

Leeds Diabetes Survey



Tell Us What You Think

- There are currently 3.4 million people with Type 2 diabetes in England.
- One in six of all people in hospital have diabetes.
- There are approximately 44,000 people registered in Leeds with diabetes, with a further 32,000 at high risk of developing Type 2 diabetes.

What is Diabetes?

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

There are two main types of diabetes:

- Type 1 diabetes – where the body's immune system attacks and destroys the cells that produce insulin
- Type 2 diabetes – where the body doesn't produce enough insulin, or the body's cells don't react to insulin

While Type 1 diabetes cannot be prevented and is not linked to lifestyle, Type 2 diabetes is largely preventable through lifestyle changes. Type 2 diabetes is far more common than Type 1. In the UK, around 90% of all adults with diabetes have Type 2.

During pregnancy, some women have such high levels of blood glucose that their body is unable to produce enough insulin to absorb it all. This is known as gestational diabetes.

A small number of people will have other types of diabetes.

High risk of diabetes

Many more people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes. This is sometimes known as pre-diabetes. If your blood sugar level is above the normal range, your risk of developing diabetes is increased. A specific survey to get the views of people at high risk of diabetes, and their families/carers is being developed, and will form part of the overall diabetes strategy.

How can you get involved?

If you are interested in finding out more about our work on the Leeds Diabetes Strategy, please fill out your contact details below. The information you provide through this survey will feed into our Engagement Report which we will send you a copy of (due October 2018). Your details will be securely stored on our system, and will only be used to send updates relating to this specific project. You are able to unsubscribe from this at any time.

Name

Address

Email

Telephone

GP practice

All survey data is aggregated and anonymised and is reviewed in strictest confidence. Your survey response will not be anonymous if you choose to disclose personal information where it has not been asked of you.

You can find out more about wider changes to your local health services by joining the CCG Network. To find out more about the CCG Network please tick this box

The Current Picture

Most people would be shocked to know that around 22,000 people with diabetes die early every year. Type 2 diabetes is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, and stroke.

As well as the human cost, Type 2 diabetes treatment accounts for just under nine per cent of the annual NHS budget. This is around £8.8 billion a year.

There are currently five million people in England at high risk of developing Type 2 diabetes. If these trends persist, one in three people will be obese by 2034 and one in 10 will develop Type 2 diabetes.

What is happening in Leeds?

In Leeds, the NHS Leeds Clinical Commissioning Group (CCG) is working with a range of health and wellbeing partners to develop a Diabetes Strategy which will outline our plans to tackle diabetes in Leeds. The strategy will reflect national policy and build on existing good practice. The aim of the strategy is to improve outcomes; use our resources better and improve patient experience. As well as this survey focusing on individuals already diagnosed with diabetes, a specific survey is being developed to get the views of those at high risk of diabetes.

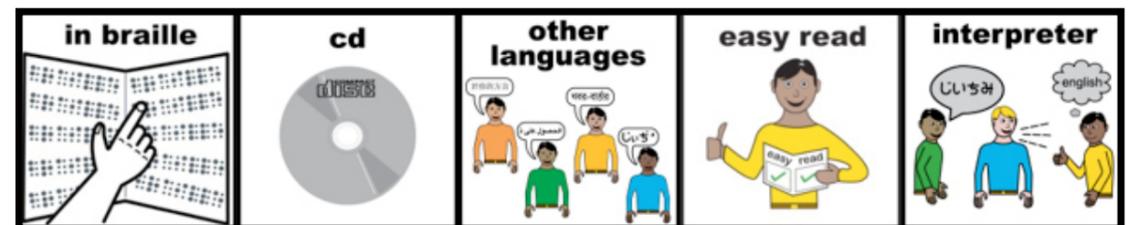
Responses to this survey will help inform the development of the Leeds Diabetes Strategy. You can also access this survey online at <https://smartsurvey.co.uk/s/leedsdiabetes2018>

How to fill out this survey

We are all at risk of developing diabetes. We want to hear from everyone; the wider public, people who have a diabetes diagnosis, their family members and those who care about them, and from the professional staff who deliver the services. Responses to the survey will feed into, and help to shape, future diabetes work in Leeds.

Please take some time to tell us what you think about diabetes.

If you have special communication needs or would like this information in another format or in a different language, please contact us or ask a carer or friend to contact us on 0113 8435457.



Please return this survey to the freepost address by **Friday 14 September 2018**:

Leeds Diabetes Survey, FREEPOST RTEG-JRZR-CLZG
NHS Leeds CCG, Suites 5-9, WIRA House, West Park Ring Road, Leeds LS16 6EB

If you have any questions about this engagement, please contact Caroline Mackay at caroline.mackay2@nhs.net or 0113 843 5457.

