



Global Advocacy Diabetes

The newsletter of the Parliamentary Diabetes Global Network
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Inside this issue: Health Inequalities, World News, More evidence of diabetes costs, latest research and tech news, plus lots of ideas for advocacy action

When Two Pandemics Collide

Evidence is growing that people with an underlying condition of diabetes are the most at risk of death from Covid 19 and that 1 in 10 patients die within a week.

As the virus has made its way around the world the amount of data and number of studies have grown. They show the mortality rates from Covid 19 among people with diabetes are the highest. The data comes from China, Italy, the USA and the UK all suggesting that individuals with diabetes have an increased risk of developing more severe cases of COVID-19..



"This research shows the extent of the risk of Coronavirus for people with diabetes". Professor Jonathan Valabhji.

In the UK nearly a third of deaths in hospital from Covid 19 were people with diabetes as the underlying condition, while a French study found one in ten coronavirus patients with diabetes died within the first seven days of hospitalization, and one in five needed a ventilator to breathe.

Risks for People with Diabetes

In an NHS study conducted with Imperial College London people with diabetes were found to be twice as likely to die from Coronavirus as those without it. It also found that those with Type 1 were three and a half times more likely to die.

PDGN Secretary General Adrian Sanders says these findings are very frightening for people with diabetes and should be a concern to those who handle health care budgets:

"As yet there are no studies to show people with any particular type of diabetes suffer more than any other, but the fact that those with

the condition take up so many hospital beds and will require long-term support if they survive must be a worry for everyone.



"These findings are very frightening for people with diabetes and should be a concern to those who handle health care budgets:" PDGN Secretary General Adrian Sanders

"Too many Governments are treating this as two separate pandemics with diabetes on hold while Covid 19 is addressed. We need our Parliamentarians advocating to ensure their Governments recognise this as two pandemics colliding and to not take pressure off one thinking it assists with confronting the other."

(Continued on page two)

Health Care Disparity Evidence Grows

Appalling disparities in health care have been revealed in several recent studies that the Covid 19 pandemic has magnified.

The 'Center for American Progress (CAP)' has pulled together research from across the USA showing that it is home to stark and persistent racial disparities in health coverage, chronic health conditions, mental health, and mortality.

The research claims that these disparities are not a result of individual or group behaviour but decades of systematic inequality in American economic, housing, and health care systems.

Persistent inequities have been identified facing African Americans or Black Americans, Hispanic Americans or Latino Americans, Asian Americans, Native Hawaiian or other Pacific Islander Americans, and American Indians or Alaska Natives.

The CAP believes that to meet the challenge of these health disparities will require a deliberate and sustained effort to address social determinants of health, such as poverty, segregation, environmental degradation, and racial discrimination.



Not Just the USA

In the UK Black and Asian people may be at greater risk of severe illness from Covid 19 because of social, cultural and biological reasons, experts have suggested.

Data on patients with confirmed Covid-19 from the Intensive Care National Audit and Research Centre (ICNARC) shows that ethnic minorities are over-represented compared with the general population.

Studies also show people with South Asian backgrounds have a higher

prevalence of diabetes and heart disease, which are two of the health conditions that puts people in the higher risk categories for Covid-19.

Advocacy

Action: What policies are in place to ensure people from minority groups have equal access to health and social care? Are you

highlighting the plight of groups who have or have had a greater propensity to diabetes and/or suffer discrimination when accessing health care? Is the data missing to make comparisons and can you lobby for its collection and analysis?

When Two Pandemics Collide (continued from front page)

"They must take the link seriously not just in the hopefully short-term while Covid 19 is in circulation, but permanently, and to recognise that people from South Asian and black African and Caribbean

descent have a higher risk of becoming diabetic," Sanders concluded.

Advocacy Action: Ask your Government about the number of people with diabetes who have or had Covid 19? Ask what action they are taking in light of the link between diabetes and Covid 19?

<https://www.theguardian.com/uk-news/2020/apr/29/study-finds-a-third-of-uk-covid-19-patients-taken-to-hospital-are-dying>

<https://sacramento.cbslocal.com/2020/05/29/1-in-10-coronavirus-patients-with-diabetes-die-within-a-week-study-finds/>

World News



Asia

Type 2 Prevalence

South Asians have a high prevalence of type 2 diabetes, even at a lower Body Mass Index (BMI). This review sets out an hypothesis on the reasons for this.

https://www.researchgate.net/publication/340319911_Why_are_South_Asians_prone_to_type_2_diabetes_A_hypothesis_based_on_underexplored_pathways



United Kingdom

Body Size Indicator

Having a large body size during childhood may increase the risk of heart disease and type 2 diabetes in later life, particularly when people remain overweight during adulthood.

<https://www.bmj.com/company/newsroom/child-body-size-linked-to-risk-of-heart-disease-and-diabetes-in-later-life/>

New APPG Chair

Congratulations to Derek Thomas MP (Conservative, St Ives, Cornwall) the new Chair of the UK Parliament's All Party Diabetes Group.

