Welcome to

The Half-Hour Health Huddle

‘The last Thursday, every other the month’

The Half-Hour Health Huddle

Rayleigh & District Primary Care Network

Type 2 Diabetes in Adults

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GP Healthcare Alliance on behalf of:

Audley Mills Surgery
Church View Surgery and The Jones Family Practice
Downhall Park Surgery
Greensward Surgery
Riverside Medical Centre
William Harvey Surgery

DISCLAIMERS

- This presentation has been designed to provide a general overview of type 2 diabetes in adults. Please consult with a healthcare professional (e.g. GP/pharmacist) regarding individual care queries

- The information discussed today is aligned with current national guidance, which is constantly subject to change

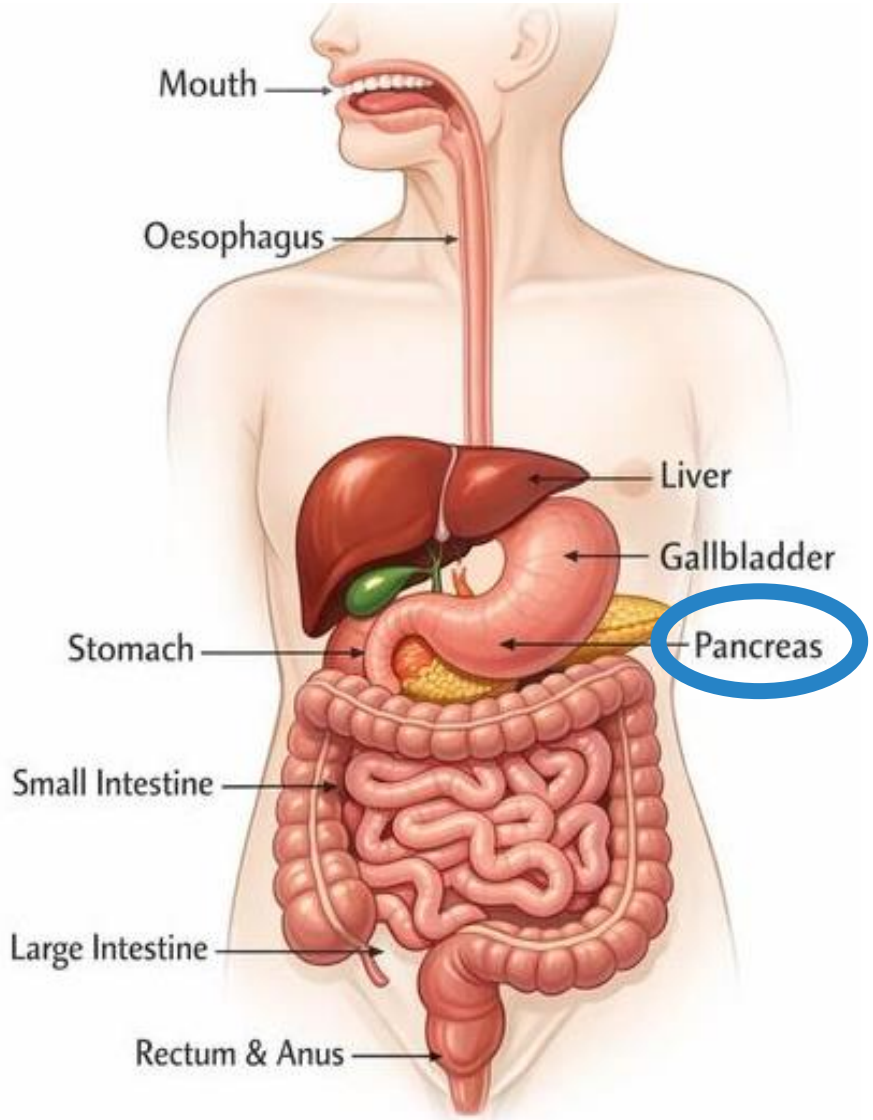
- Please respect confidentiality

Pancreas

- Located behind the stomach

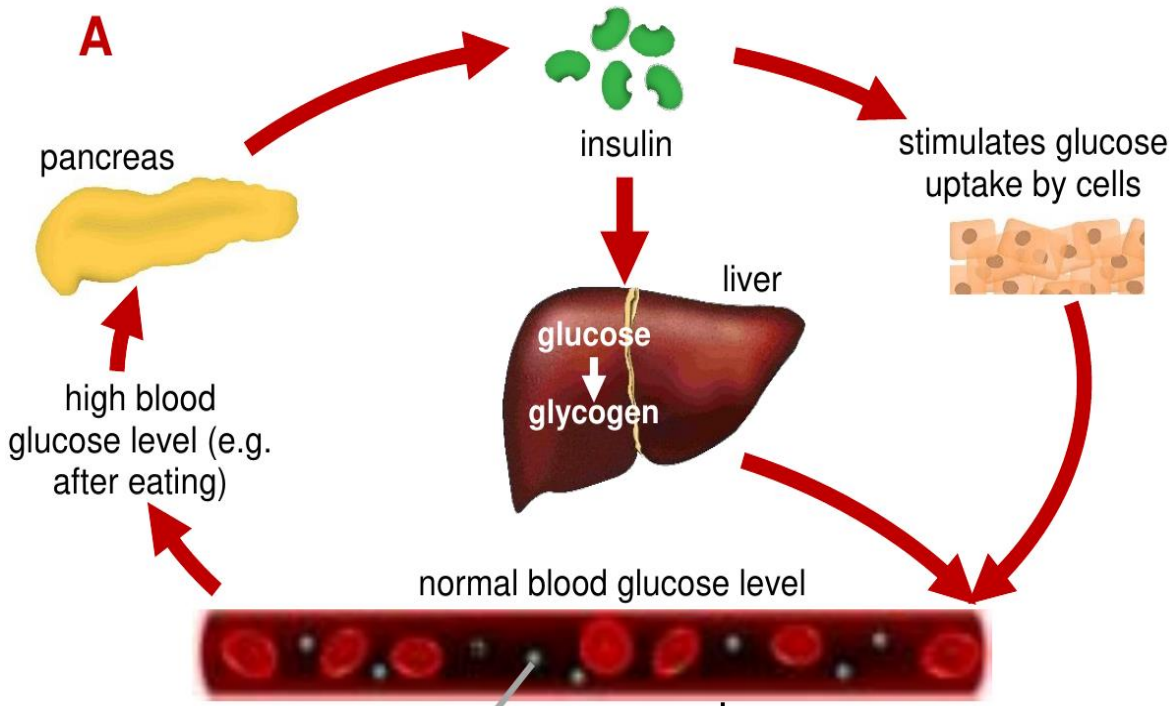
- Function
  1) 90%: releases digestive enzymes
  2) 10%: releases hormones to regular blood sugar

  - **Insulin: decreases** blood sugar levels
  - **Glucagon: increases** blood sugar levels



(Image taken from Teach Tutti, 2026)

Blood Glucose Regulation



(Image taken from Simple Study, 2026)

What is Type 2 Diabetes?