Leeds Diabetes Survey

For people with diabetes and those who know and care for them

Please tick which applies to you:

- I am filling out this survey as someone who has diabetes
- I am filling out this survey as someone who knows or cares for a person with diabetes

Please note: throughout this document, instead of saying "you / the person you care for", we will often refer to the person who has diabetes or "this person".

1. What type of diabetes has this person been diagnosed with?

- Type 1 diabetes
- Type 2 diabetes
- Gestational diabetes
- Unsure
- Other (please specify)

2. How long is it since this person received their diagnosis?

- Less than a year
- 1 - 2 years ago
- 2 - 5 years ago
- 5 - 10 years ago
- More than 10 years ago

3. How did this person find out they had diabetes?

- Via their GP
- During pregnancy
- Via their Practice Nurse
- When receiving healthcare treatment in hospital
- A&E admission
- Other (please explain)

4. What diabetes services does this person use? (Please tick all that apply)

- Community Diabetes Service
- Hospital based outpatient services
- Structured education classes
- One You Leeds
- Foot protection service
- Hospital based inpatient services
- Diabetic Retinopathy (eye) screening
- Regular GP Reviews/appointments
- Other (please explain)

5. Does this person have another long-term condition in addition to the diabetes? E.g. COPD, dementia, serious mental illness? Please include all that apply.

6. What do you like best about the diabetes services (what works really well)?

7. What doesn't work so well (what could be improved)?

**8. What advice and support would help this person manage their diabetes?
(Please tick all that apply)**

- | | |
|--|---|
| <input type="checkbox"/> Weight management | <input type="checkbox"/> Podiatry / foot advice |
| <input type="checkbox"/> Mental health / emotional support | <input type="checkbox"/> Healthy eating / dietary |
| <input type="checkbox"/> Physical activity | <input type="checkbox"/> Insulin management |
| <input type="checkbox"/> Other - please explain | |

9. Is there anything else you would like to tell us about your experience of living with, or caring for someone living with, diabetes in Leeds?

10 Does, or would, the person with diabetes, use any of the following ways to access health services? (Please tick all that apply)

	Do use	Would use	Comments - how helpful have you found / would you find this service?
Online – diabetes / health websites			
Social media / apps			
Skype / online interactive sessions			
Face to face peer support			
Group education sessions			
Telephone support (advice lines)			
Hospital attendance			
Community appointments			
Local GP surgeries			
Other - Please state			

Equality Monitoring

We are asking these questions because we want to make sure that we have asked lots of different people for their views, and to ensure that we do not knowingly discriminate against any section of our community. This information is always held separately from your personal data and stored securely, in line with data protection rules and regulations. Please tick if you prefer not to answer

Q1 What is the first part of your postcode?
E.g. LS28, LS13

Q2 What is your age?

- Under 16 16-25 26-35 36-45
 46-55 56-65 66-75 76-85
 86+ Prefer not to answer

Q3 Are you disabled? (The Equality Act 2010 defines disability as 'a physical, sensory or mental impairment which has, or had a substantial and long-term adverse effect on a person's ability to carry out normal day to day activities').

- Yes No Prefer not to answer

Q4 If yes, what type of disability?
Please tick all that apply.

- Long-standing illness
 Physical impairment
 Learning disability
 Mental health condition
 Hearing impairment
(such as deaf or hard of hearing)
 Visual impairment
(such as blind or partially sighted)
 Prefer not to answer

Q5 What is your ethnic background?

- White British
 White Irish
 Gypsy and Irish Traveller
 Mixed White & Black Caribbean
 Mixed White & Black African
 Mixed White & Asian
 Asian / Asian British Indian
 Asian / Asian British Pakistani
 Asian / Asian British Bangladeshi
 Black / Black British Caribbean
 Black / Black British African
 Chinese
 Arab
 Prefer not to answer
 Other (please state):

Q6 What is your gender?

- Female Male Prefer not to answer
 Non-binary (any gender identity which doesn't fit the male and female binary)

Q7 Is your gender identity different to the sex you were assumed to be at birth?

- Yes No Prefer not to answer

Q8 Pregnancy and maternity (The Equality Act 2010 protects women who are pregnant or have given birth within a 26 week period).

Are you pregnant at this time?

- Yes No Prefer not to answer

Have you given birth in the past 26 weeks?

- Yes No Prefer not to answer

Q9 What is your religion or belief?

- Buddhism Christianity Hinduism
 Islam Judaism Sikhism
 No religion Prefer not to answer
 Other (please state):

Q10 What is your sexual orientation?

- Heterosexual / Straight
 Lesbian / Gay woman
 Gay man
 Bisexual
 Prefer not to answer
 Other (please state):

Q11 What is your relationship status?

- Marriage / Civil Partnership
 Live with partner
 Single
 Widowed
 Divorced
 Prefer not to answer
 Other (please state):

Q12 Are you a carer?

- Yes No Prefer not to answer

Thank you very much for taking the time to complete this survey.