Derek takes over from Labour's Keith Vaz who retired from Parliament at the last election. Vaz followed in the footsteps of



PDGN Secretary General, Adrian Sanders, who held the post for 17 years.

PDGN has written to Mr Thomas offering the support it gives to groups around the world.

USA



Childhood Obesity

Disappointment has been expressed about the continuing upward trend in childhood obesity in the US despite the programmes that have tried to make an impact.

<https://abcnews.go.com/Lifestyle/wireStory/us-kids-obese-latest-data-70585816>

Targeting

Better news from the San Francisco work based prevention programme targeted on people considered at high risk for developing type 2 diabetes, and who had a Body Mass Index (BMI) above 25 (23 if Asian).

<https://tinyurl.com/y9g7zu97>

What's Happening in Your Country?



Let us know what's happening in your area? Add PDGN to your press releases, send us a report on your successes and challenges - preferably with photos.

Together we can make the greatest difference. It's hard acting on your own but PDGN wants to hear from you. All the successful Parliamentary groups started with just one person.

Send your stories and photos to: adrian@pdgn.co.uk

(World News continued on page four)

World News Continued



Australia

Advocacy Success

Advocacy action by Parliamentarians and patient groups in Australia has brought results. The Government has announced the *Type 1 Diabetes Management in Schools program* will commence in early 2020, in readiness for the new school year.

This 6 million Australian Dollar initiative will support students with type 1 diabetes by providing a training and education program for staff at selected schools, to support students with the condition.

Staff at selected schools will be trained in glucose monitoring, insulin administration and recognition of hypoglycaemia.

In addition, a new online portal will be available to all parents, principals, school staff and health professionals that will provide



PDGN Patron, Hon. Judi Moylan AO (glasses, centre left) with Professor Liz Davis on her immediate left and Professor Greg Johnson on the far left with participants at the launch of the Diabetes in Schools Program at St Peter's Primary School Western Australia.

access to a range of tools to help schools better understand how to support students with type 1 diabetes while at school.

The programme will give parents peace of mind that their children are supported in managing their condition while at school.

Advocacy Action: Do you have programme for schools to teach awareness and prevention where appropriate?



Pacific Islands

Colonialization & Health

An interesting opinion piece about the health consequences of colonialization and how the introduction of foreign diets, illnesses, and economic practices were imposed on the islanders, disrupting native lifestyles, traditions, and even languages.

<https://instant.com.pk/marshall-islands/142088/>

Scotland



Covid and Diabetes

In the Scottish Parliament, David Stewart MSP made use of his position to ask questions about the correlation between deaths from Covid 19 and people with diabetes.



Joe FitzPatrick (SNP), the Minister for Public Health's reply was: "We know that this is a worrying time for people who live with diabetes. Their safety and the continued provision of care and treatment remain a priority for the Scottish Government and NHS Scotland. Our analytical partners across the Scottish Government–National Records of Scotland, Public Health Scotland and the national health service—are

(Continued on page five)

(Continued from page four)

working together to consider how we can better understand the impact of Covid-19 on people in Scotland with diabetes and other health conditions.

We will be guided by the evidence from that work in assessing any continued risk from the virus, but I encourage anyone who has any concerns about their diabetes—or any other condition—and Covid-19 to contact their general practitioner or the diabetes clinical team, who are best placed to provide specific advice and support.”.

David Stewart: “Research by NHS England a few weeks ago concluded that one in four coronavirus deaths in hospitals were of people who had diabetes”.

Joe FitzPatrick: “NRS published data on 22 May as an ad hoc step, which I hope folk will find useful. It showed that, in 15 per cent of all deaths resulting from cases of Covid-19 in Scotland, the death certificate mentioned diabetes. We are still learning about the virus, and it is really important that we record all such data. The Scottish Government and NRS will publish the data as it becomes available. I hope that that information is roughly what the member was looking for”.

Advocacy Action? What is the situation in your country? Is the correlation greater or smaller than in Scotland? PDGN would be pleased to receive your data.



Tech News

Help from AI

Artificial Intelligence ‘could help identify future diabetes patients’. Scientists have developed a new technology that uses artificial intelligence to predict whether a patient will develop diabetes. The preliminary research, which is yet to be published, applies a method known as machine learning to assess the risk of a person developing the lifelong condition that causes high blood sugar levels.

<https://www.asianimage.co.uk/news/national-news/18347525.artificial-intelligence-could-help-identify-future-diabetes-patients/>

Tele-Medicine

Telemedicine provides an increasing range of applications and facilities utilizing two-way video, e-mail, smartphones, cellular devices, and other types of technology.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2769943/>

Research Corner

Obesity Risks

The study suggests there is a higher risk of developing type 2 diabetes by at least 6 times.

<https://www.sciencedaily.com/releases/2020/04/200415185837.htm>

Studies into Diabetes Genes

In the largest non-European diabetes genetics study to date that involved

433,540 East Asian individuals from China, Hong Kong, Japan, the Philippines, Singapore, South Korea, Taiwan and USA, an international team of 113 investigators co-led by five senior authors.