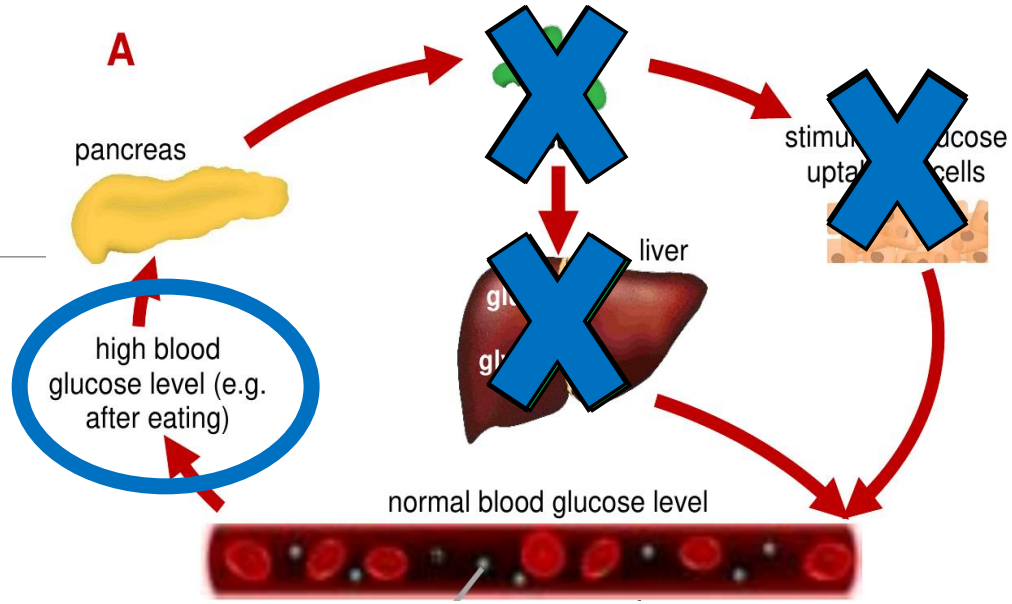
A METABOLIC DISORDER RESULTING FROM A HIGH BLOOD SUGAR LEVEL

Causes

1) The pancreas doesn't make enough insulin

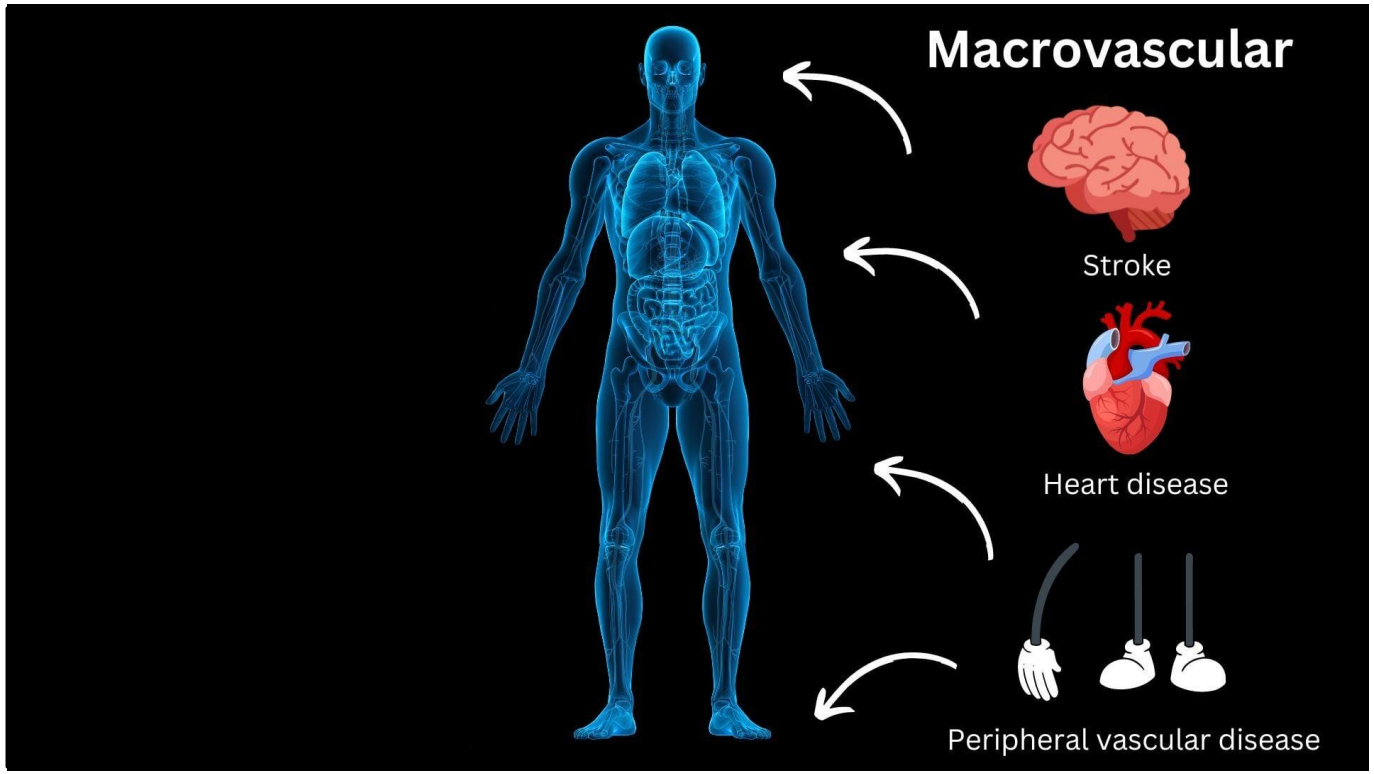
2) Cells in the body don't respond to insulin

