



## NHS Hastings And Rother CCG

### Background

This cardiovascular disease summary profile focuses on diabetes and is produced by the National Cardiovascular Intelligence Network (NCVIN). Summary profiles are available for each clinical commissioning group (CCG) in England on coronary heart disease and heart failure, diabetes, kidney disease and stroke. This profile compares the CCG with data for England, a group of similar CCGs and the Sussex and East Surrey Sustainability and Transformation Partnership (STP).

Key Facts	CCG	Similar CCGs	STP	England
Diabetes: QOF prevalence (17+) (per cent)	7.2	7.5	6.1	6.7
Estimated prevalence of diabetes (undiagnosed and diagnosed) (per cent)	10.0	9.7	8.5	8.5
People with type 1 diabetes who received all 8 care processes (per cent)	47.0	32.2	34.5	34.4
People with type 2 diabetes who received all 8 care processes (per cent)	64.9	48.6	53.3	47.7
People with type 1 diabetes who achieved all three treatment targets (per cent)	21.1	18.3	19.9	19.0
People with type 2 diabetes who achieved all three treatment targets (per cent)	42.0	40.8	39.3	41.1

### Key Information

In 2016/17 there were 10,153 people, aged 17 years or older, who had been diagnosed with diabetes and included on GP registers in NHS Hastings And Rother CCG. This equals 7.2% of the population. However, the total prevalence of people with diabetes, diagnosed and undiagnosed, is estimated to be 10.0%.

The percentage of people with *type 1* diabetes who achieved the blood glucose target of  $\leq 58$  mmol/ml (7.5%) in this CCG was 32.7% compared to 30.4% in England.

The percentage of people with *type 2* diabetes who achieved the blood glucose target of  $\leq 58$  mmol/ml (7.5%) in this CCG was 68.8% compared to 67.0% in England.

People with diabetes are at a higher risk of having a heart attack or stroke. In this area, people with diabetes were 67.1% more likely than people without diabetes to have a heart attack. This was lower than the figure for England which was 86.9%. People with diabetes were also 39.7% more likely to have a stroke. This was lower than the figure for England where there was a 58.5% greater risk.



