A photograph of a large container ship at a port at night. The ship is dark with "APL" written on its side and is covered in colorful shipping containers. Several large gantry cranes are positioned along the pier, their lights reflecting on the water. The sky is a deep blue, and the water is calm, creating clear reflections of the ship and cranes.

Diabetes

June 2023

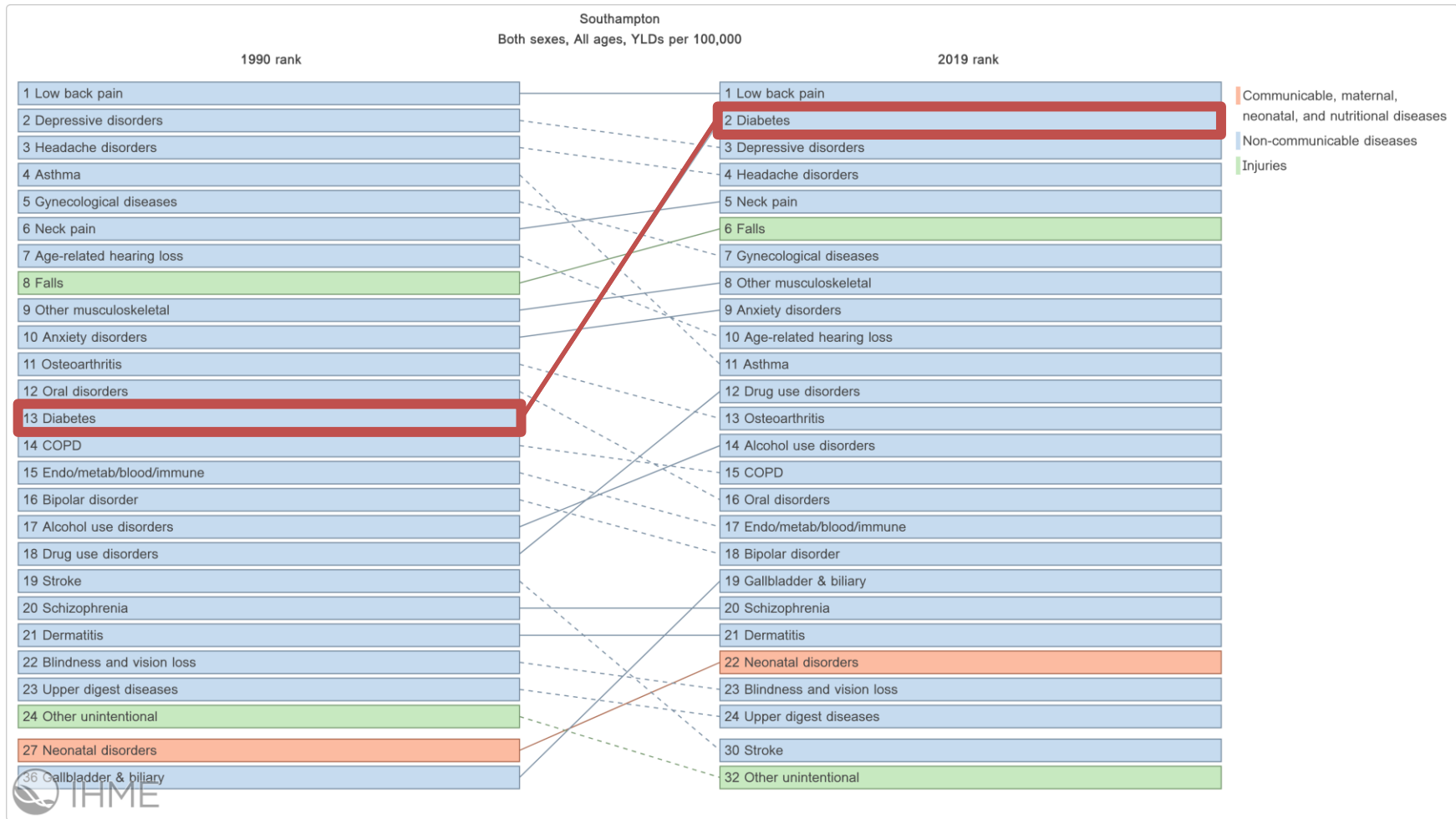
Data, Intelligence & Insight Team



- Diabetes is the **second largest** contributor to **years of healthy life lost due to disability (YLDs)** in Southampton and high fasting plasma glucose is the **third biggest risk factor for deaths** in Southampton, increasing the risk of **cancer, cardiovascular diseases and neurological diseases (GBD 2019)**.
- **Prevalence** of diabetes in Southampton is **lower** than the England average and is lower than most of its comparators (possibly due to its **relatively young population**). However, **prevalence has been increasing** in Southampton (**14.8% increase since 2012/13**).
- **Despite the lower prevalence**, those people who do have diabetes in Southampton have some of the **worst outcomes in England**.
- Southampton's ratio of **diabetic complications**, rates of **diabetic eye conditions** and rates of **minor diabetic lower limb amputations** are all significantly higher than the England average and are **the highest amongst Southampton's comparators**.
- Southampton has an **ageing population**, this alone would result in nearly **1,500 additional cases** of diabetes in Southampton by **2028**. If Southampton's **prevalence rate continues to grow as well**, this increase could be greater than **10,000 by 2028**.



Causes of years of healthy life lost due to disability (YLDs) in Southampton, ranked by total YLDs per 100,000, (1990 vs 2019)