3) Combination of both



(Image taken from Simple Study, 2026)

Complications



(Image taken from Future Learn, undated)

Risk Factors: Non-Modifiable

Gender	More common in men
Ethnicity	x2-4 increased risk in people of Black African/African-Caribbean/South Asian descent
Age	Over 25: Black African/African-Caribbean/South Asian/Chinese descent Over 40: White
Family history	x2-6 more likely if a parent/brother/sister/child has type 2 diabetes
Gestational diabetes	Woman: x7 increased risk Child: x6 increased risk
Polyendocrine Metabolic Ovarian Syndrome	Cells are less responsive to insulin in 65–80% of women

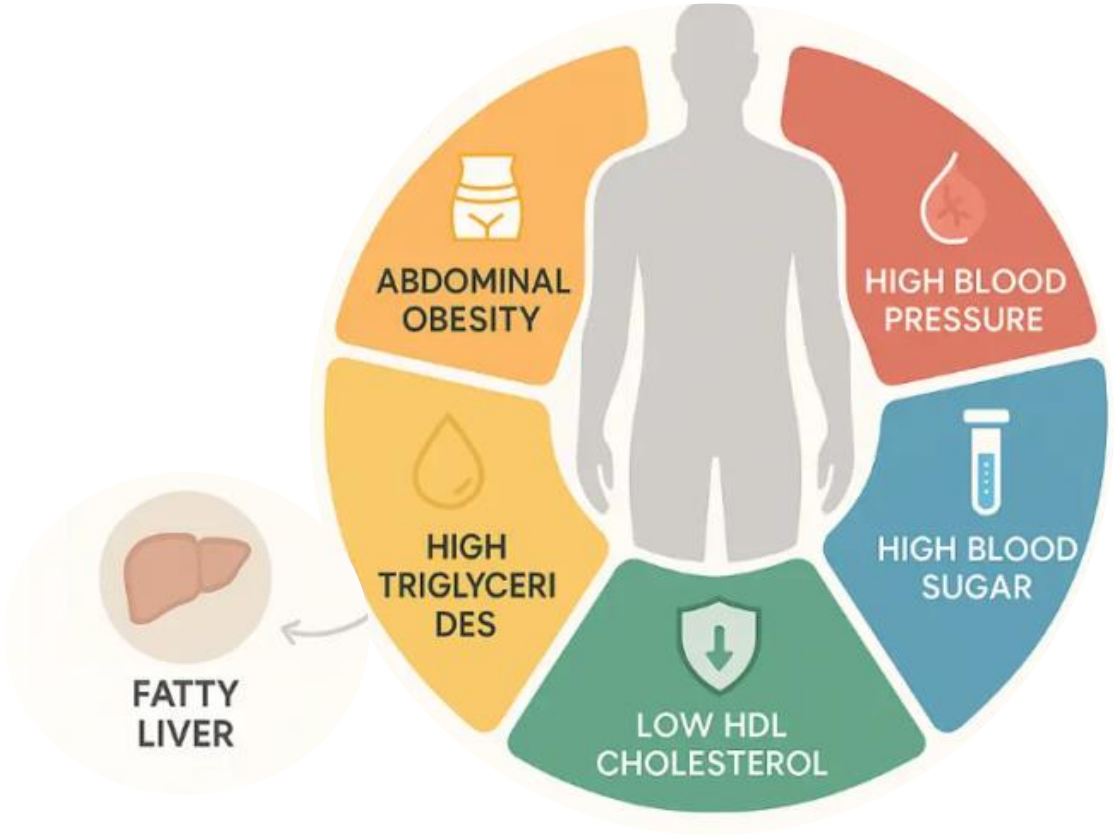
(Diabetes UK, Undated; NICE CKS 2025; NICE CKS, 2026)

