

Rhoda Grant MSP

news release

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Levels of diabetes in the Highlands are now greater than were predicted for the year 2018

Highlands and Islands Labour MSP Rhoda Grant has revealed that the diabetes epidemic in the Highlands is far worse than had been feared.

New figures show that levels of diabetes in 2010 in NHS Highland are already more than double the predicted levels for the condition in the health board area for the year 2018.

Rhoda Grant said the figures "showed quite starkly why diabetes is one of today's biggest public health challenges."

In 2004 the number of diabetes cases in NHS Highland was about 5,100, and in 2005, the Association of the British Pharmaceutical Industry in Scotland published a report called "The Future Burden of Coronary Heart Disease and Diabetes in Scotland" which indicated that diabetes was "growing dramatically".

Its forecast, which was based solely on demographic changes in population, was that by 2018, the number of cases of diabetes in NHS Highland would rise to 6,000.

However, the 2009 Scottish Diabetes Survey now puts the number of registered diabetics in NHS Highland at 13,246.

Rhoda Grant said: "Even taking into account the changes in the boundaries of the NHS Highland Health Board area since 2005, this 13,000-plus is more than double the forecasted figure for 2018.

"This surge in numbers with diabetes show how life style, diet and levels of physical activity have contributed to the acute increase.

"The prodigious costs to the individual, society in general and to the health service make uncontrolled diabetes a major public health challenge."

According to the 2009 Scottish Diabetes survey, there are 11,470 people in NHS Highland with the more common Type 2 diabetes and a further 1,688 with Type 1.

The overall Highland figures accounts for 4.3%of the population (the Scottish figure is 4.4%

Mrs Grant said that there are over 3,000 people in NHS Highland estimated to have undiagnosed diabetes, according to the Scottish Public Health Observatory.

NHS Quality Improvement Scotland estimates that the cost of diabetic care now makes

up 10% of the national health service budget.

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Notes

Primary Sources

Scottish Diabetes Survey 2009

<http://www.diabetesinscotland.org.uk/Publications/Scottish%20Diabetes%20Survey%202009.pdf>

The Future Burden of CHD and Diabetes in Scotland: The Value of Health Care Innovation : A Final Report for ABPI Scotland

http://www.abpi.org.uk/press%2Fpress_releases_05%2FABPI-Scotland-Report.pdf

Source of the figures for the number of people in NHS Highland in 2010 is greater than the forecast figure for 2018.

2010 figure - Scottish Diabetes Survey 2009 Table 1 "Number on the Diabetes register at the start of January 2010". The NHS Highland figure is 13,246.

The 2018 figure comes from the ABPI Scotland report Table 3.1 Projected Diabetes Cases, 2004 – 2018, Health Boards (page 22)
The NHS Highland figure quoted is 5,141

Source for the quote :

It said that diabetes was "growing dramatically" and that "the impact of living with diabetes has potentially devastating consequences for individuals, the NHS in Scotland and our society as a whole"

ABPI report Introduction sixth page ; quote by Audrey Birt of National Director Scotland Diabetes UK

"This report is a very welcome summary of the challenge of diabetes for us all in Scotland. It highlights that both Type 1 and Type 2 diabetes are growing dramatically and the impact of living with diabetes has potentially devastating consequences for individuals, the NHS in Scotland and our society as a whole."

How the estimated numbers of those in NHS Highland with undiagnosed diabetes is estimated

The figures from the Scottish Public Health Observatory are arrived at by comparing their estimate of the number of people in NHS Highland with diabetes - 15,968 - and the numbers that emerged from the 2008 Scottish Diabetes Survey - 12,912. (Subtracting one from the other gives an estimated 3,056 people on NHS Highland with undiagnosed diabetes.)

See Table 1 “Estimated number of undiagnosed cases of diabetes in Scotland by NHS board, 2008”

http://www.scotpho.org.uk/home/Healthwell-beinganddisease/Diabetes/Data/diabetes_undiagnosed.asp

Cost to the individual with diabetes and their carer (p37 of the ABPI report (underneath the graph)

“Personal and employment costs are also important when considering the future costs of diabetes.

“Diabetes results in lost earnings for people with the condition and their carers. UK studies have shown that 6 per cent of people with diabetes of working age are unable to work because of their condition.

“Those who lose earnings lose, on average, £14,000 per year, while their carers lose £11,000 per year, 70 per cent of these individuals receive state benefits.

“People with diabetes also lose, on average, £230 per annum in personal costs (which include over-the-counter medicines, residential care/nursing costs, and transport) while their carers lose £160 per annum.

“Diabetic complications increase personal costs by a factor of three, and also double the likelihood of needing a carer.

“A treatment strategy that reduced diabetic complications would result in substantial money savings to those with diabetes and their carers.”

Numbers in NHS Highland with Type 1 and Type 2 diabetes

“According to the 2009 Scottish Diabetes survey, there are 11,470 people in NHS Highland with the more common Type 2 diabetes and a further 1,668 with Type 1.”
Source : Table 1.7 page 13 Scottish Diabetes Survey

“The overall Highland figures accounts for 4.3 per cent of the population (the Scottish figure is 4.4 per cent) “

Source : Table 1 sixth page of the Scottish Diabetes Survey file , entitled “Prevalence”

Source of

“NHS Quality Improvement Scotland estimate the cost of diabetic care now costs £1 billion, which is 10 per cent of the national health service budget. “

Source ; Speech in the Scottish Parliament on Debate on Diabetes

www.davidstewart.org.uk/davidstewartspeech03092009.htm