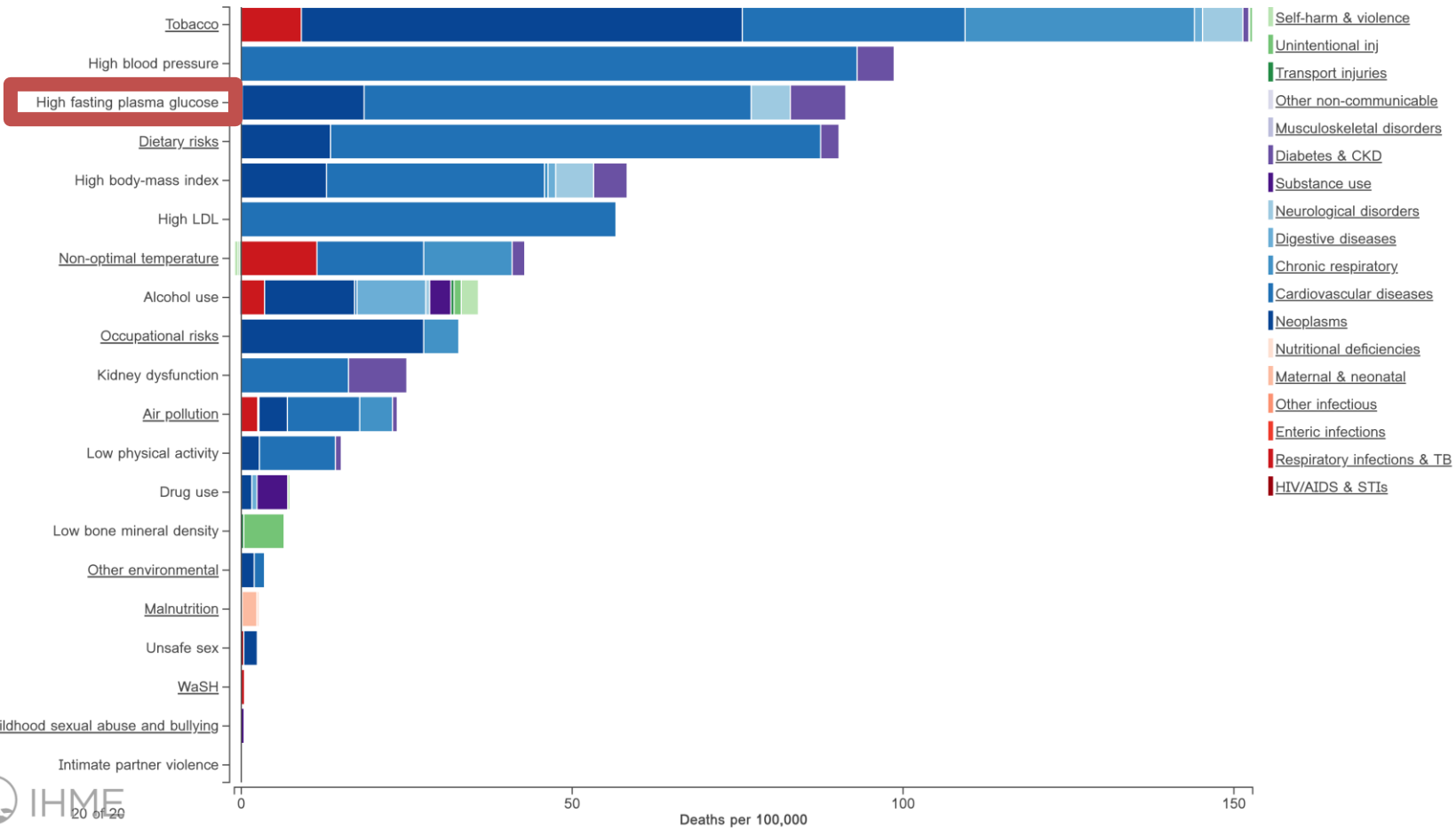


- Diabetes is the **second largest** contributor to years of healthy life lost due to disability (YLDs) in Southampton.
- **Diabetes** accounts for **851.2 YLDs** per 100,000 people in Southampton.
- In **1990** diabetes was the **13th** largest contributor.



Risk factors for deaths in Southampton ranked by total deaths per 100,000 for each risk factor, (2019)

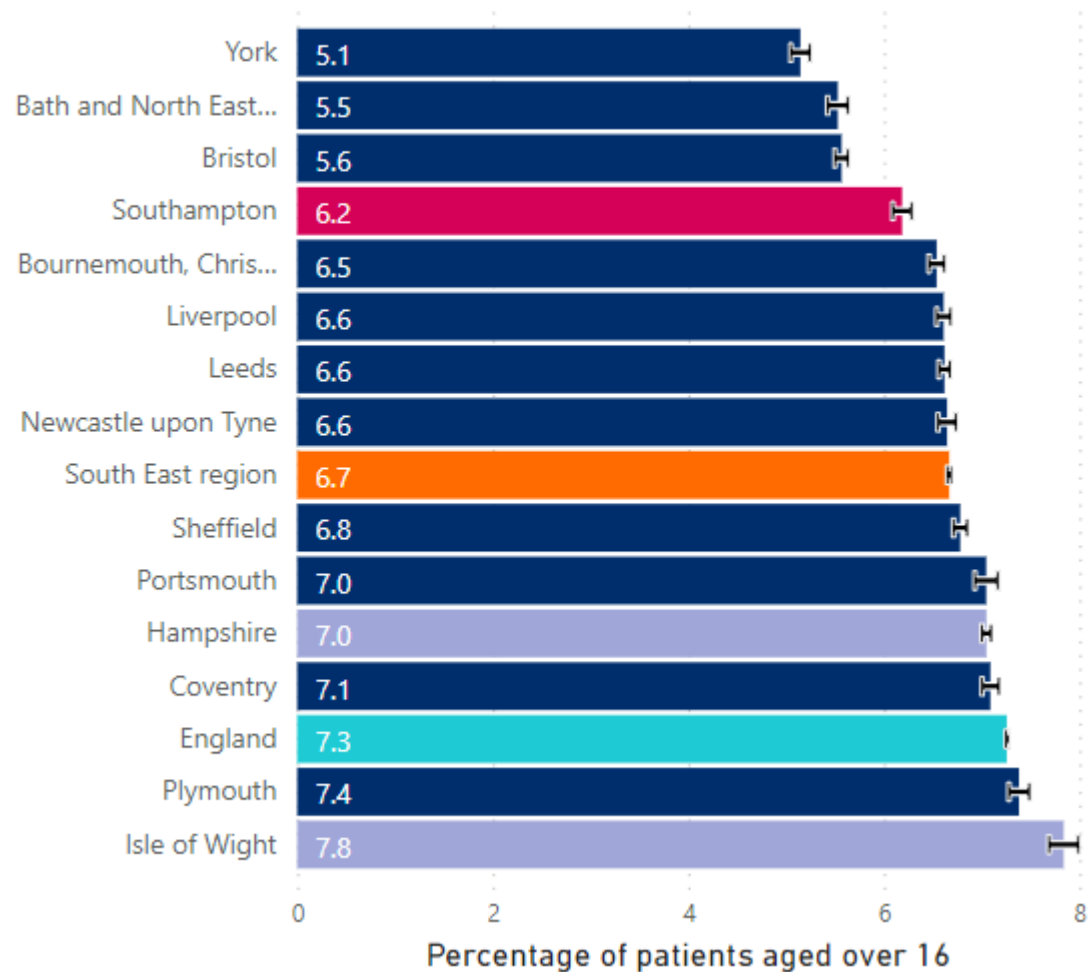
Southampton, Both sexes, All ages, 2019



- **High fasting plasma glucose** (associated with diabetes) is the **third biggest risk factor** for **deaths** in Southampton.
- People with **high fasting plasma glucose** are **more likely** to die from **cancer, cardiovascular diseases** and **neurological diseases**.



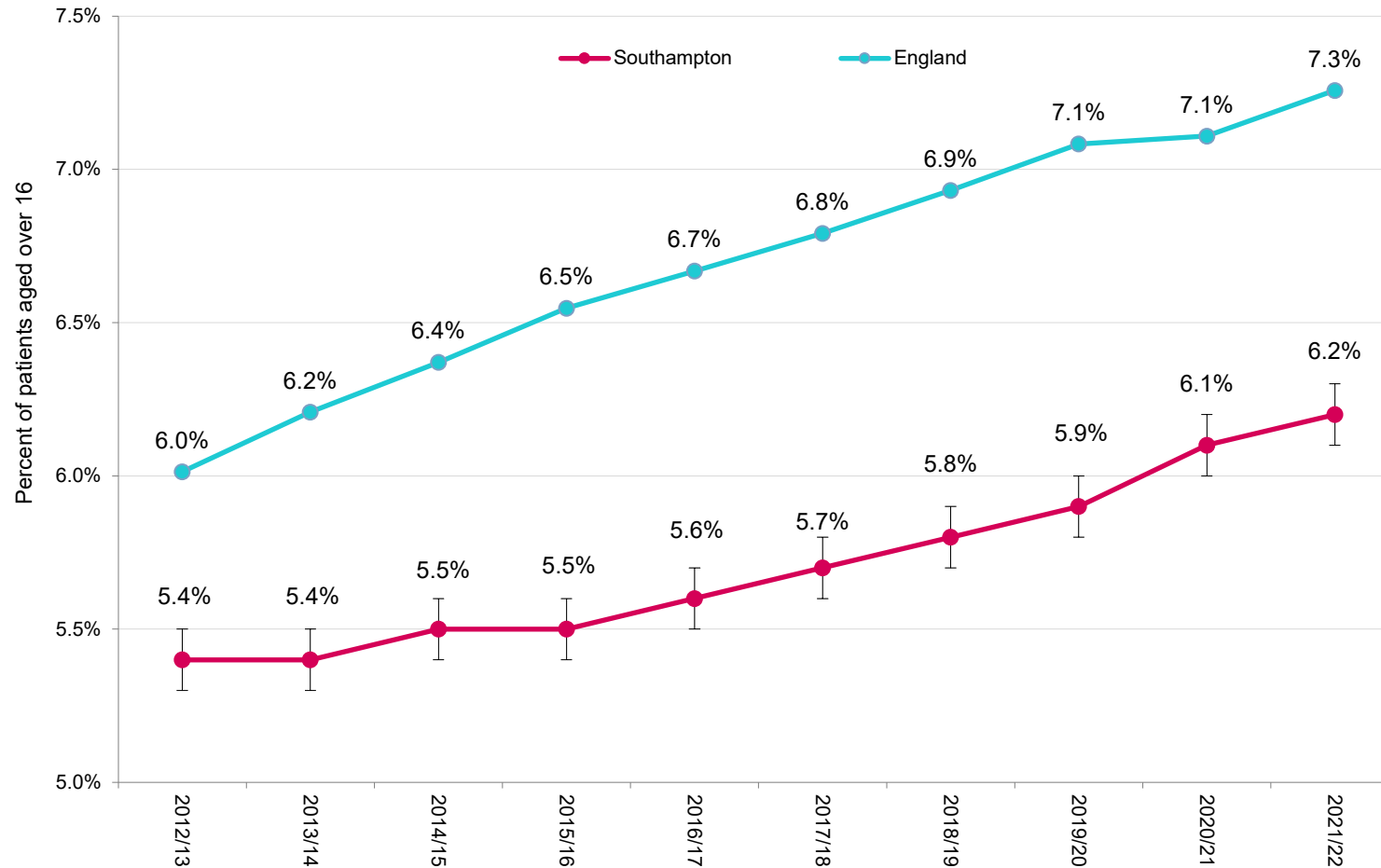
Percentage of patients aged over 16 years with diabetes mellitus, Southampton and ONS Comparators: 2021/22



