Diabetes Questionnaire - 'Are you a disabled person?'



70% (36 people) stated on this questionnaire that they were not a disabled person. 14% (7 people) stated that they were and 16% (8 people) didn't answer this question.

Healthwatch Oldham Diabetes Questionnaire - 'Town or area you live in'



Most areas within Oldham had representation within this questionnaire including people who live in neighbouring towns. The most common area within Oldham that people live in is Chadderton with 9 people. There was 6 people who stated that they live in Oldham but didn't state a specific location. There was a large amount who attended and live outside the Borough but didn't state a location.