Risk Factors: Modifiable

Obesity/ Inactivity	Accounts for 80-85% of overall risk
Diet	Low fibre, high glycaemic index diet e.g. white rice/bread/potatoes have an increased risk
Smoking	Increases risk by 30-40%
Alcohol	Increases calories consumed and chance of inflammation of the pancreas
Sleep	Changes hormones that increase your appetite
Medication	e.g. Steroids, statins

(Diabetes UK, 2024; Diabetes UK; 2026; Maddatu et al., 2017; NICE CKS, 2026)

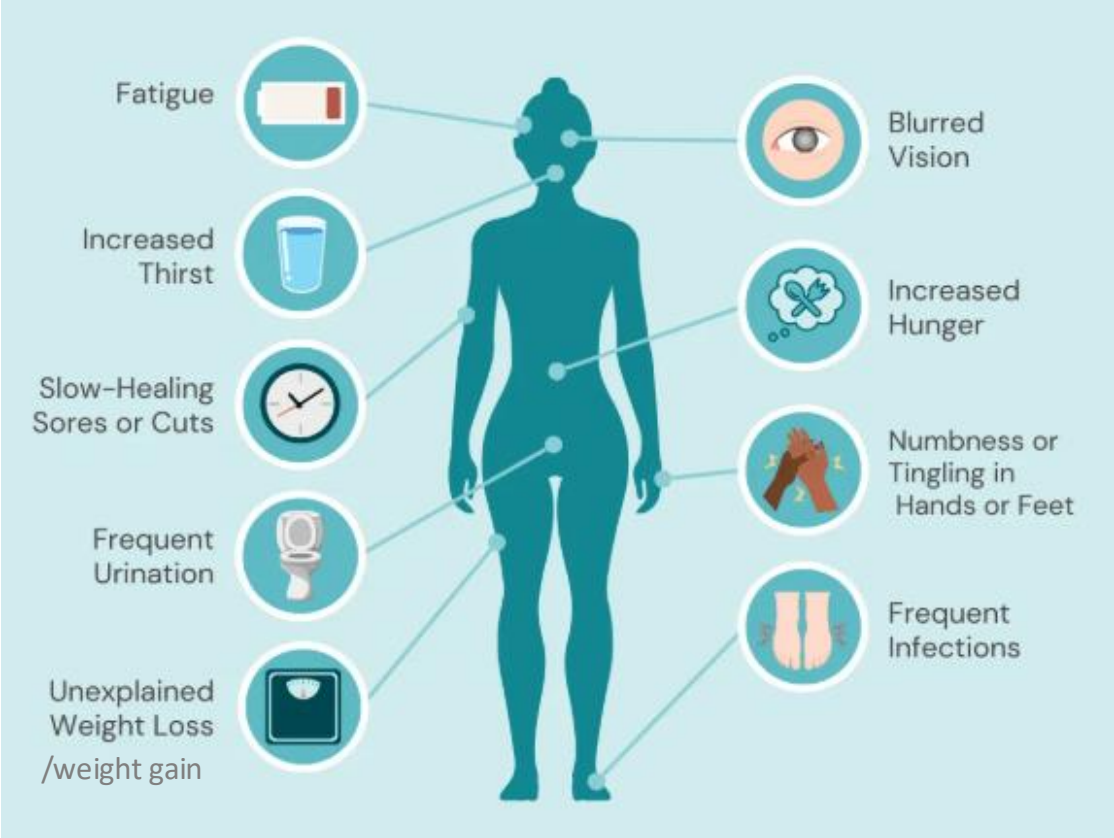
Risk Factors: Metabolic Syndrome



(Adapted from Thrive Medicine, 2026)