URL: <https://www.aedaily.net/en-gb/posts/largest-east-asian-genetic-study-reveals-novel-diabetes-genes/>

(Continued on page six)

Research Corner continued

Diabetes Cost Evidence Grows

Type 2 Hidden Illnesses

Further evidence of the costs, human and financial, comes from a study into the hidden illnesses of people with diabetes.

According to the conclusions of Manchester University research, millions of people are at risk as over three quarters of people with Type 2 diabetes suffer hidden illnesses like schizophrenia and other mental health conditions.

<https://www.manchester.ac.uk/discover/news/study-reveals-high-prevalence-of-hidden-illnesses-in-people-with-type-2-diabetes/>

Higher Mortality

The higher mortality associated with poorly controlled type 1 and type 2 diabetes could produce a loss of 6 million life years in the UK, according to a study by Manchester data scientists. A Medical Xpress study calculated the loss in life years from early mortality of a diabetes diagnoses. The team behind it also estimated that Type 1 and type 2 Diabetes patients with poor blood glucose control of greater than 58mmol/mol will lose around 100 life days.

URL: <https://www.manchester.ac.uk/discover/news/diabetes-diagnoses-could-result-in-loss-of-6-million-life-years/>

Lifetime costs of diabetes.

In a separate piece of work researchers in the US have modelled the lifetime costs associated with complications of type 2 diabetes.

<https://care.diabetesjournals.org/content/25/3/476>

Reversing Type 2 Diabetes

Another clinical trial found that significant weight loss could reverse type 2 diabetes in more than 60% of intervention participants.

URL: <https://www.diabetes.co.uk/reversing-diabetes.html>

PDGN News

Event Reports

In recent weeks PDGN has taken part in several on-line events.

New Statesman

PDGN was invited to participate in a global policy forum on the remaking of the world after coronavirus, organised by the New Statesman magazine. With contributions from the EU Commission, WTO, International Rescue, Parliamentarians and Mayors from the US, UK and Greece and the former Archbishop of Canterbury.



Take home points included the need to break the power of corporations to encourage innovation and new enterprise, how environmental factors affect health and health outcomes, how locally managed health care systems tend to be the most effective, how nursing is undervalued, and how global problems require global solutions.

Efpia/IDF

The European Federation of Pharmaceutical Industries and Associations (Efpia) and the International Diabetes Federation (IDF)

invited PDGN to participate in a Diabetes and Covid event – “the potential of the digital transformation in diabetes care” event. With contributions from IDF, academia and Efpia, the conclusions were the need for accurate up to the minute data to guide decisions, and that data needs to be open to people to drive changes.



(Continued on page seven)

(Continued from page six)

The lack of a European level database was identified, as was the failure to standardise national databases.

The Economist Intelligence Unit

PDGN provided our Secretary General



as a panellist to the Economist Intelligence Unit's Expert Panel Meeting on Vertical Integration in Diabetes. PDGN Co-Chair, John Bowis OBE, was also on the panel.

Data was a major part of the discussions and the importance of agreeing data standards a key conclusion. More transparent health care systems were recommended, along with a more holistic approach and focus on quality of life for people with diabetes.

There was a very clear message about making the distinction between Type 1 and Type 2 diabetes.

PDGN Needs YOU!



Could you take on a role within the global network to help us to reach out and grow our membership and effectiveness in meeting the challenge of diabetes across the world?

You will already be an advocate for the prevention, early diagnosis and best treatments for diabetes within your country. Could you become a global champion alongside our vice-presidents and help shape our strategy and activities?

The time commitment is open to you. There will be a few emails a year to respond to and an invite to a meeting when funding allows. We would hope you would persuade colleagues in your Parliament and in Parliaments you may have contacts in, to join and keep us in touch with your activities.

For an informal chat about what's required contact our Secretary General, Adrian Sanders, +4407712633476 or via adrian@pdgn.co.uk.

Can We Help You?

Would you welcome some extra support from PDGN for your group, or on setting one up? How about a digital visit from PDGN? Whether you are a group or a lone advocate, a video link is only a mouse click away.

Get in touch with our Secretary General Adrian Sanders, via adrian@pdgn.co.uk

Please Ask Your Colleagues to Join

Ask your colleagues to join PDGN – It's easy and free if you are an elected representative, just fill in the membership form on the web page at: www.pdgn.co.uk

And Finally

PDGN is a registered charity run by a Secretary General with volunteer Officers and Trustees who support our growing membership across the world. Membership is free thanks to the support of commercial and non-commercial organisations who share our aims.

In these difficult times, can you help us? A donation, however small, will help us though the uncertainties of the next few months.

To make one - in any currency - but preferably UK pounds to reduce charges - our account details are: PDGN, Santander Bank, Sort Code: 09-01-29 Account Number: 23032208. IBAN is: GB34ABBY09012923032208; and the BIC is: ABBYGB2LXXX. Thank you.