- **Southampton's prevalence of diabetes (6.2%) is one of the lowest of its comparators and is significantly lower than the England average, potentially due to its relatively young population.**



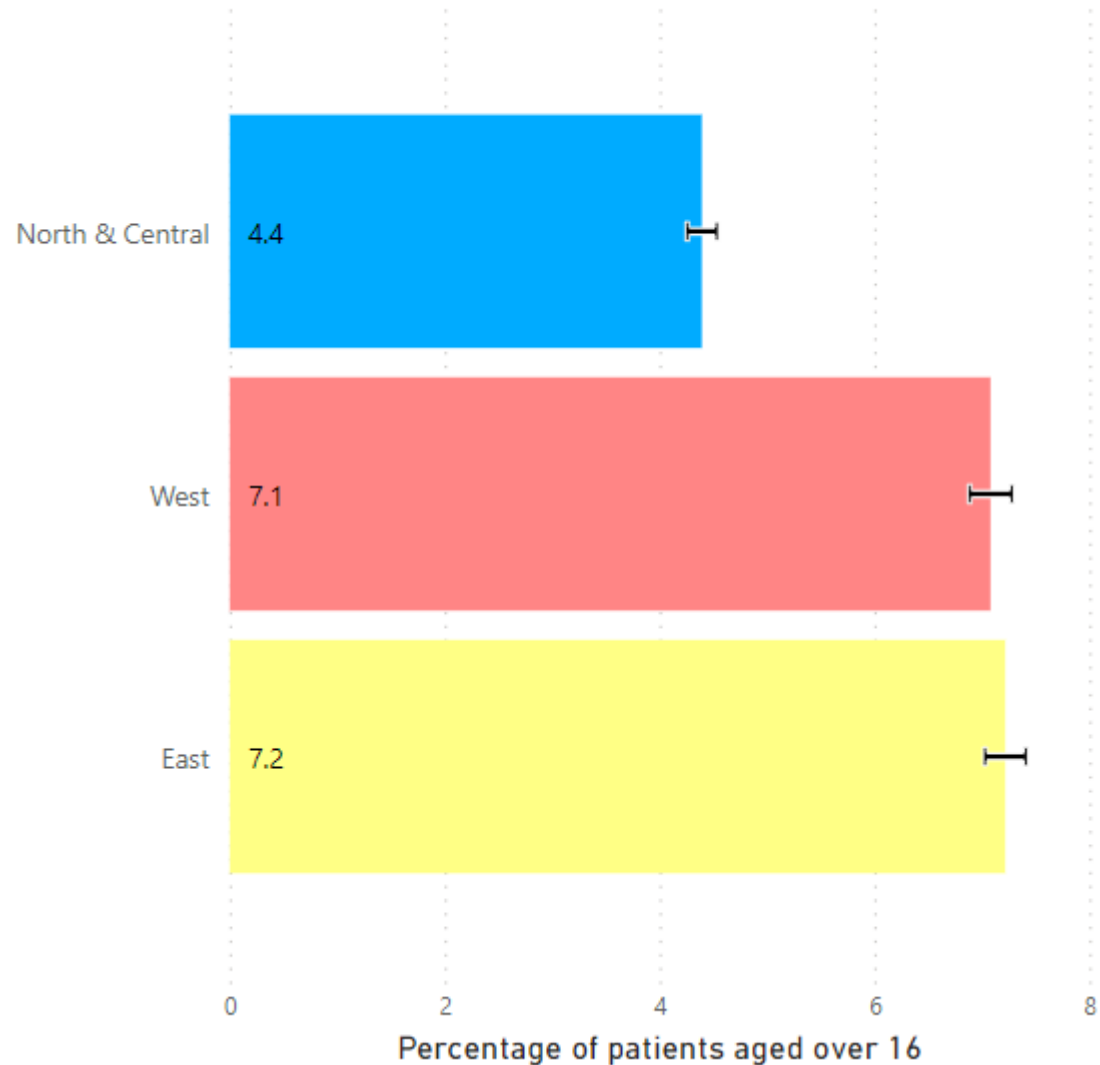
Percentage of patients aged over 16 years with diabetes mellitus,
England and Southampton: 2012/13 to 2021/22



- While Southampton's prevalence remains significantly lower than the England average, it has **increased by 14.8%** since 2012/13.
- Prevalence of diabetes in **England** has seen an **even greater increase** in the same period (**21.7%** since 2012/13).
- Southampton's **lower prevalence** may be due to its relatively **young population**, however many diabetes cases go **undiagnosed**.