Symptoms

Type 2 Diabetes is usually a HIDDEN DANGER!



(Image adapted from Vieira and Wollen, 2025)

Diagnosis

- Symptomatic: 1 abnormal blood test
- Asymptomatic: 2 abnormal blood tests

Blood Test	Diabetes (mmol/L)	Pre-Diabetes (mmol/L)
Random Glucose (Finger Prick)	11.1 or above	-

(GP Notebook, 2026; NICE CKS, 2026)

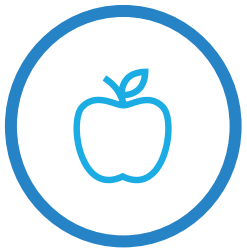
Frequency of Diabetes Monitoring

No history of diabetes	Every 5 years
Stable diabetes	6 monthly
Change of diabetic medication	3-6 monthly
History of gestational diabetes	Annually

HELP US SO
WE CAN HELP YOU



6 Pillars of Lifestyle Medicine



Health Eating



Physical Activity



Sleep



Mental Wellbeing

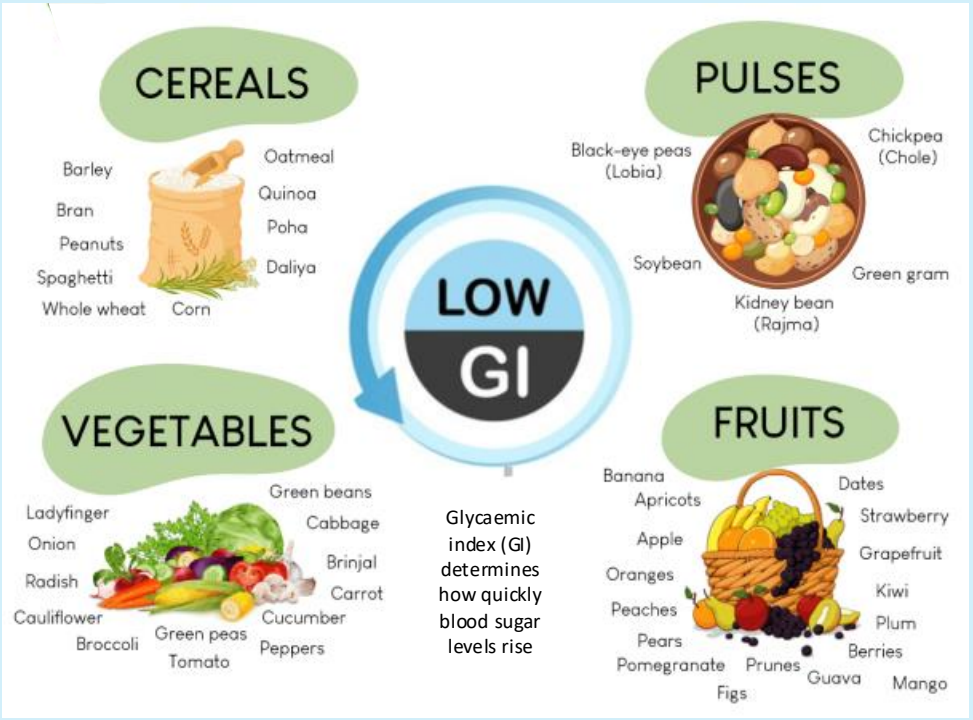


Healthy Relationships



Minimise Harmful Substances

1) Eat high fibre, low-glycaemic-index sources of carbohydrate…

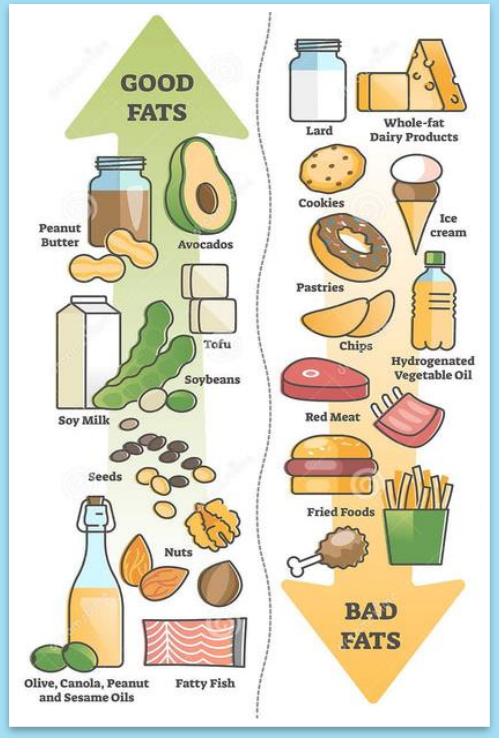


Glycaemic index (GI) determines how quickly blood sugar levels rise

(Image adapted from Dulhani and Gupta, 2024)

…To Prevent Blood Sugar Level Spikes

2) Avoid Saturated (Bad) Fats



(Image adapted from Fitzgibbon, 2026)

…To Prevent Cardiovascular Disease

3) Limit salt

6g= x1 teaspoon per day

…To Prevent High Blood Pressure

4) Manage portion sizes and snack smart



(Image adapted from Friendlycarepharmacy, 2025)

…To Prevent Weight Gain

Healthy Eating: Mediterranean Diet

Diet plans should be individualised according to medical conditions/medications





(Image adapted from GP Notebook, 2019)

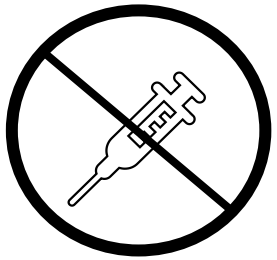
Physical Activity



Image adapted from Heart Foundation, 2026

Sleep

