



# Understanding my type 2 diabetes

Engagement 2013

Diabetes is a lifelong condition that causes a person's blood glucose level to become too high. In the UK, approximately three million people are affected by diabetes. There are also thought to be around 850,000 people with undiagnosed diabetes.

In some cases of type 2 diabetes, it may be possible to control symptoms by altering lifestyle choices, such as eating a healthy diet and taking exercise. The NHS in Leeds provides a structured education programme for people with type 2 diabetes called X-PERT. This programme supports people to make changes to their lifestyle, helping them control their blood glucose levels and reducing the risk of them developing complications.

Patients have told us that we could increase the number of people attending these courses by making some changes to the way we offer our programme. We want to develop an interesting, accessible and useful education package that will help you understand your condition and make healthy changes to your lifestyle. This survey asks people in NHS Leeds West Clinical Commissioning Group (CCG) with type 2 diabetes what information they need to help them manage their condition and how they want to receive this information.

**We value your views because they help us provide the services you need in the way you need them. Please take a couple of minutes to fill in this form and tell us what you think. You can also fill in this survey online here: <https://www.surveymonkey.com/s/9NGVTDB>**  
**This survey is confidential and you don't need to fill in your name.**

Name:

Tel:

Email:

Address:

Postcode:

GP Practice:

If you are interested in finding out more about our diabetes work, please tick the box below and fill in your contact details.

**I would like to find out more about diabetes work at NHS Leeds West CCG**

<b>1. Have you been offered a structured education programme for diabetes?</b>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<b>2. Have you attended a structured education programme for diabetes?</b>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<b>3. If you have <u>not</u> attended a programme please tell us what stopped you</b>		
<b>4. If you <u>did</u> attend, who referred you?</b>	GP <input type="checkbox"/>	Self <input type="checkbox"/>
		Hospital <input type="checkbox"/>

<b>5. What type of programmes would you be most likely to use (tick all that apply)</b>	Online <input type="checkbox"/>	Group <input type="checkbox"/>
	Drop-in <input type="checkbox"/>	Other (Please state) <input type="checkbox"/>

<b>6. Please tell us a bit more about your interest in online programmes</b>	
a) Would you need support to access an online course?	Yes <input type="checkbox"/> No <input type="checkbox"/>



**7. Please tell us a bit more about your interest in group and drop-in programmes**

a) Which days of the week would be most convenient to attend?	Mon <input type="radio"/>	Tues <input type="radio"/>	Wed <input type="radio"/>	Thu <input type="radio"/>	Fri <input type="radio"/>	Sat <input type="radio"/>
b) What times of the day would be most convenient to attend?	Morning <input type="radio"/>		Afternoon <input type="radio"/>		Evening <input type="radio"/>	
c) Where would you like to attend the group or drop-in	GP practice <input type="radio"/>		City centre <input type="radio"/>		Community <input type="radio"/>	
	Other (please state) <input type="text"/>					
d) Who would you like to facilitate the group or drop-in?	Nurse <input type="radio"/>		Doctor <input type="radio"/>		Dietitian <input type="radio"/>	
	Patient <input type="radio"/>		Other healthcare professional (please state) <input type="text"/>			

**8. Would you prefer a course that allows you to attend only the sessions which interest you, rather than every session?**

Yes  No

**9. Which topics would interest you?**

Diet <input type="radio"/>	Food labelling <input type="radio"/>	Weight management <input type="radio"/>
Exercise <input type="radio"/>	Preparing a healthy meal <input type="radio"/>	Complications of diabetes <input type="radio"/>
All <input type="radio"/>	What is diabetes? <input type="radio"/>	Other <input type="radio"/>

**10. Is there anything else we could do to help you access this programme?**

Yes (please state)  No

**Please share any other thoughts you have about this project:**

**Filling in this section is optional, but it will help us get feedback from all the different communities in our area. All information is kept in strict confidence.**

Male <input type="checkbox"/>	Female <input type="checkbox"/>
Lesbian/gay woman <input type="checkbox"/>	Gay man <input type="checkbox"/>
Heterosexual/Straight <input type="checkbox"/>	Bisexual <input type="checkbox"/>
Under 16 <input type="checkbox"/>	17 – 24 <input type="checkbox"/>
35 – 44 <input type="checkbox"/>	45 – 54 <input type="checkbox"/>
65 – 74 <input type="checkbox"/>	75 – 84 <input type="checkbox"/>
White British <input type="checkbox"/>	White Irish <input type="checkbox"/>
Mixed White & Black Caribbean <input type="checkbox"/>	Mixed White & Black African <input type="checkbox"/>
Asian/Asian British Indian <input type="checkbox"/>	Asian/Asian British Pakistani <input type="checkbox"/>
Black/Black British Caribbean <input type="checkbox"/>	Black/Black British African <input type="checkbox"/>
Chinese <input type="checkbox"/>	Arab <input type="checkbox"/>
Gypsy or Irish traveller <input type="checkbox"/>	Mixed White and Asian <input type="checkbox"/>
Asian/Asian British Bangladeshi <input type="checkbox"/>	Other <input type="checkbox"/>

Please return this survey by **Friday 1<sup>st</sup> November 2013** to **Chris Bridle, FREEPOST RTEG-JRZR-CLZG, NHS Leeds West Clinical Commissioning Group, Suites 2-4, WIRA House, Ring Road, West Park, LEEDS LS16 6EB**. Your comments are confidential.

Thank you for taking the time to fill in this survey. We will share the results of this engagement in the next few months. If you would like to know the outcome and how you have influenced the decision we make please ensure you have filled in your details on the front of this form. Alternatively visit our website for regular updates. [www.leedswestccg.nhs.uk/getting-involved](http://www.leedswestccg.nhs.uk/getting-involved)