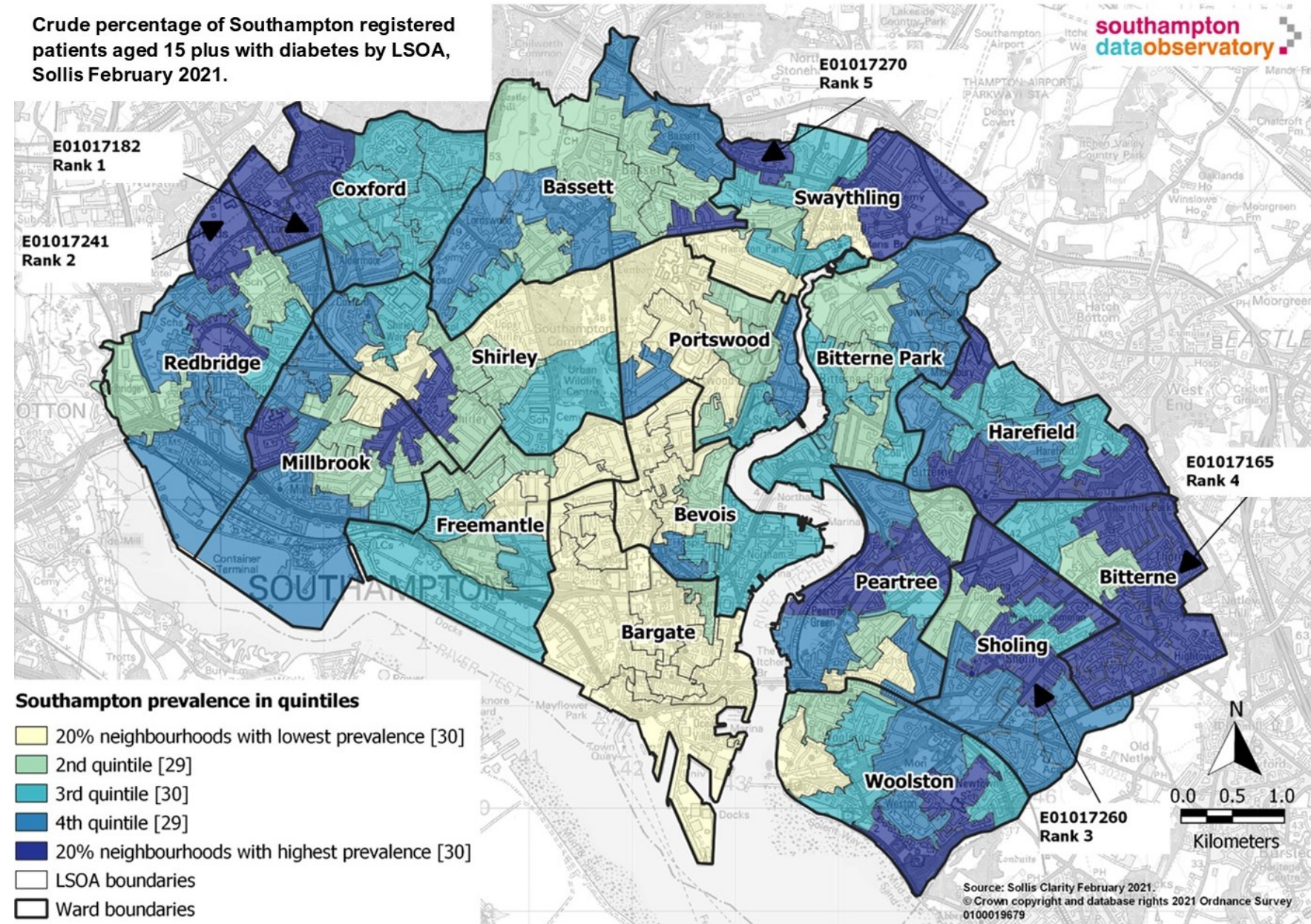
Percentage of patients aged over 16 years with diabetes mellitus,
Southampton localities: 2020/21



- Prevalence is **significantly** lower in Southampton's **North & Central** locality (4.4%) compared to the East (7.1%) and West (7.2%) localities (potentially due to its **relatively young** population).



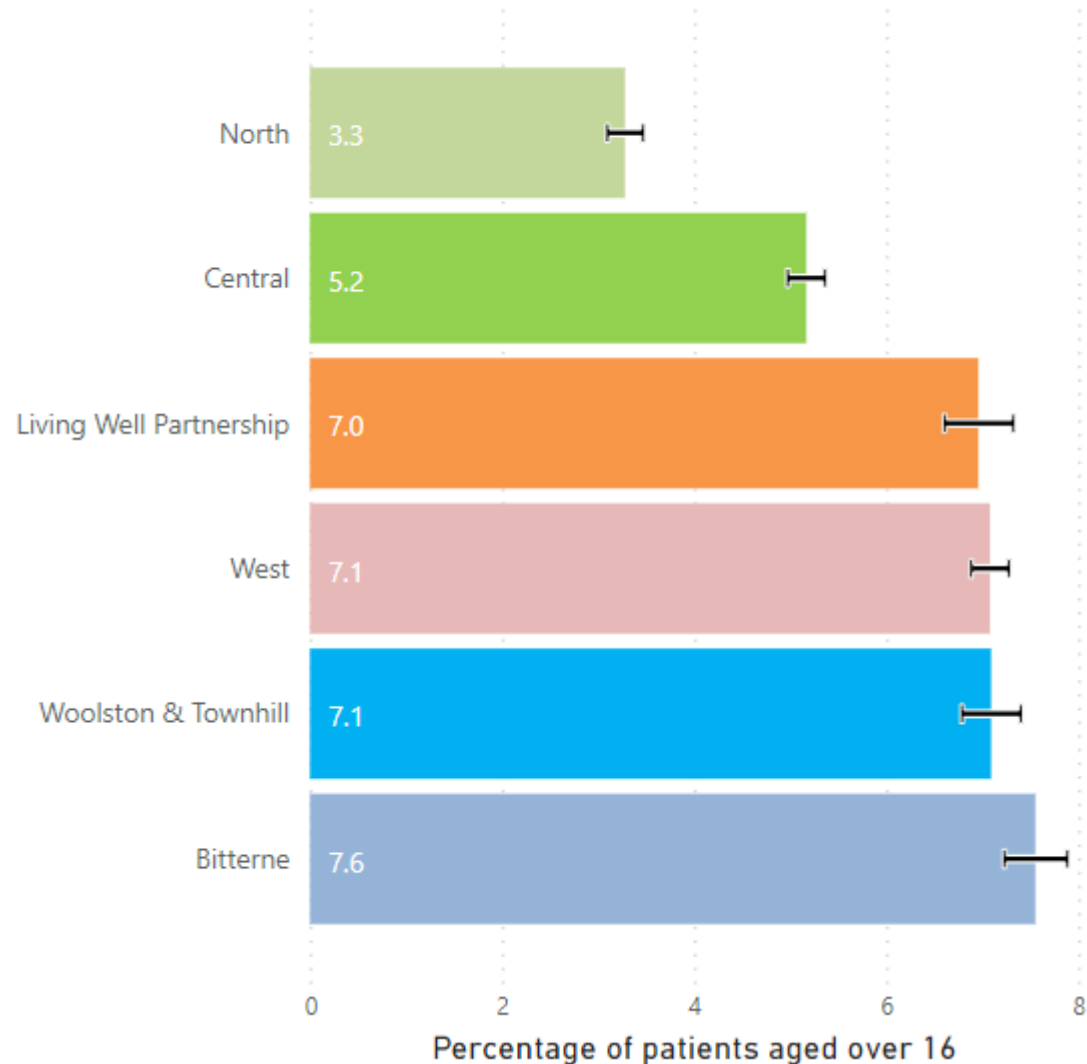
Crude percentage of Southampton registered patients aged 15 plus with diabetes by LSOA, SOLLIS February 2021.



- The 20% neighbourhoods with the lowest prevalence are mainly in the centre of the city.
- The 5 LSOAs with the highest prevalence of diabetes are spread across Southampton. They are all located on or near the outer edge of the city.
- LSOA E0107182 (in Coxford) has the highest prevalence.