Minimise Harmful Substances



1) Avoiding Illicit Drugs

Drug and alcohol recovery services are available via Open Road

Essex Recovery Foundation provides a community for people in remission for alcohol/drugs



2) Minimising Alcohol

- <14 units/week, spread over >3 days



3) Smoking Cessation

Smoking cessation services are available via your GP surgery or pharmacy

HOW WE HELP YOU STAY WELL



Detect, Prevent, Protect

Eligibility:
Patients with **no previous diagnosis** of **cardiovascular disease** or **diabetes**



(Image taken from Almond Road Surgery, 2023)

Engage in a Diabetes Programme

Pre-Diabetes

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

(Taken from Leicester Diabetes Centre, 2015)

The local face-to-face diabetes prevention programme is at **Rayleigh MegaCentre**

Diabetes

Desmond™
Diabetes Education and Self Management for Ongoing and Newly Diagnosed

(Taken from Desmond, 2023)

- Intestine: Reduces absorption
- Liver: Reduces the amount of sugar produced
- Cells: Increases the amount of sugar absorbed



(Image taken from Horton Pharmacy, 2026)

- Kidneys: increases the amount of sugar released into urine



(Adapted from Marley Drug, 2024)

- Brain: reduce your appetite and increase feeling of fullness
- Stomach: slows down digestion
- Pancreas: increases insulin production



(Image taken from First 4 Health Group, 2025)

- Pancreas: increase insulin and decrease glucagon



(Image adapted from UK Meds, 2026)



(Image adapted from Apollo Pharmacy, undated)

- Cells: improves response to insulin



(Image taken from Simply Meds Online Pharmacy, undated)