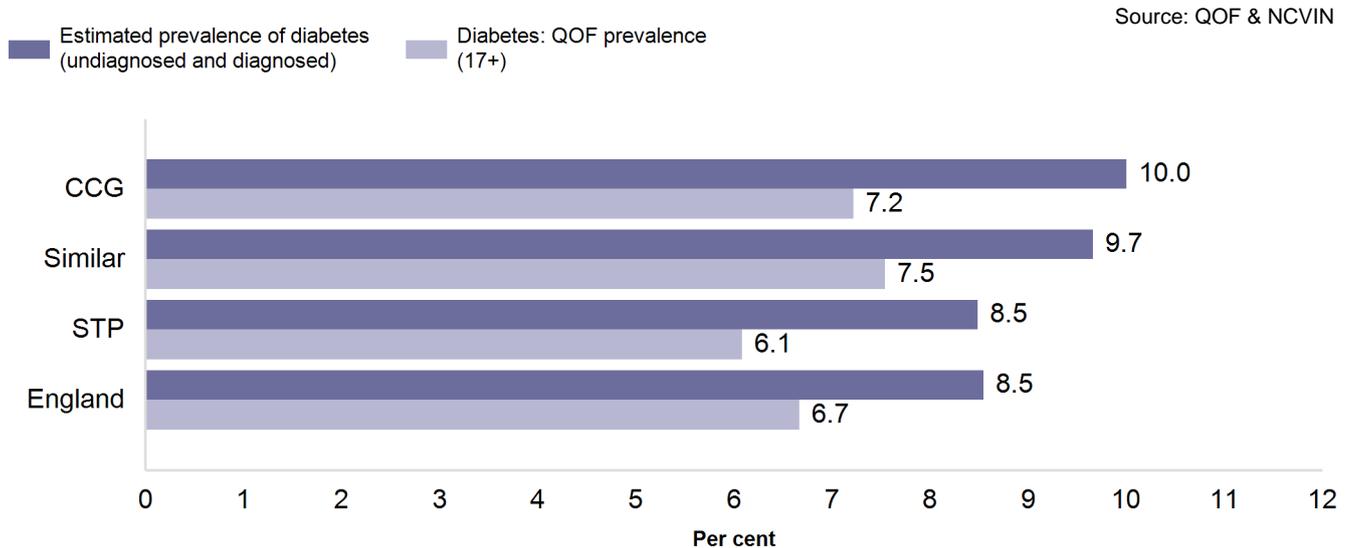
## NHS Hastings And Rother CCG

### Disease Prevalence

Prevalence is the number of people in a given population with a particular condition at a given point in time. The diagnosed prevalence of diabetes is identified from the returns submitted to NHS Digital as part of the Quality and Outcomes Framework (QOF) by each GP practice. No distinction is made between type 1 or type 2 diabetes. Diagnosed prevalence is the number of patients aged 17 years and over who are on the practice's diabetes register on 31 March in a given financial year. Practice returns are combined to calculate prevalence for the local CCG.

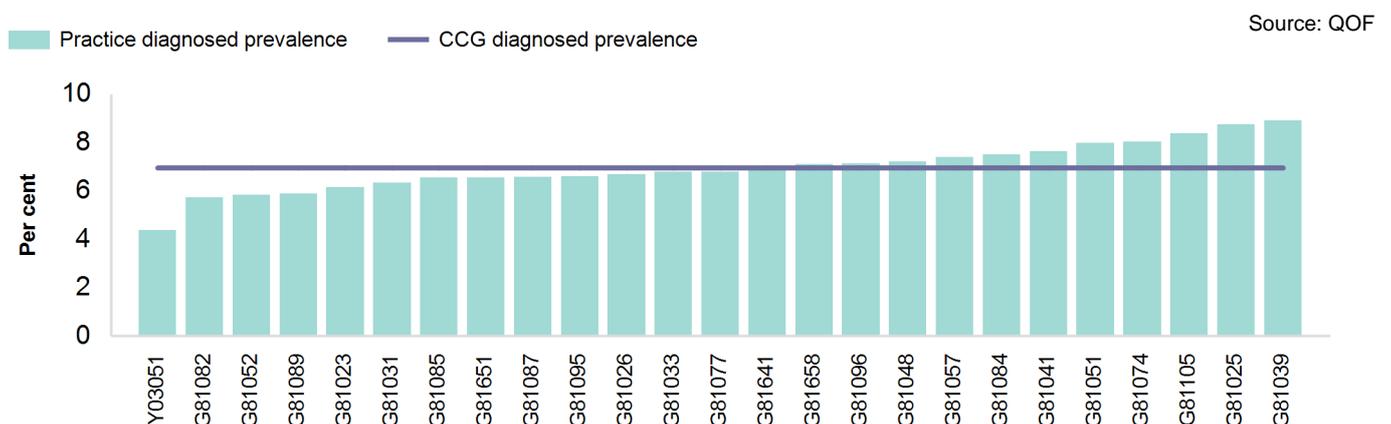
The estimated prevalence is taken from the NCVIN diabetes prevalence model. The model uses data from three years of Health Surveys for England - 2012, 2013 and 2014. The estimates take into account the age, sex and ethnic-group distribution, as well as deprivation of the area. It estimates the total number of people with diabetes (diagnosed and undiagnosed).

### Diabetes diagnosed prevalence (2016/17) compared to estimated diabetes (2017)



In NHS Hastings And Rother CCG, the prevalence of diagnosed diabetes was 7.2% and the estimated prevalence of diabetes was 10.0%, for 2017. At GP practice level, the prevalence of diagnosed diabetes ranged from 4.4% to 8.9%.