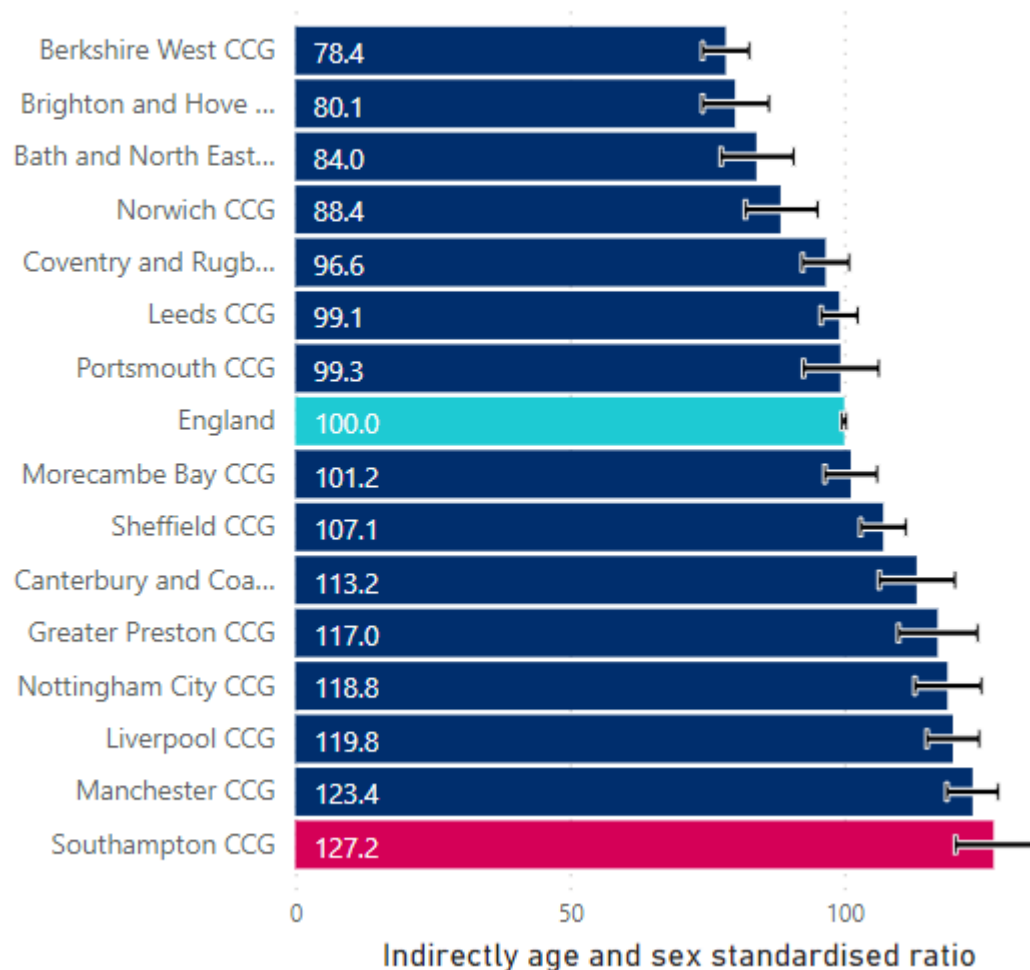


Percentage of patients aged over 16 years with diabetes mellitus, Southampton PCNs: 2020/21



- Prevalence is **significantly** lower in Southampton's **North** (3.3%) and **Central** (5.3%) PCNs, compared to the other PCNs.
- The **highest prevalence** is in the **Bitterne** PCN (7.6%).

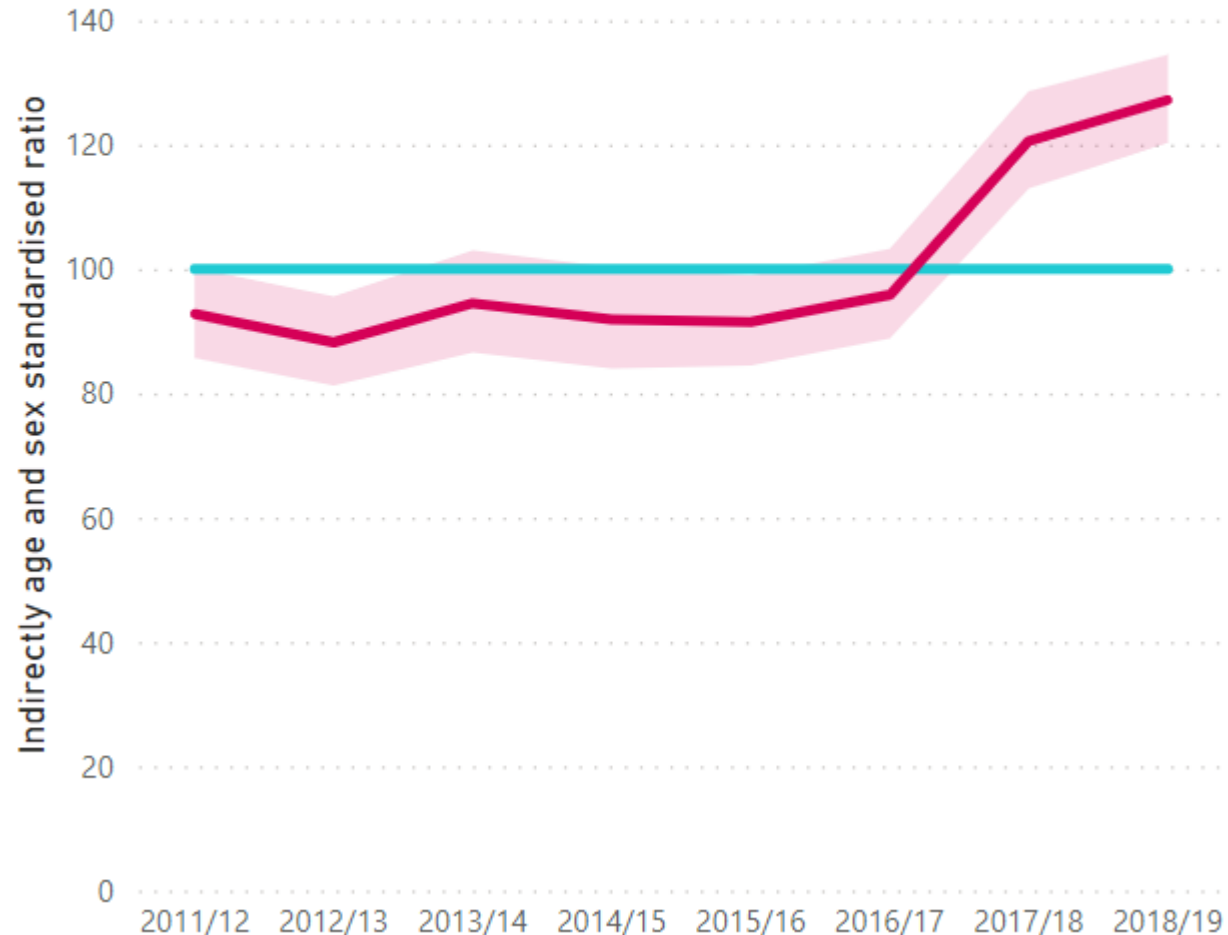
Complications in people with diabetes, indirectly age and sex standardised ratio, Southampton CCG and comparators: 2018/19



- Despite the relatively low prevalence of diabetes in Southampton compared to England, it has some of the **worst rates for complications among old CCG geographies and England** (such as eye disease and lower-limb amputations).
- Southampton has the **highest complication ratio** (127.2) compared to old CCG geography comparators and is **significantly higher than the England average**.