- Pancreas: stimulates insulin secretion



(Image taken from Crescent Pharma Limited, 2026)

- Replaces the natural insulin produced by the body



(Image adapted from Thriveabetes, undated)

Vaccinations

1) Pneumococcal
2) Influenza (annually)

HbA1c Targets

HbA1c targets should always be individually personalised

1) Lifestyle

2) Medication regimen that doesn't cause hypoglycaemia (low blood sugar levels)

→ 48 mmol/mol

Medication regimen that causes hypoglycaemia (low blood sugar level) e.g. Gliclazide/Insulin)

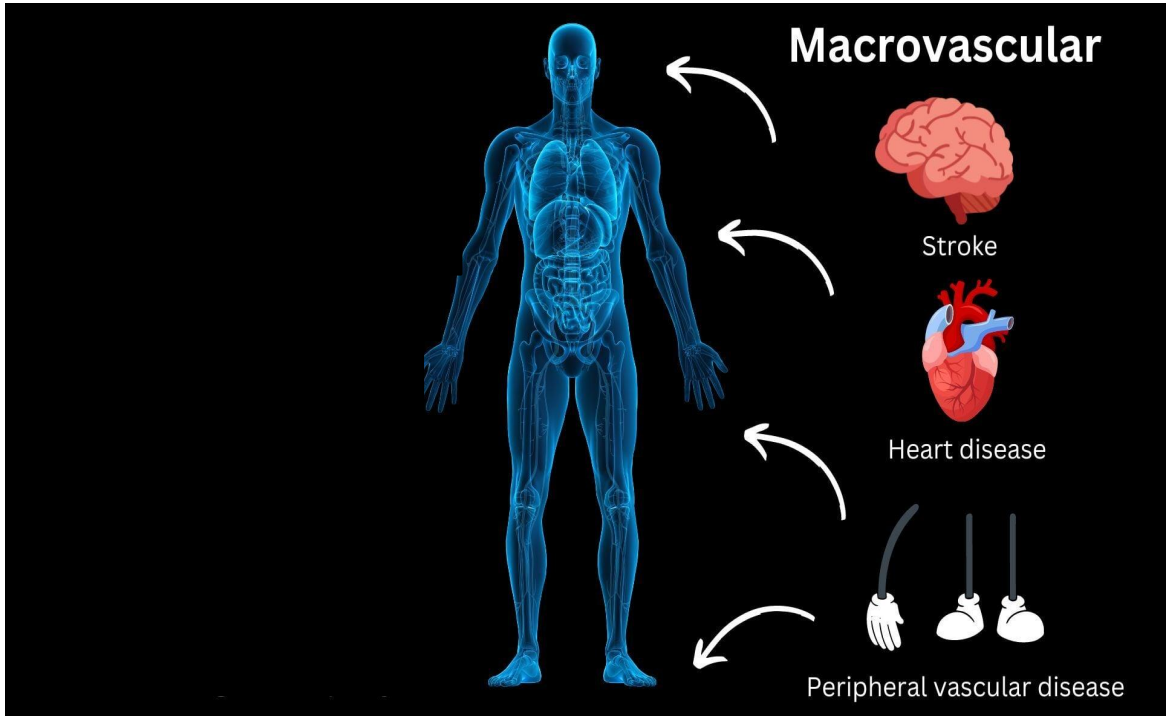
→ 53 mmol/mol

Annual Review: 8 Care Processes

Diabetic Eye Screening
- No complications: every 2 years
- Complications: annually

Diabetic Kidney Disease Assessment
8) Annual urine test

7) Diabetic Foot Check
- Annually (more frequently if problems are identified)



(Image taken from Future Learn, undated)

Annual Cardiovascular Assessment
1) **Weight/BMI**
2) **Smoking status**
3) **Blood pressure**
- Blood tests:
  - **4) HbA1c**
  - **5) Lipids**
  - **6) Kidneys**

Thank you for your attention

Any questions?

Understanding Diabetes – Webinar Feedback.

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