

Diabetes NSW & ACT – ACT region

Proposal for funding 2019/2020 – ACT Health Directorate

Background

Diabetes NSW & ACT (ACT Region) is a locally Canberra based charity responsible for the awareness and education of people living with diabetes. We currently conduct 150 diabetes workshops annually covering healthy eating, foot care, individual exercise planning, understanding food labelling, carbohydrate management and insulin management. Additionally, we conduct over 200 diabetes awareness presentations to Canberra based companies, clubs and social organisations each year, encouraging understanding of diabetes, the risks and the need to be tested annually.

As an organisation and as part of Diabetes Australia we manage the Commonwealth Government, Department of Health, National Diabetes Services Scheme (NDSS) which provides diabetes support across the nation including a national help line, subsidised products and on-the-ground local education.

Following recent activities and expos around Canberra in addition to referrals actioned in our Northbourne Ave office, there is increasing evidence that a sizeable gap exists between recorded diabetes patients on the NDSS (accepted statistical base) and actual diagnosed patients.

The NDSS is the statistical repository for diabetes numbers in Australia and within each state. A comparison between the ACT and all other states indicates the ACT at 4.64% has the lowest percentage of people living with diabetes compared against the 2016 census population.

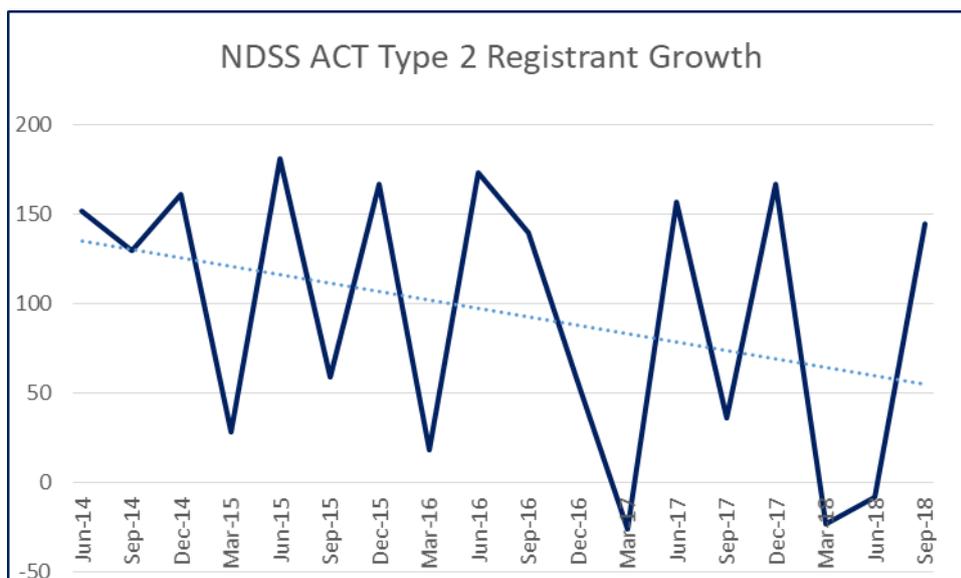
The following table compares each state with the Northern Territory and South Australia on 6.53% and 6.30% respectively at the top and ACT at the bottom. This effectively means if all things were equal, our real diabetes numbers would increase from 17,281 to 25,000 in the ACT.

2018 June NDSS National Data						
State	2016 Pop.	Type 1	Type 2	GDM	Total	% of Pop.
NT	228,833	784	13,768	388	14,940	6.53%
QLD	4,703,193	22,789	210,098	7,779	240,666	5.12%
SA	1,676,653	8,763	94,124	2,759	105,646	6.30%
TAS	509,965	2,955	24,511	633	28,099	5.51%
VIC	5,926,624	28,953	282,461	10,543	321,957	5.43%
WA	2,474,410	11,532	110,583	3,381	125,496	5.07%
NSW	7,484,754	40,896	362,641	13,996	417,533	5.58%
ACT	397,397	1,048	14,338	1,895	17,281	4.35%
Aust	23,401,829	117,720	1,112,524	41,374	1,271,618	5.43%

Growth

Worldwide and nationally, diabetes, particularly in the Type 2 group has grown significantly year-on-year by 1%. The table following indicates a steady decline here in the ACT, taking into account the reduction by death in each half year.

Growth of Type 2 patients in the ACT over the past five years indicates a steady decline in total numbers over time when allowing for the register of deaths, each March and September.



Following recent visits to 30% of the ACT GP clinics, this trend is best explained by:

- a) Decline in diagnosis for the population over 40 years of age
- b) Lack of registration onto the NDSS at time of diagnosis

Patient Effect

In terms of ongoing patient network and care, this decline prevents people living with diabetes from understanding the risks associated with diabetes and also accessing a broad range of support including:

1. Access to the National Helpline
2. Discounted diabetes related products such as test strips
3. Visibility and therefore invitation to over 150 diabetes workshops provided within Canberra each year

Over the past six weeks, we have undertaken a trial focused on the 96 GP clinics, visiting a total of 30 to date discussing: the critical factors driving testing and therefore diagnosis; the value of the NDSS; the point at which a patient should be registered and referral of patients to our local diabetes educators, dietitians, exercise physiologists and podiatrists.

Where possible, we have also checked the GP data of diagnosed diabetes patients against the NDSS register to ascertain the gap. On average, so far, we have discovered a gap in registered Type 2 patients of 44%. This means we have around 6,000 Type 2 diabetes patients unregistered, missing out on education, product savings and enquiry access.

In addition, we have also found a gap in diabetes testing where the AusDRisk Type 2 assessment tool is rarely used, together with testing of patients over the age of 40, of the appropriate ethnicity and/or family history. Nationally and worldwide, it is estimated 30% of all diabetes patients are not diagnosed. If we could change that number by 20% in the ACT, together with correct registering on the NDSS, the ACT Type 2 number would rise from 14,338 to 25,000.

Grant Proposal and Cost

It is proposed that Diabetes NSW & ACT would conduct an ongoing and regular visitation process to include all GP surgeries, all pharmacies and all podiatrists to uncover those not registered on the NDSS with an aim to identify the cohort of undiagnosed and unregistered Type 2 patients. We would focus on NDSS registration at the point of Hba1c diagnosis of 6.5, testing at the correct time and identification of diabetic conditions observed by podiatrists and pharmacies, referring them to GPs for diagnosis.

To facilitate this, Diabetes NSW & ACT would employ 1.5 full time equivalents, together with a coordinator and administrator to make appointments and gather data. We would visit all locations twice annually across a three year period.

Cost: \$196,000 per annum over 3 years

Target: Identify 7,000 unregistered NDSS patients
Diagnose 5,000 new Type 2 diabetes patients

Reporting: Quarterly
Visits and numbers achieved

Benefit to ACT Health Directorate

The benefit to the Health Directorate in identifying all people with Type 2 diabetes would be through providing access to a full suite of support from: their GP; regular education workshops; the national helpline; savings from diabetes products together with adhoc and planned access to diabetes educators, dietitians, podiatrists and exercise physiologists.

This additional network would save the ACT significantly through identifying and slowing co-morbidities associated with the main risks of diabetes such as heart disease, kidney disease, eye diabetic neuropathy, hearing loss and circulation issues leading to amputation. The aim is to keep Type 2 patients out of hospital

This activity would be completed in association with both the Diabetes Unit at the Canberra Hospital and the Capital Health Network both of which we communicate with on a monthly basis.

Ian Peters
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Diabetes NSW & ACT (ACT region)