Complications in people with diabetes, indirectly age and sex standardised ratio, England, Southampton CCG: 2011/12 to 2018/19

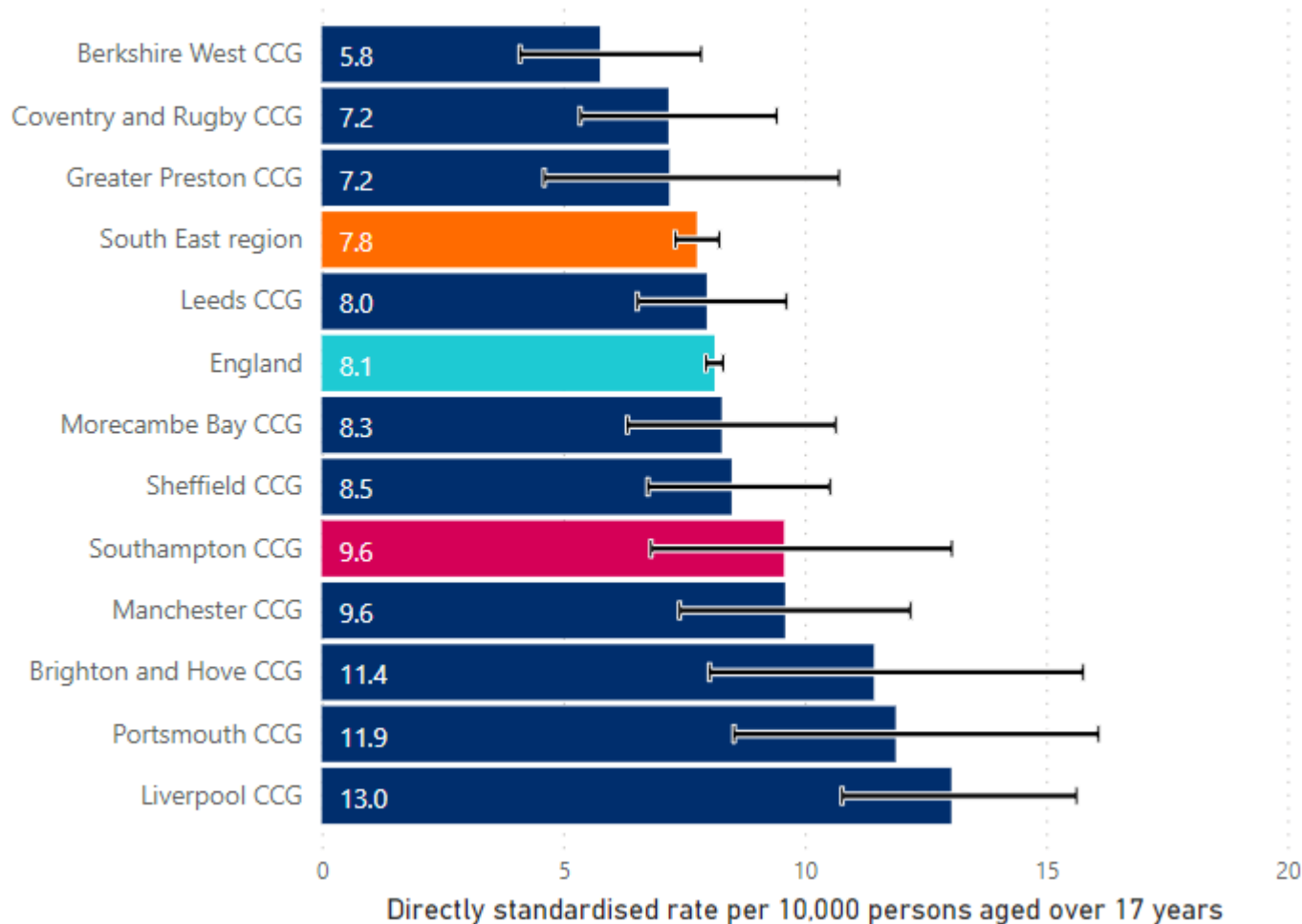
Area ● England ● Southampton CCG



- This ratio has **was similar to the England average and was significantly lower** than the England average in 2012/13.
- It has **increased significantly** since 2016/17 in Southampton.



Major diabetic lower-limb amputation procedures, directly standardised rate per 10,000 diabetic patients aged over 17 years, Southampton CCG and Comparators: 2017/18 - 2019/20

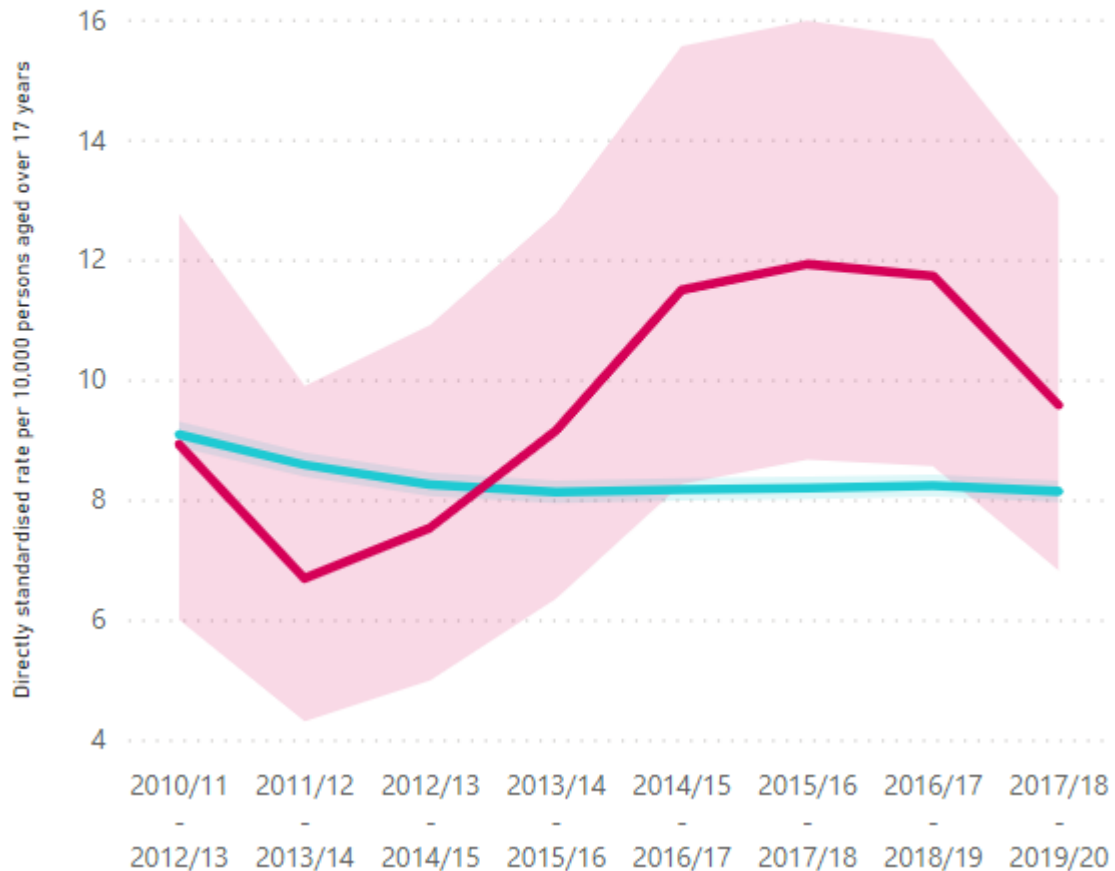


- **Instances of major diabetic leg amputations are rare (40 in Southampton for the period 2017/18 – 2019/20, resulting in the large confidence intervals shown on the chart.**
- **Therefore, Southampton's rate (9.6) for major diabetic leg amputations is statistically similar to all of its old comparator CCGs and the England average.**



Major diabetic lower-limb amputation procedures, directly standardised rate per 10,000 diabetic patients aged over 17 years, England, NHS
Southampton CCG: 2010/11 - 2012/13 to 2016/17 - 2018/19

