



**cities
changing
diabetes**



MANCHESTER

Joint Working Agreement - Summary of outcomes and learnings Manchester Cities Changing Diabetes project

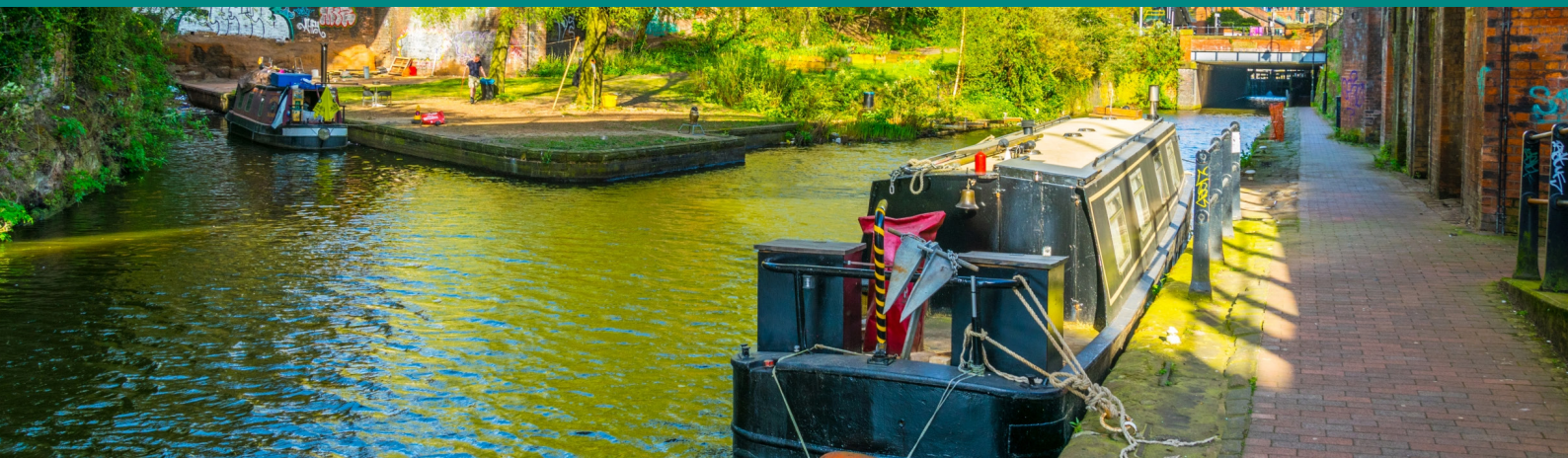
Cities Changing Diabetes Manchester was a joint working project that was jointly funded and developed in collaboration between Novo Nordisk and Health Innovation Manchester

This summary of outputs from the project was written by Novo Nordisk in collaboration with Health Innovation Manchester and colleagues from the University of Manchester, NIHR Applied Research Collaboration Greater Manchester, the University of Salford, Manchester Metropolitan University and the British Muslim Heritage Centre.

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Summary of project

In December 2019, Health Innovation Manchester and Novo Nordisk entered into a joint working agreement to work in collaboration to develop and jointly fund a project to help address the challenge of type 2 diabetes in Greater Manchester.

The Manchester Cities Changing Diabetes project is linked to the wider Cities Changing Diabetes programme, a global partnership programme launched in 2014 by Novo Nordisk, University College London and Steno Diabetes Centre in Copenhagen to stem the rise in type 2 diabetes within urban environments. More than 40 cities around the world are engaged in the global Cities Changing Diabetes network, sharing knowledge about how a range of different partners are working together to support health improvements for their communities.





Outcomes

Through the joint working agreement, the Cities Changing Diabetes Manchester project has delivered the following outcomes to date:

- ① Research led by the National Institute for Health and Care Research (NIHR) Applied Research Collaboration Greater Manchester, to understand more about the prevalence of diabetes within the city region and identify the nature of social and cultural factors that might make some people more vulnerable to poorer health outcomes from type 2 diabetes.
- ② The mapping of existing research and innovations that relate to the prevention of type 2 diabetes and the treatment of diabetes across Greater Manchester, led by researchers from the University of Salford and Manchester Metropolitan University, to help identify priorities for future focus.
- ③ Community engagement led by the British Muslim Heritage Centre to understand the needs of those most at risk of developing type 2 diabetes. The British Muslim Heritage Centre worked to engage with diverse communities within Greater Manchester to try and better understand the experiences of local minority ethnic groups, so that partners within the city region can work to ensure support and services reflect the needs and preferences of those communities most at risk of developing type 2 diabetes.





Learnings

- ⊙ Within Greater Manchester, those aged under 40, particularly men of white ethnic origin and those living in the most deprived neighbourhoods, are more likely to experience under-diagnosis of type 2 diabetes.
- ⊙ GP practices within Greater Manchester whose diabetes populations are younger tend to perform less well than others in terms of delivery of care and the meeting of treatment targets for their diabetes patients.
- ⊙ Those aged under 40 with type 2 diabetes feel that existing care and support is not tailored to their needs, with a sense that education courses to support self-management of their condition do not reflect their lifestyles and seem to be aimed more at older people living with the condition.
- ⊙ Younger adults with type 2 diabetes should not be treated as a homogeneous group and there is a need to consider tailored support relevant to their different needs. The research highlighted in this report identified five different types of profile relevant to those aged under 40 living with types of diabetes, reflecting their different feelings, experiences and beliefs about their health.
- ⊙ Greater Manchester does have significant research strengths in relation to diabetes, including with regards to the use of digital technologies to help manage health and the prevention of health complications associated with diabetes, but there is a lack of research focussed on understanding the needs of ethnic minority communities.
- ⊙ Support for those from ethnic minorities to help reduce their risk of developing type 2 diabetes should be tailored to their needs and reflect their cultural and religious beliefs, taking in to account any linguistic needs, to help address any barriers they may face in managing their health or accessing services.
- ⊙ Community influencers, including local faith leaders, should be engaged by local health and care services to help raise awareness amongst their peers of the risks of type 2 diabetes and how people can keep healthy.

