

# Tackling Diabetes in Merton.

Joint Consultative Committee.  
10<sup>th</sup> September 2019.

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# Diabetes Whole System Approach.

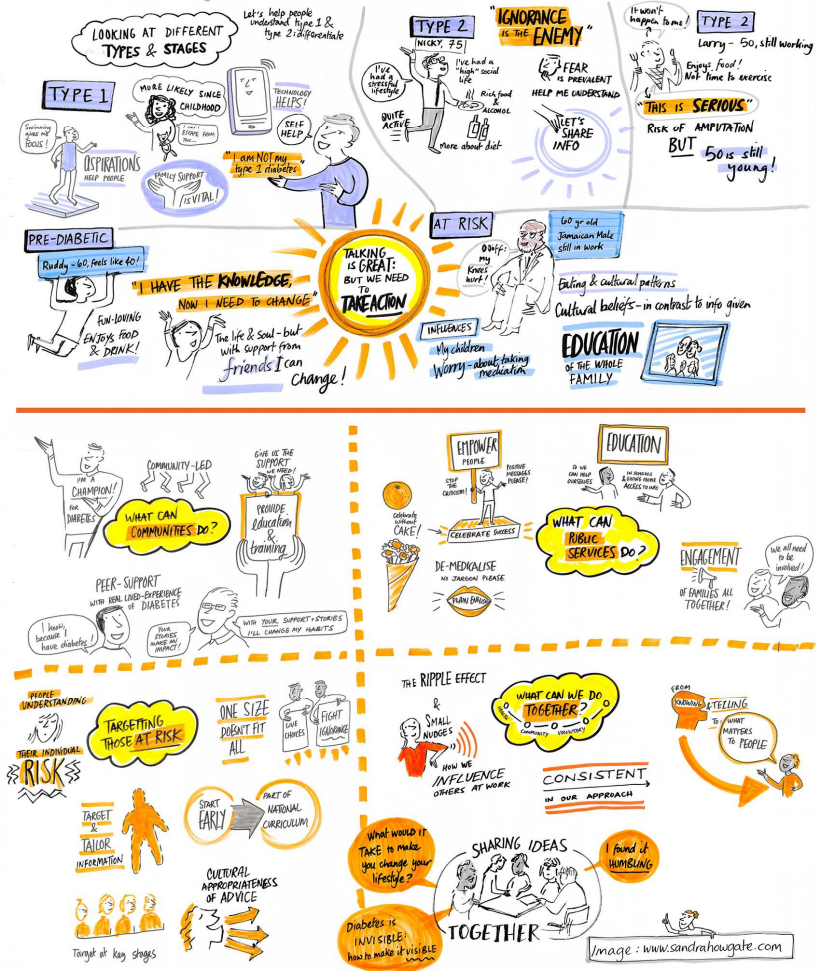
- Diabetes is a 'complex' problem.
- The Health and Wellbeing Board agreed to develop a Whole System Approach.
- Tackling diabetes action plan and refreshed child healthy weight strategy endorsed in March 2019.
- Informed by Diabetes Truth programme.
- Three themes in the plan (Clinical oversight and service improvement, Holistic Individual Care & Healthy Place).

# Diabetes Truth.

- Bring to life the challenges that residents face on a day to day basis and what understand what matters to residents.
- Buddied up HWB members with residents with lived experience (at risk of, living with or caring for someone) of diabetes.
- Delved deeper with around 40 residents and stakeholders.
- Reinforced commitment to working with residents and communities as an integral part of the solution.

## Merton Diabetes Truth Programme

Community and Services listening and learning together



# Tackling Diabetes Action Plan.

- 15 high level actions, its not everything that contributes to tackling diabetes!
- 1 – Clinical Oversight and service improvement
  - Keep services and pathways under review & use patients views to identify and secure improvements.
  - Increase access to and uptake of structured education programmes and deliver culturally specific programmes.
- 2 – Holistic Individual care
  - Develop a network of ‘connectors’ to enable the community as a whole to take action to prevent diabetes.
  - Increase resilience by ensuring that diabetes services are linked to mental health services.
- 3 – Healthy Place
  - Work in key settings to ensure that they support healthy lifestyles .e.g. healthy workplaces.
  - Increase and promote opportunities to be physically active.

# Questions.

- How can we continue to understand what matters to local residents and opportunities to secure improvements?
- How can we work with you to develop the network of connectors and community diabetes champions?
- How can we increase uptake of evidence based programmes e.g. the National Diabetes Prevention Programme?

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