

10.1% Sandwell adults are registered with diabetes. People from ethnic communities **African, African Caribbean and South Asian (Indian, Bangladeshi & Pakistani)** have a higher risk of developing diabetes and at younger age than white population.

Working together, listening to people



Things to think about – supporting people to manage their diabetes

Diabetes awareness

- Is “Diabetes” a recognised word? “Sugar in blood” may be understood as a concept.
- Illness may be hidden. Do families and the community talk about diabetes?
- Diabetes associated health risks may not be understood and well managed.

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Information

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- Is enough diabetes information available and visible in ethnic communities?
- Is the information culturally appropriate with relatable images?
- Is the information simple and easy to understand? Pictures can be easier than words.
- Is information, including education courses, tailored to meet individual needs?
- Is the information available in other languages and formats? Videos can work well.

“No interpreter at my G.P. Practice to explain diabetes – I felt rushed through.”

Food

“There is an emotional attachment to certain traditional foods, especially in older generations who migrated to the UK.”

- Sharing food may be part of the culture – is managing diabetes supported?
- Cultural meals may have levels of multiple carbohydrates – think portion size.
- Traditional celebrations may include sweet treats – what are healthy alternatives?

Being active

- Physical activity may be low in some ethnic communities. Cold weather is unpopular.
- Family responsibilities may mean less time free for personal health and wellbeing.
- Are physical activity offers culturally suitable? e.g. Female only lifeguards?

Support

- Is it recognised that self-management can improve diabetes and lower health risks?
- Work with community support groups and tailor to meet needs and gaps in services.
- Enable ethnic communities to better support themselves – Diabetes Champions.

Recommendations to improve services: Diabetes in Sandwell report

10.1% of Sandwell adults are registered with diabetes.

This is higher than the West Midlands and National average figures and predicted to increase.
Awareness raising, information and support reduces risks and helps manage the condition.

Working together



Listening to people

"I am pre-diabetic, but I don't know what this means – I am confused!"



"I don't know what foods I am allowed to eat!"

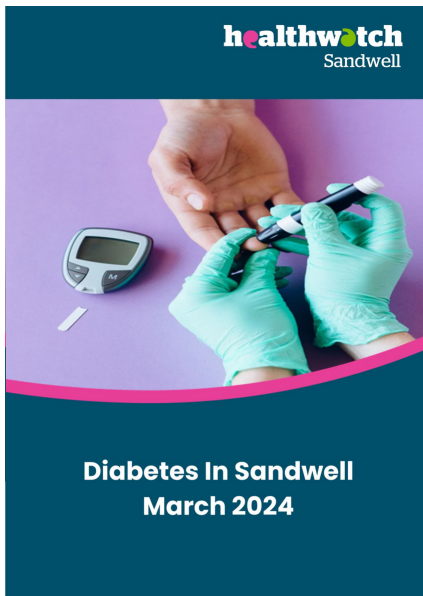
"Exercise, weight loss and dietician."

"Drop-in diabetes services" "Peer support groups"

"Prevention is better than cure!"

Improving services

Recommendations



Information Resources



- Free information booklets
- On-line information resources
- Other languages and accessible formats

Website: www.diabetes.org.uk

Helpline: * 0345 123 2399

Email: helpline@diabetes.org.uk

*Calls to 0345 numbers cost no more than calls to geographic (01 and 02) numbers and must be included in inclusive minutes on mobile phones and discount schemes. Calls from landlines are typically charged between 2p and 10p per minute while calls from mobiles typically cost between 10p and 40p per minute. Calls from landlines and mobiles to 0345 numbers are included in free call packages.

Ethnic communities

