

# Leicester: A city that doesn't do things by halves



# Cities Changing Diabetes

The Cities Changing Diabetes is a programme initiated by Novo Nordisk in response to the fact that over 415 million people worldwide live with diabetes. In fact, two thirds of these people live in our cities, showing a marked increase in the rate of urban diabetes.

Due to the size and scale of the problem, it has been acknowledged that no single organisation or company can tackle the challenge of reducing the prevalence of urban diabetes alone; therefore the Cities Changing Diabetes programme is built on a model of creating partnerships between city leaders and urban planners, academics, community leaders, healthcare professionals, commissioners and businesses.

Leicester City was announced as the first UK city to join the Cities Changing Diabetes network in Houston in autumn 2017. Since then we developed a collective story about what Leicester City has, what is currently happening locally, what we want to change and what we plan to do to make these changes happen. This collective story includes the voices of our stakeholders throughout.



## The Global Urban Diabetes Problem

- ▶ The Cities Changing Diabetes Initiative is critical due to the high prevalence of diabetes in the UK (3.7 million adults), with almost one million further adults undiagnosed.
- ▶ The urban element is important, as 83% of the UK population live in urban areas.
- ▶ 85% of those with diabetes in the UK live in urban areas.
- ▶ In the UK, the mean diabetes-related expenditures per person with diabetes are 4,989 USD per year.
- ▶ In UK, diabetes causes 14,593 deaths annually.

## Our Population

- Leicester City is an ethnically and culturally diverse city in the heart of England.
- Of the city's approximate 348,000 population, 50% identify themselves as being of white ethnicity, compared with an average of 87% across the rest of the UK.
- The remainder of Leicester's population is made up of a range of ethnic identities.
- Leicester City has the largest Indian population of any local authority in England.
- There are more than 70 languages and/or dialects spoken in the city.
- In addition to English, the most commonly spoken languages are: Gujarati, Punjabi, Somali, Urdu, Hindi, Arabic, Bengali, and Polish.
- Leicester City has a large socio-economic spectrum, with areas of both wealth and severe deprivation, and is currently ranked as the 20th most deprived region in England.
- Leicester is home to four top sports teams including Leicester Tigers (rugby union), Leicester City FC (football), Leicester Riders (basketball) and the Leicestershire County Cricket Club.



# Our Urban Diabetes Challenge

The challenge of urban Type 2 diabetes is a global one, but has local consequences. Despite being far away from a coastline, we envision our challenges as being like an iceberg.

The tip of the iceberg is what we can see and what is known; the people who have known and diagnosed Type 2 diabetes. Just under the surface is a large group of people who have undiagnosed Type 2 diabetes or who are in state of almost having diabetes: pre-diabetes.

Below this are the majority of the population who have risk factors for Type 2 diabetes. These risk factors could be due to elements that are out of our control (for example being older, being of an ethnic minority background, or having a family history of diabetes). However, there are large groups who are at risk of developing Type 2 diabetes based on their lifestyle and the environment in which they live. The prevalence of childhood obesity and inactivity, and adult obesity and sedentary levels give cause for concern.

APPROXIMATE  
DIABETES POPULATION  
IN LEICESTER CITY: **28,500**

 **33.7%** INCREASE BETWEEN  
2012 AND 2017

A FURTHER **6,000** HAVE YET TO BE DIAGNOSED

**THIS IS JUST THE TIP OF THE ICEBERG**

## LARGER NUMBERS WITH PRE-DIABETES ARE LURKING BELOW THE SURFACE

**14.2%** OF PEOPLE KNOWN TO BE AT  
RISK OF TYPE 2 DIABETES  
HAD PRE-DIABETES

**4.9%** OF PATIENTS WERE DISCOVERED  
TO HAVE PRE-DIABETES IN  
GENERAL HEALTH CHECKS

 **37%** OF LEICESTER  
CITY CHILDREN IN  
SCHOOL YEAR 6  
ARE OVERWEIGHT

**82%** OF 10-15 YEAR OLDS IN  
LEICESTER CITY DO NOT DO  
ANY DAILY EXERCISE

# Our Amazing Environment

World-leading Type 2 diabetes prevention and management is already at the forefront of research and clinical practice locally. This is supplemented by the workings of the public health and local authority. Leicester City Council leads on, or is involved with, the development of strategies which can significantly impact decisions affecting health and wellbeing. It owns and oversees 13 large parks, many smaller parks and gardens, the river and canal watersides, and related community assets within the urban area, which are the ideal setting for health-related activities.

The City's parks cater for over 800 runners and walkers every Saturday at the Braunstone and Victoria Park parkruns combined, while Aylestone Park junior parkrun draws around 100 runners and strollers under the age of 14 every Sunday. The council also commissions or provides a range of lifestyle services to support healthy lifestyles as well as running leisure centres across the city. In the words of our stakeholders, Leicester City can be an "exemplar of a City that works together to improve urban diabetes [by] putting prevention at the forefront of the local services and planning agenda and promoting a culture of change in how people collaborate and work."

