

The Diabetes Update

A newsletter introducing new people, projects and progress in the world of diabetes health

No. 7 August 2016

New Zealand Government

Welcome to the seventh issue of *The Diabetes Update*. This newsletter includes diabetes-related updates from the Ministry of Health (the Ministry), information on progress in implementing the Diabetes Plan *Living Well with Diabetes* and shares innovative stories from around New Zealand.

Please feel free to share this newsletter with your contacts. If you would like to receive an email when each new issue is released, or if you want to share a story in the newsletter, email cvddiabetes@moh.govt.nz putting 'subscribe me' in the subject line.

Introductions

The Ministry has recently appointed two new members to its diabetes team. Gabrielle Roberts and Catherine Lofthouse have joined the diabetes team as Programme Manager and Advisor, respectively. Gabrielle has worked at the Ministry of Health for a number of years in public health, primary health, child and family health, and mental health. She also spent three years working with the then Associate, now Minister of Health. Catherine has trained as a dietitian and is passionate about improving outcomes for people with diabetes. She also has a background in project management. Both Gabrielle and Catherine look forward to getting out to meet as many of you as possible, and to working with you in the diabetes space. Gabrielle and Catherine replace former diabetes team members Sam Kemp-Milham and Vicky Shuker. They will also be working closely with doctors Paul Drury and Helen Rodenburg, the Ministry's two clinical advisors, diabetes.

The National Diabetes Leadership Group

The Ministry has also recently established a National Diabetes Leadership Group to provide expert leadership and advice on implementing and achieving the priority areas for action in the *Living Well with Diabetes* plan. The Group will provide advice on a range of issues that may include: improving the detection of diabetes; slowing the disease's progression; increasing the quality of life for people with diabetes; improving clinical outcomes for people with, or at risk of, diabetes; preventing and/or delaying the onset of diabetes; reducing ethnic disparities in outcomes; and improving consistency of service provision. This group replaces the former National Diabetes Service Improvement Group and has met twice this year with the next meeting scheduled for November 2016. Representation on the Group includes clinical (medical and nursing) expertise, academic interests, DHB and PHO members and a consumer. Group members are: Paul Drury, Helen Rodenburg, Andrea Rooderkerk, Deborah Connor, Simon Bowen, Bryan Betty, Wing Cheuk Chan, Laila Cooper and Jeremy Krebs.

Living Well with Diabetes – A plan for people at high risk of or living with diabetes 2015–2020

Diabetes workshop

On 2 May this year the Ministry held a one-day diabetes workshop in Rotorua, with organisational support provided by Health Navigator Charitable Trust. The workshop brought together DHB, PHO and NGO funders, planners and clinical leaders to hear from national experts involved in recent guideline development, to share innovative ideas and to support improved consistency in purchasing and providing diabetes services across the country.

The workshop was well attended with approximately 100 participants and there was strong support for a repeat event next year. Details of the programme and presentations are available at:

www.healthnavigator.org.nz/clinicians/c/conferences-workshops/diabetes-workshop-may-2016/

Understanding diabetes project

One of the priority areas for action in the *Living Well with Diabetes* plan is to identify and implement a programme of health education and awareness-raising initiatives to improve people's knowledge and understanding of diabetes. To address this, the Ministry has reviewed the available resources on diabetes prevention and management, with a view to providing an evidence-informed, coordinated and consistent approach to improving people's understanding of diabetes.

The first phase of this work, a stocktake of diabetes resources currently used across the health sector, is now complete. The next phase is now under way, and a small group of experts in diabetes, health literacy, health equity, communications and marketing are being assembled. This group will review the findings of the stocktake and provide advice on developing a coordinated approach across agencies and consistent messages relating to diabetes prevention and management. This work is expected to complete mid-2017, and we will keep you informed.

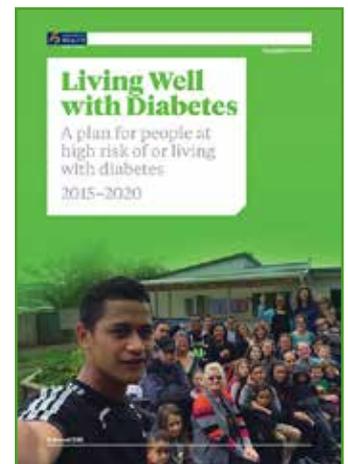
We thank all of those who participated in the stocktake.

Mental health pilots

Health professionals often see patients with poorly controlled diabetes who also suffer from mental health issues. These patients are at risk of developing further diabetes-related complications, adding more pressure to their mental health.

New pilot programmes in Tairāwhiti and Northland aim to address the patient's mental health issues in conjunction with their diabetes by increasing access to mental health services, providing additional support for those with diabetes and improving workforce development to upskill health professionals. The pilots will be primary-care based; they are due to start shortly and will run for a year. The Minister of Health, Hon Dr Jonathan Coleman, referred to these pilots in a recent media release – see

www.beehive.govt.nz/release/pilot-support-patients-diabetes-and-mental-illness



Pre-diabetes and self-management advice

As part of Priority area 1 in the *Living Well with Diabetes* plan, preventing high-risk people from developing type 2 diabetes, the Ministry will shortly release a summary of the pre-diabetes and self-management pilot projects happening around the country. The summary has been developed by Dr Hayden McRobbie for the Ministry, and will include descriptions of the various pilot projects, an outline of the key barriers and facilitators to implementation, and advice and considerations for future project implementation. A checklist for implementation will also be provided.

Following on from this, the Ministry is also reviewing and updating advice on pre-diabetes.

Diabetes-related health loss in New Zealand

According to the Ministry's recent report, *Health Loss in New Zealand 1990–2013*, diabetes has advanced the furthest of all specific causes of health loss since 1990: from 16th to 7th for males; and from 22nd to 12th for females. Despite an increase in the prevalence of diabetes, health loss from diabetes is no longer increasing once demographic trends are taken into account. This reflects more effective health care for diabetes. For more information see:

www.health.govt.nz/publication/health-loss-new-zealand-1990-2013

HQSC website resource

Just a reminder to check the diabetes information on the HQSC website which is a useful starting point for DHB comparison and includes ethnicity with an 'equity explorer'. www.hqsc.govt.nz/our-programmes/health-quality-evaluation/projects/atlas-of-healthcare-variation/diabetes/

For practices there is also a 'find my patients' tool to allow you to check your relevant patients.

And a piece of good news, admissions for hypoglycaemia among patients with diabetes are declining, and variation in this is reducing: www.hqsc.govt.nz/assets/Health-Quality-Evaluation/PR/window-on-quality-of-NZ-health-care-May-2016.pdf

Quality standards

The Ministry is interested in how DHBs are doing in implementing the *Quality Standards for Diabetes Care*. Please keep in touch with progress and questions.

Thanks for reading. We look forward to keeping you in touch.

On behalf of the Diabetes Team at the Ministry of Health: Gabrielle Roberts, Catherine Lofthouse, Dr Helen Rodenburg and Dr Paul Drury.

Feedback/suggestions to: cvddiabetes@moh.govt.nz

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