### Variation by general practice of diabetes prevalence 2016/17 (per cent)





## NHS Hastings And Rother CCG

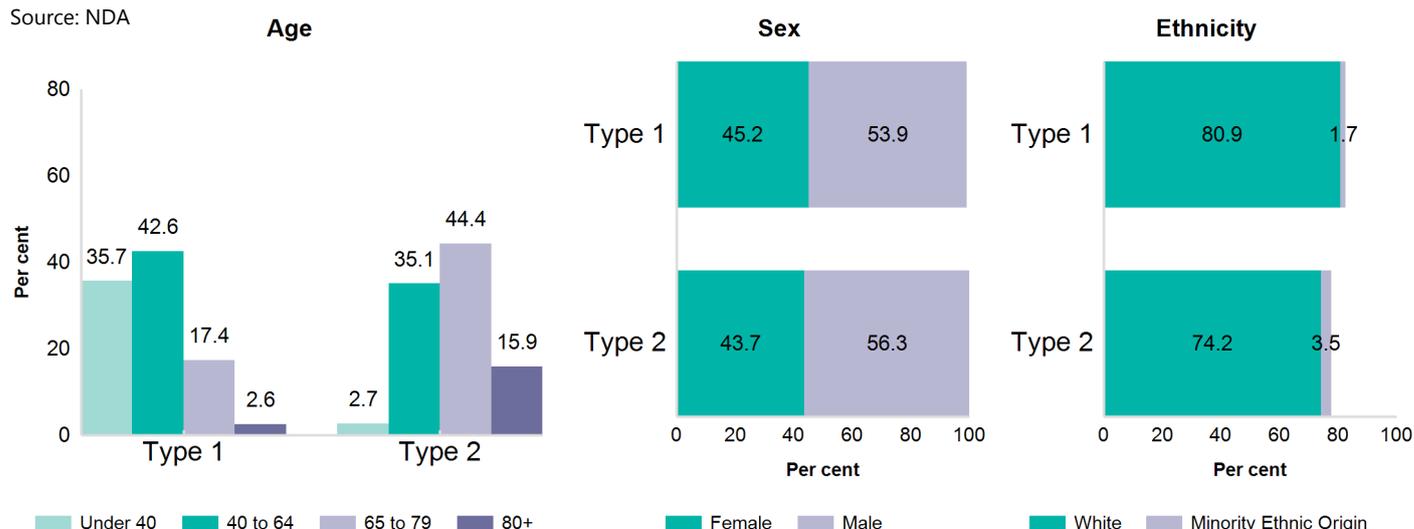
### The National Diabetes Audit

The National Diabetes Audit (NDA) is a major, national, clinical audit in England and Wales, which measures the effectiveness of diabetes healthcare against NICE guidelines and quality standards. In 2016/17, 95% of GP practices in England and Wales participated in the audit. In NHS Hastings And Rother CCG, 65% of practices participated.

### Characteristics of people with diabetes in NHS Hastings And Rother CCG

Type 1 diabetes is more common in males than females. In this CCG, 53.9% of people with type 1 diabetes are male. Type 1 diabetes is usually diagnosed earlier in life than type 2 and 35.7% of people with type 1 diabetes, in this CCG, are under the age of 40. Type 2 diabetes is also more common in males than females, 56.3% of people with type 2 diabetes in this CCG are male. People with type 2 diabetes are on average older than people with type 1, 60.3% of people with type 2 diabetes in this CCG are aged over 65. In NHS Hastings And Rother CCG, 80.9% of people with type 1 diabetes are of white ethnicity and 2% are from a minority ethnic group, the remaining ethnicities are unknown. For people with type 2 diabetes, 74.2% are of white ethnicity and 3.5% from a minority ethnic group, the remaining ethnicities are unknown.

Source: NDA



### Care processes and treatment targets

The National Institute for Health and Care Excellence (NICE) recommends nine care processes for diabetes. Five of these care processes relate to risk factors (body mass index, blood pressure, smoking, glucose levels (HbA1c) and cholesterol) and the remaining four relate to tests to identify early complications (urine albumin creatinine ratio, serum creatinine, foot nerve and circulation examination and eye screening - held by NHSDES and not included in the data presented).

In NHS Hastings And Rother CCG, 47.0% of people with type 1 diabetes had the eight recommended care processes compared to 34.4% in England. For people with type 2 diabetes, 64.9% people had the eight recommended care processes compared to 47.7% in England.

### Percentage of people who had the 8 recommended care processes by diabetes type, 2016/17

	CCG	Comparator CCGs	STP	England
Type 1	47.0	32.2	34.5	34.4
Type 2	64.9	48.6	53.3	47.7