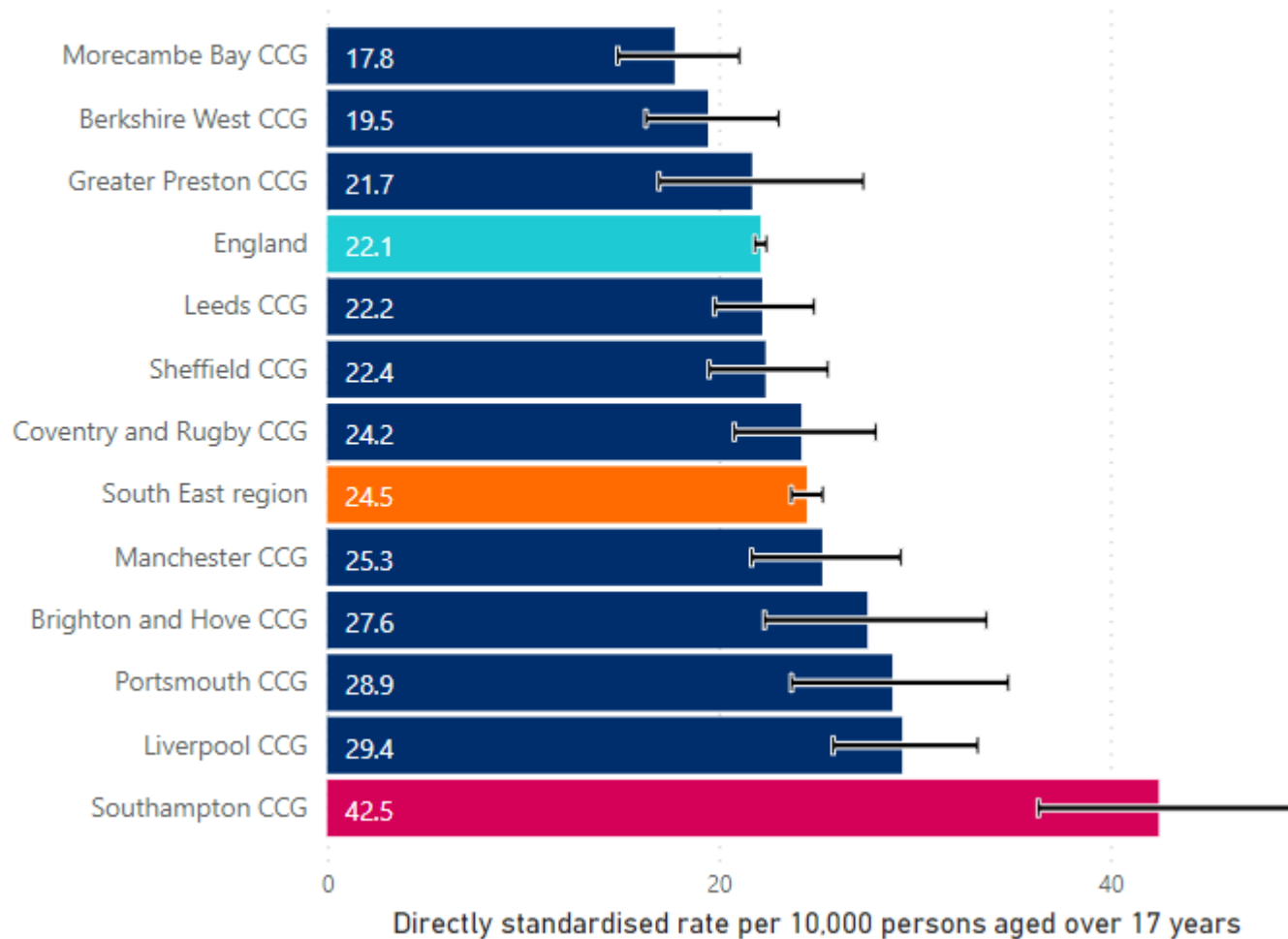
Area ● England ● Southampton CCG



- Southampton's rate for major diabetic lower leg amputations **was significantly higher than the England average in 2015/16 – 2017/18 but has decreased since.**



Minor diabetic lower-limb amputation procedures, directly standardised rate per 10,000 diabetic patients aged over 17 years, Southampton CCG and Comparators: 2017/18 - 2019/20

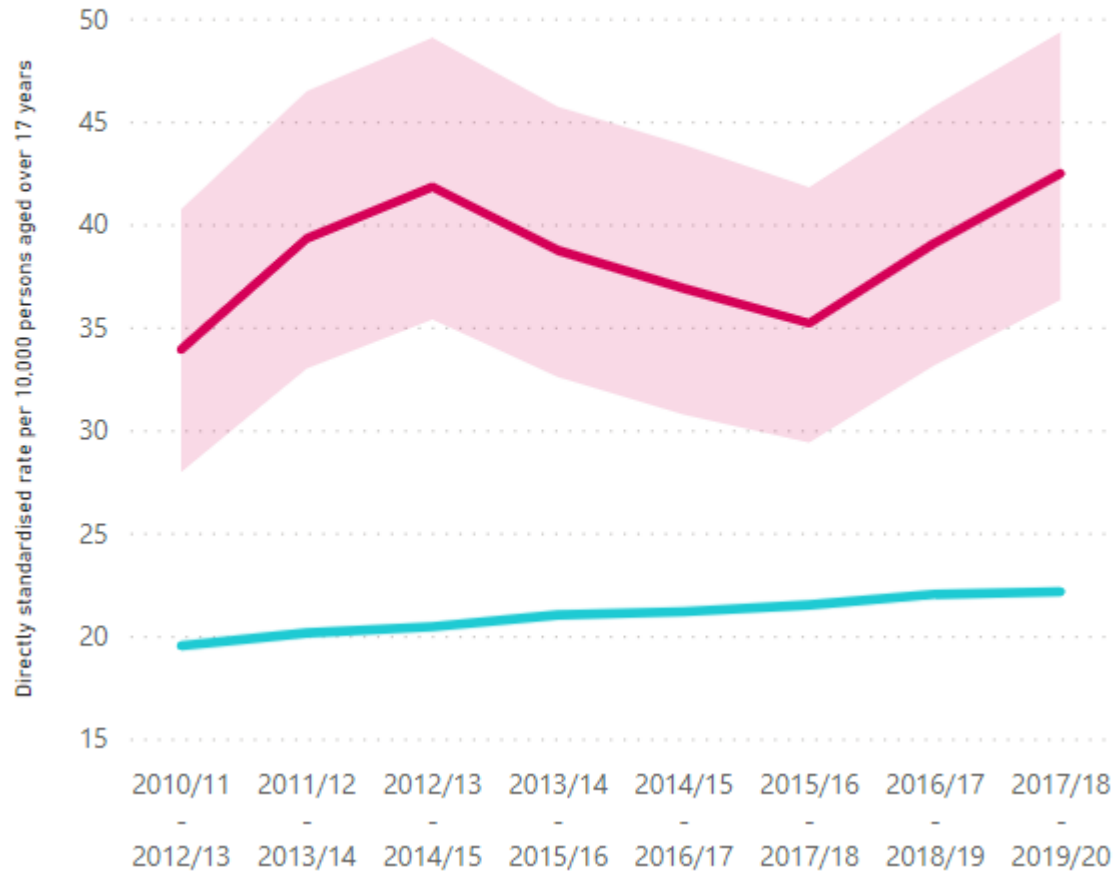


- Southampton's rate for minor diabetic leg amputations is **significantly higher than its old CCG comparators and England.**



Minor diabetic lower-limb amputation procedures, directly standardised rate per 10,000 diabetic patients aged over 17 years, England, NHS
Southampton CCG: 2010/11 - 2012/13 to 2016/17 - 2018/19

