

# Diabetes in Merton – Learning from a whole systems approach

## Annual Report of the Director of Public Health 2019

### **About this report**

- This is an independent annual report on the health of the population of Merton, in fulfilment of the statutory duty of the Director of Public Health.
- This year's report is focussed on diabetes. Diabetes is a priority for the Merton's Health and Wellbeing Board. Numbers affected are increasing year on year. Working together to make Merton a healthy place and providing holistic care will reduce the burden of disease and the future costs of care.
- The purpose of this report is firstly, to provide context for the Health and Wellbeing Board's Diabetes Action Plan which is published alongside the APHR; secondly to be a learning resource, to encourage further development of the whole systems approach which is necessary to tackle all long term conditions, not just diabetes.
- The report aims to provide a reference for officers, partners and residents about diabetes and to explore how learning from elsewhere can be applied in Merton
- Most of the report is focussed on Type 2 diabetes, but the whole system approach will benefit people with Type 1 diabetes too.
- The report summarises the statistics about diabetes, the views of patients and carers, and case studies of particular approaches.
- It's not just for diabetes that the whole system of healthy place and holistic care will produce benefits. The same approach can be adopted for other long term conditions, and the context set by new NHS Long Term Plan provides the opportunity to do this locally.

## **Key Messages for APHR 2019**

### **Tackling diabetes in Merton**

#### **Learning from a whole systems approach**

Diabetes has a big impact on health & wellbeing as well as care costs in Merton

1. Numbers are rising and there are inequalities between groups
2. Life expectancy is reduced with frequent complications from other diseases
3. Health and care costs are substantial and will increase further if nothing changes

Working together to create a healthy place and holistic care and learning as we go is the way forward

4. The root causes for diabetes lie in the unhealthy environment we live in
5. Living with diabetes can be confusing – services can seem fragmented
6. We can create a healthy place which will make the healthy choice easy
7. Holistic care means listening to people's whole story, taking account of their physical and mental health, and considering social circumstances
8. There is a way of working together combining healthy place and holistic care which can be applied beyond diabetes