



# Diabetes Factsheet

Diabetes mellitus is a common chronic disease that significantly affects the health of residents. Diabetes can also lead to host of complications including poor foot health, heart attack and stroke, as well as reducing the quality of life and reducing life expectancy. A large proportion of diabetes 2 cases are preventable by maintaining a healthy body weight, engaging in regular physical activity, and eating a healthy and balanced diet.

This factsheet highlights some of the key statistics and indicators of diabetes in the borough of Hammersmith and Fulham.

## KEY INDICATORS

**Estimated diabetes prevalence<sup>1</sup>**  
(16+)  
**8.0%**

**Residents with diabetes achieving treatment targets<sup>2</sup>**  
**34.2%**

**Residents with diabetes who underwent all care processes<sup>2</sup>**  
**26.7%**

## Prevalence

Hammersmith & Fulham CCG has the lowest prevalence of diagnosed diabetes in London and England.<sup>3</sup>

Estimated Diabetes Prevalence<sup>1</sup> 16+ **7.6%** ↓  
London 8.9%

Proportion of GP registered patients with diabetes aged 65+<sup>4</sup> **7.2%** ↓  
London 10.9%

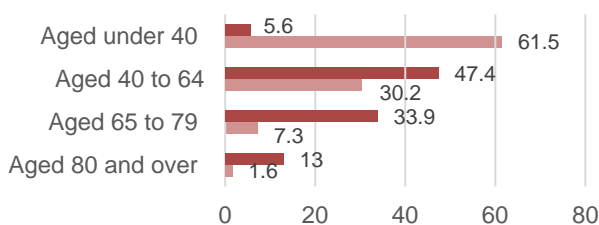
Diagnosed Diabetes Prevalence<sup>3</sup> **3.5%**  
London 6.7%

This means that diabetes is being diagnosed increasingly in younger people

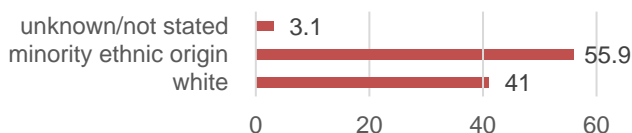
## Demographics

In Hammersmith & Fulham CCG, type 2 diabetes is predominantly found in residents over 40 years old. Type 2 diabetes is also more common among residents from a minority ethnic background. Both Type 1 and 2 diabetes are more prevalent in the three most deprived quintiles of the borough.

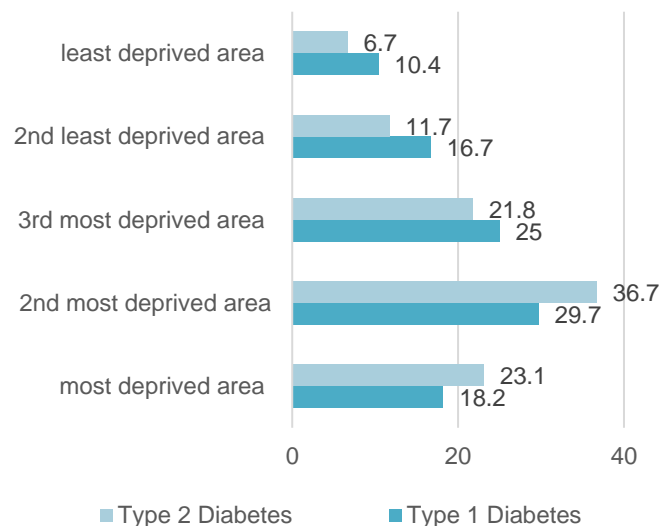
Proportion of residents with Type 1 & 2 Diabetes by age group in H&F CCG (%) <sup>2</sup>



Proportion of residents with Type 2 Diabetes by Ethnicity in H&F CCG (%) <sup>2</sup>



Proportion of residents with Type 1 & 2 Diabetes by Deprivation Quintile in H&F (%) <sup>2</sup>

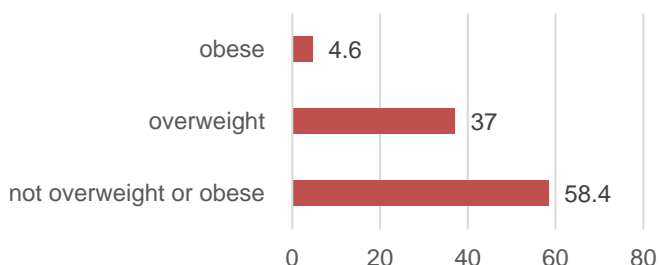


## Risk Factors<sup>1</sup>

H&F has the lowest proportion of adults who are overweight or obese in London.