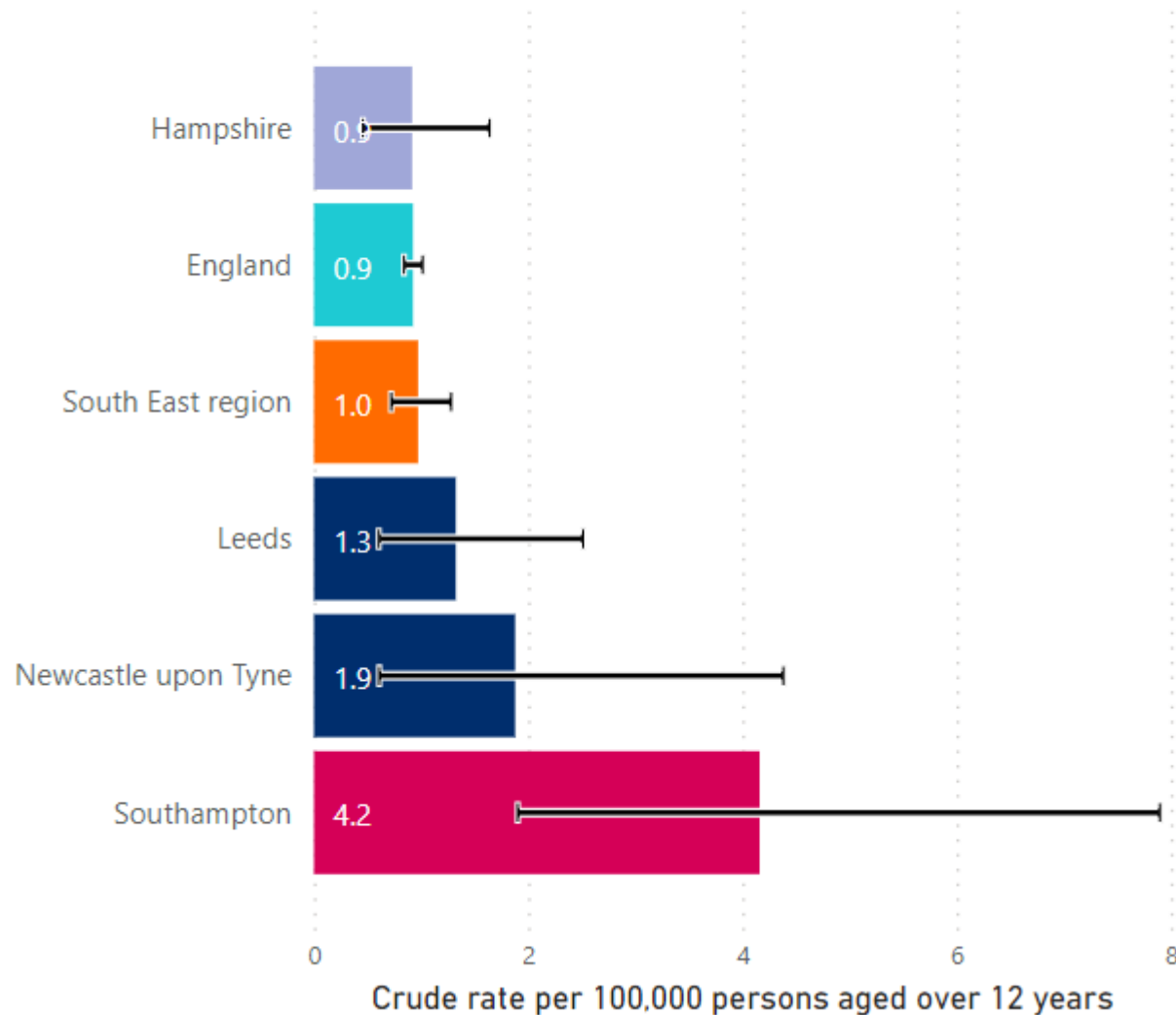
Area ● England ● Southampton CCG



- Southampton's rate for minor diabetic leg amputations has been **significantly higher than the England average since 2010/11 – 2012/13** and is **increasing**.



New Certifications of Visual Impairment (CVI) due to diabetic eye disease, crude rate per 100,000 persons aged over 12 years, Southampton and ONS Comparators: 2020/21

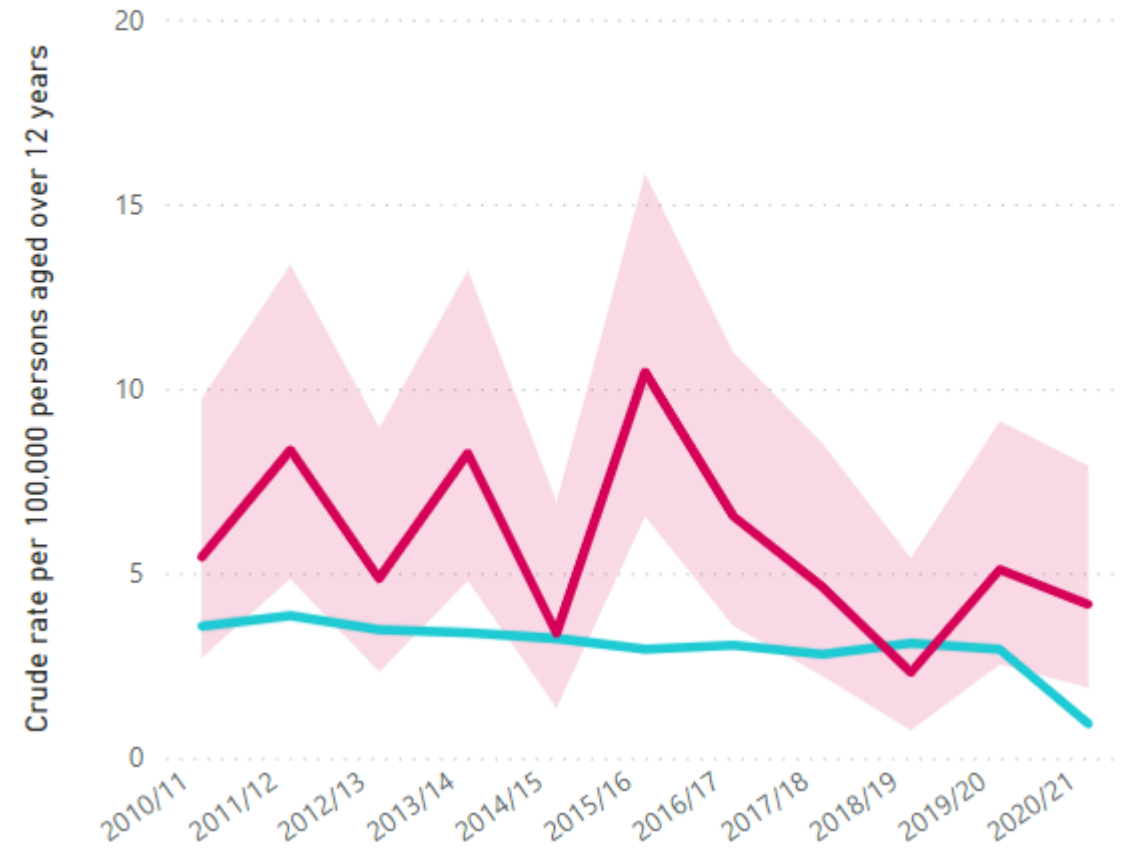


- Southampton has the **highest rate for diabetic eye disease**, higher than all of its comparators and **significantly higher than the England average**.



New Certifications of Visual Impairment (CVI) due to diabetic eye disease, crude rate per 100,000 persons aged over 12 years, England, Southampton: 2010/11 to 2019/20

Area ● England ● Southampton



- Southampton's rate for **diabetic eye disease** has **fluctuated since 2010/11** but has mostly remained between 4 and 10 cases per 100,00 people.

- Based on **population forecasts** alone, the total number of diabetes cases is **expected to grow** even if the prevalence of diabetes remains the same (due to an **ageing population** in Southampton).
- **Cases of diabetes** in Southampton are expected to rise by nearly **1,500** in the years between 2022 and 2028, mostly in the **60 to 69 age band**.
- If **prevalence rates continue to grow** at their current rate, cases of diabetes in Southampton could **increase by more than 10,000** by 2028.

Forecasted Southampton Residents with Diabetes by Age-Band (2022 vs 2028)

Source: Modelled data using Solis patient data and HCC SAPF Population Forecast