## NHS Hastings And Rother CCG

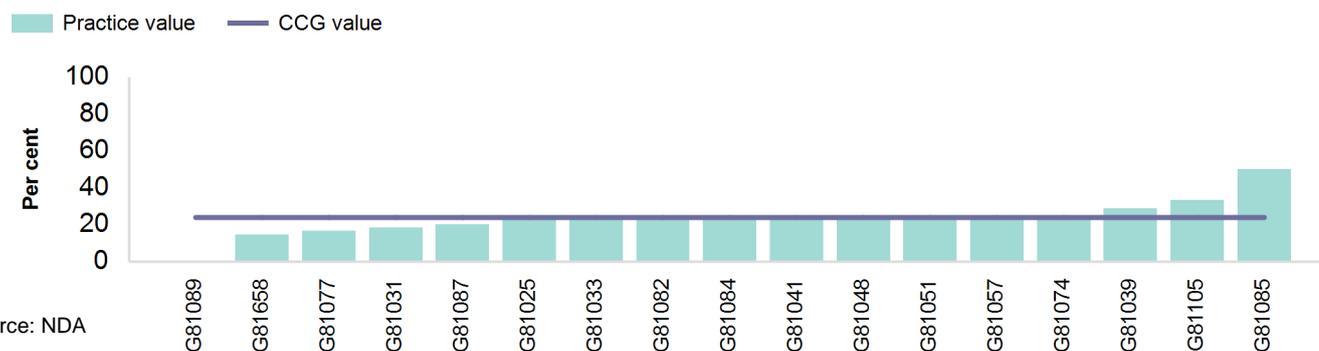
### Three treatment targets

NICE recommends treatment targets for HbA1c (glucose control), blood pressure and serum cholesterol. In NHS Hastings And Rother CCG, 21.1% of people with type 1 diabetes achieved all three treatment targets. In people with type 2 diabetes, 42.0% achieved all three treatment targets.

### Percentage of people achieving their treatment targets for type 1 diabetes, 2016/2017

Type 1 diabetes	CCG	Comparator CCGs	STP	England
HbA1c <= 58 mmol/mol (7.5%)	32.7	29.7	33.1	30.4
Blood Pressure <= 140/80	78.0	75.1	75.2	76.0
Cholesterol < 5 mmol/L	71.6	69.5	70.0	69.4
All Three Treatment Targets	21.1	18.3	19.9	19.0

#### Variation in people with type 1 diabetes achieving three treatment targets by GP practice, 2016/17

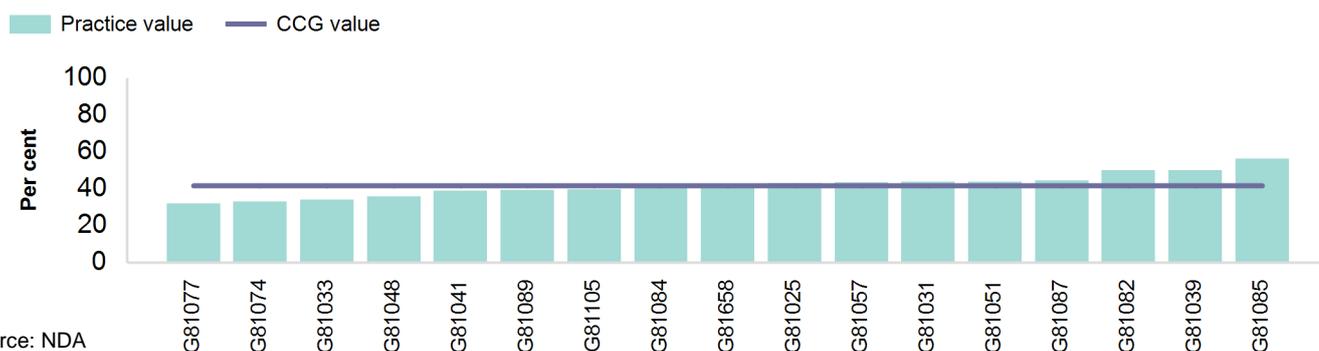


Source: NDA

### Percentage of people achieving their treatment targets for type 2 diabetes, 2016/2017

Type 2 diabetes	CCG	Comparator CCGs	STP	England
HbA1c <= 58 mmol/mol (7.5%)	68.8	67.4	68.2	67.0
Blood Pressure <= 140/80	73.4	74.7	71.3	74.4
Cholesterol < 5 mmol/L	76.7	75.3	74.6	76.2
All Three Treatment Targets	42.0	40.8	39.3	41.1