## 6 BIG PLANS

Leicester City Council have strategies and plans in existence or in progress:

- ▶ Joint Health and Wellbeing
- ▶ Local Food Plan
- ▶ Cycle Action Plan
- ▶ Physical Activity and Sport
- ▶ Local Transport Plan
- ▶ Leicester Local Plan

## 13 PARKS

Leicester City Council owns and oversees 13 large parks as well as numerous smaller parks and gardens around the city.



## 31 OUTDOOR GYMS

Significant investment has been made in 31 outdoor gyms across Leicester City parks, showing the potential for the use of green space within an urban environment.



# ↓ 5%

We know the prevalence of Type 2 diabetes in Leicester neighbourhoods with the highest green space are 5% lower than areas with lowest green space.

## LARGEST

Leicester has the largest outdoor covered market in Europe



## 900 FITTER

Leicester City Council lifestyle services support healthy lifestyles. 900 Leicester City adults per year get support from a 1-to-1 health trainer to make changes to their lifestyle.



## AWARENESS

Leicester CCD aims to raise awareness and promote all the great work and facilities that already exist in the City. Our research has shown the positive benefits of increasing physical activity and reducing sedentary time for diabetes prevention and management. Leicester CCD wants to communicate these messages to our city residents.



# World-Leading Research in Leicester

The Leicester Diabetes Centre has over ten years worth of world-leading research on Type 2 diabetes prevention and management. The majority of this research involves people who live or work in the Leicester urban area. We collaborate with local GP practices and the Leicester clinical commission group, with universities across the UK, as well as research centres from around the world. This snapshot of our world-leading research is only the tip of the iceberg. None of this could be done without the involvement of our stakeholders, patients and participants.

## THE PRE-START STUDY

Leicester was the only UK city to develop and deliver a pilot Type 2 diabetes prevention programme for adolescents. 81 adolescents and 54 families were involved. They enjoyed being part of the research and learned lots about their health. We learned more about the diabetes-related risk factors that young people already have.



## FAITH CENTRE TRAINING

In our study to assess the feasibility of delivering a faith centre-based prevention pathway to people of South Asian origin, there was an increase in the uptake of structured education.



## LEICESTER DIABETES RISK SCORE

The Leicester Diabetes Risk Score allows people to work out their risk of having undiagnosed Type 2 diabetes, by answering 7 simple questions.



## WALKING AWAY FROM DIABETES

Local research shows that if people with pre-diabetes could increase their physical activity by 30 minutes a day and also maintain body weight it would help decrease their HbA1c, which would mean a reduction in their Type 2 diabetes risk. It is critical that we can translate the research evidence into messages that are meaningful to our City residents.

## SMARTWORK STUDY

81 standing desks provided to NHS workers to see if they reduce sitting time and increase well-being.



# What's Next?

Our stakeholders are guiding our work and helping us develop our collective story for Leicester Changing Diabetes. Our stakeholders and the Leicester CCD team have a strong vision for how this would, could, and should benefit Leicester City.



- ▶ It is “exciting” and could have “tangible benefits to people of Leicester by leaving a legacy”. Our work supports the “growth and development of Leicester City economically. Leicester positions itself at the forefront of what a revitalised 21st century city looks like”.
- ▶ We can be an “innovative, healthy and thriving” City.
- ▶ “There is no limit to the people and the groups who can benefit.”
- ▶ “It won’t be just one person, it will be a whole community - We all need to act.”
- ▶ “The future is one where we capitalise on the positives within an urban space – green space, blue space and how that relates to health.”
- ▶ “There is a place for changing individual behaviour.” However, this needs to be supplemented with “small-scale environmental changes, population based interventions and whole systems changes.”
- ▶ It means “putting prevention at the forefront of the local services and planning agenda and promoting a culture of change in how people collaborate and work”.
- ▶ Leicester CCD needs to be visible, have a “consistent message” with “community presence, awareness and involvement.” This requires the “winning of hearts and minds”.
- ▶ Success should be defined by the “people’s testimony of what has been achieved”.

Three key areas of focus for Leicester Changing Diabetes will be:

1. RISK IDENTIFICATION AND LIFESTYLE EDUCATION IN COMMUNITY SETTINGS SUCH AS WORKPLACES, LEISURE FACILITIES, AND PLACES OF WORSHIP
2. INCREASE THE AWARENESS AND USE OF OUTDOOR AMENITIES AND INITIATIVES INCLUDING CYCLE ROUTES, PARKS AND OUTDOOR GYMS
3. ROBUST EVALUATION OF CURRENT OR PLANNED SCHOOL-BASED LIFESTYLE PROGRAMMES

Tell us how YOU can help Leicester to Change Diabetes

[@Leicester\\_CCD](https://twitter.com/Leicester_CCD)

Email [Leicesterchangingdiabetes@uhl-tr.nhs.uk](mailto:Leicesterchangingdiabetes@uhl-tr.nhs.uk)

Visit us at Leicester Diabetes Centre at Leicester General Hospital

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