Percentage of Adults in H&F in Different Weight Categories (%)



Physical Inactivity<sup>5</sup>  
Adults

**16.3%**

London 23.8%



Hypertension Prevalence<sup>3</sup>  
All ages

**7.1%**

London 10.8%



% Overweight/Obese<sup>5</sup>  
Adults

**41.6%**

London 55.7%



## Treatment Targets and Care Processes<sup>2</sup>

An important part of diabetes care is improving outcomes of individuals with diabetes through ensuring that patients meet all the recommended treatment targets and receive the recommended care processes.

Overall, there is similar achievement of treatment targets by people with diabetes in H&F CCG compared to across England. **Bold** indicates where H&F CCG is underachieving compared to the national figure.

Treatment Target	Proportion of patients with Type 1 Diabetes meeting the target % (n)	Proportion of patients with Type 2 Diabetes meeting the target % (n)
<b>Blood Pressure</b>	<b>70.7%</b> (325/460)	<b>61.8%</b> (3,805/6,160)
<b>HbA1c Target</b>	<b>38.5%</b> (175/455)	<b>65.2%</b> (4,045/6,205)
<b>On Statin (if eligible)</b>	<b>68.5%</b> (250/365)	<b>75.4%</b> (6,010/7,970)
<b>Achieving all 3 treatment targets</b>	<b>25.4%</b> (90/355)	<b>34.8%</b> (1,830/5,265)

In terms of care processes, H&F CCG underperforms in several areas among patients with Type 1 diabetes but meets or surpasses the national average among patients with type 2 diabetes. **Bold** indicates where H&F is underachieving compared to the national figure.

Care process	Proportion of patients with Type 1 Diabetes receiving the care process % (n)	Proportion of patients with Type 2 Diabetes receiving the care process % (n)
<b>Receiving foot surveillance</b>	<b>31.7%</b> (295/930)	<b>43.1%</b> (3,920/9,085)
<b>Receiving BMI check</b>	<b>47.3%</b> (440/930)	<b>59.8%</b> (5,430/9,085)
<b>Receiving kidney function blood test</b>	<b>50%</b> (465/930)	<b>69.6%</b> (6,320/9,085)
<b>Receiving blood pressure check</b>	<b>50.5%</b> (470/930)	<b>69.1%</b> (6,275/9,085)
<b>Receiving cholesterol check</b>	<b>44.6%</b> (415/930)	<b>62.7%</b> (5,695/9,085)
<b>Receiving HbA1c check</b>	<b>47.9%</b> (460/960)	<b>68.7%</b> (6,245/9,095)
<b>Receiving smoking check</b>	<b>75.8%</b> (705/930)	<b>86.7%</b> (7,875/9,085)
<b>Receiving urine check to test for kidney damage</b>	<b>31.2%</b> (290/930)	<b>42.7%</b> (3,880/9,085)

## Complications<sup>6</sup>

Uncontrolled Diabetes can lead to a number of short and long-term health complications including an increased risk of:

- Cardiovascular disease
- Renal failure
- Nerve damage and amputation



Patients of H&F CCG have a higher risk and rate of several diabetic complications, compared to the national average.

**Bold** indicates increased rates/risk in H&F compared to the England average.

Diabetic Complication	Rate of Complication or Additional Risk of Complication Among Those with Diabetes in H&F CCG	Rate of Complication or Additional Risk of Complication among those with Diabetes in England	Period	Trend
Angina	<b>113.8%</b>	105.6	2015/16	Not available
Heart Attacks	<b>94.6%</b>	86.9	2015/16	Not available
Strokes	<b>68.4%</b>	58.5	2015/16	Not available
Heart Failure	<b>112.5%</b>	105.7	2015/16	Not available
Requirement for Renal Replacement Therapy	<b>303.9%</b>	222.5	2015/16	Not available
Risk of Death	15.8%	21.8	2013/14-14/15	Not available
Major Diabetic Lower-limb Amputation Procedures	6.5 per 10,000	8.2 per 10,000	2016/17-18/19	No significant change
Minor Diabetic Lower-limb Amputation Procedures	20.4 per 10,000	22 per 10,000	2016/17-18/19	Rate Decreasing
Hospital Spells for Diabetic Foot Disease	<b>185.2 per 10,000</b>	163.2 per 10,000	2016/17-18/19	Rate Increasing

### Data Sources:

- 1) Public Health England. Diabetes prevalence estimates for local populations. 2015.
- 2) NHS. National Diabetes Audit Quarterly Report, January to September 2020. 2020.
- 3) NHS Digital. Quality and Outcomes Framework, 2020-21. 2021.
- 4) NHS Digital. Patients Registered at a GP Practice April 2021. 2021.
- 5) Public Health England. Active Lives Adult Survey, Sport England. 2021
- 6) NHS. National Diabetes Audit 2015-2016. 2018.

Data trends shown by:  
Updated November 2021

Increase/ negative: ↑  
Review Date: November 2022

Decrease, positive: ↓

No significant change: ●