#### Variation in people with type 2 diabetes achieving three treatment targets by GP practice, 2016/17



Source: NDA



### NHS Hastings And Rother CCG

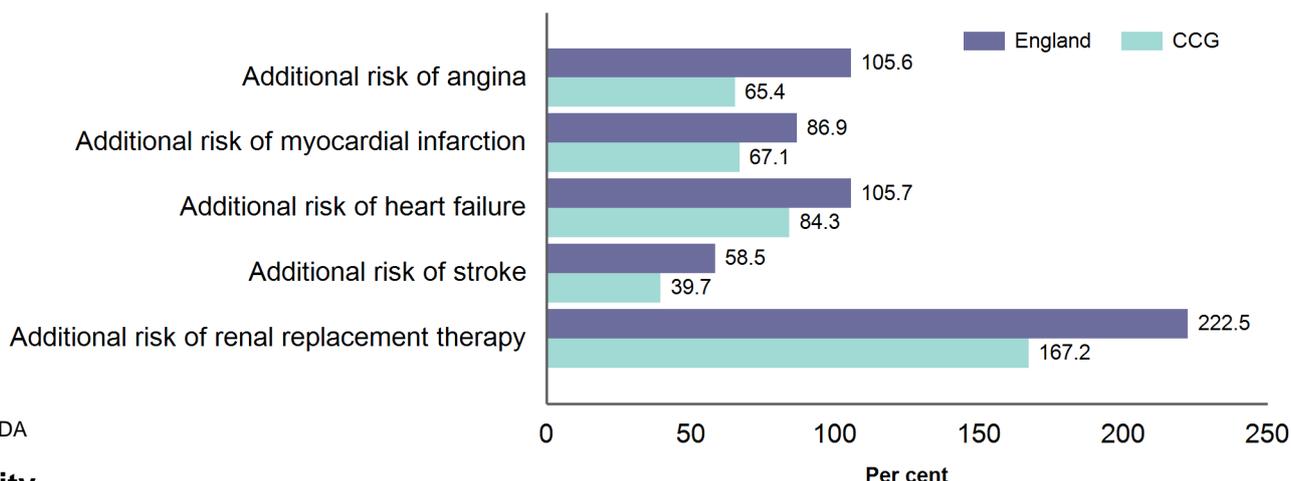
#### Additional risk of complications

A person with diabetes has a higher risk of cardiovascular complications (heart attack, angina, heart failure and stroke) and microvascular (amputation and renal disease) complications. The chart below compares the additional risk of complications for a person with diabetes to people without diabetes in the same CCG over a one year period. The figures have been adjusted to allow for the local variations in the age and sex of the population. Further information on diabetic footcare and amputation risk can be found in the diabetic foot care profiles:

<https://fingertips.phe.org.uk/profile/diabetes-ft>

#### Comparison of the additional risk of complications for people with diabetes, with a one year follow-up, 2014/15

Among people with diabetes in NHS Hastings And Rother CCG the risk of a stroke was 39.7% higher and the risk of a heart attack was 67.1% higher compared to people without diabetes during the one-year follow up of the 2014/15 audit.

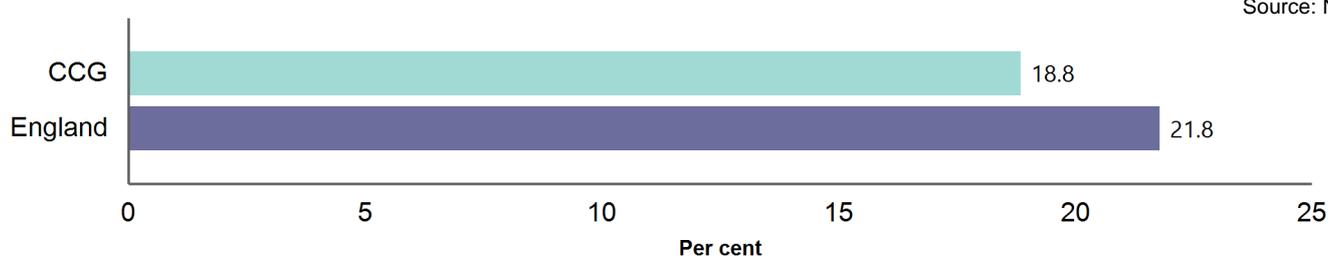


Source: NDA

#### Mortality

People with diabetes rarely die as a direct result of diabetes. Most die from complications such as heart disease, stroke and kidney failure. People with diabetes are more likely to die than their peers of the same age and sex in the general population. The additional risk of mortality for people with diabetes was 18.8% in NHS Hastings And Rother CCG; for England, the additional risk was 21.8%.

#### Comparison of the additional risk of mortality in people with diabetes, with a one year follow-up of the 2012/13 and 2013/14 audits



Source: NDA

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Sources: NDA: National Diabetes Audit (NDA) 2016/17, NHS Digital QOF: Quality and Outcomes Framework (QOF) 2016/17, NHS Digital. NCVIN: Diabetes prevalence estimates for local populations 2016, Public Health England.