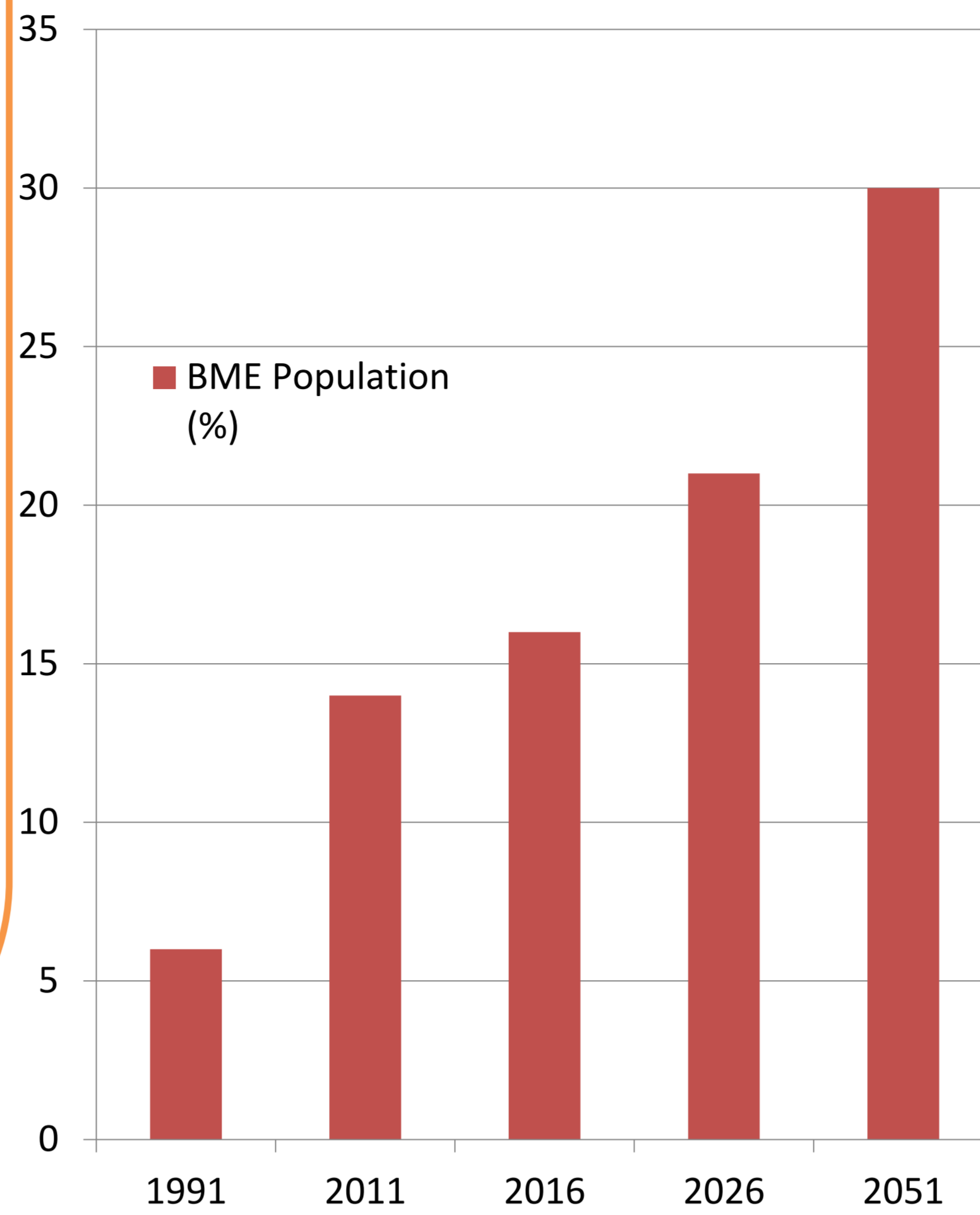


Mental Health & Diabetes

- Diabetes affect more than 422 million people globally¹.
- In UK , more than 4 million live with diabetes².
- Mental health has attracted much attention globally following WHO' s strong statement *"There is no health without mental health"*
- Mental health has been recognised in SDG 3 to promote mental health and wellbeing.
- Links between mental health and diabetes have been reported⁴.

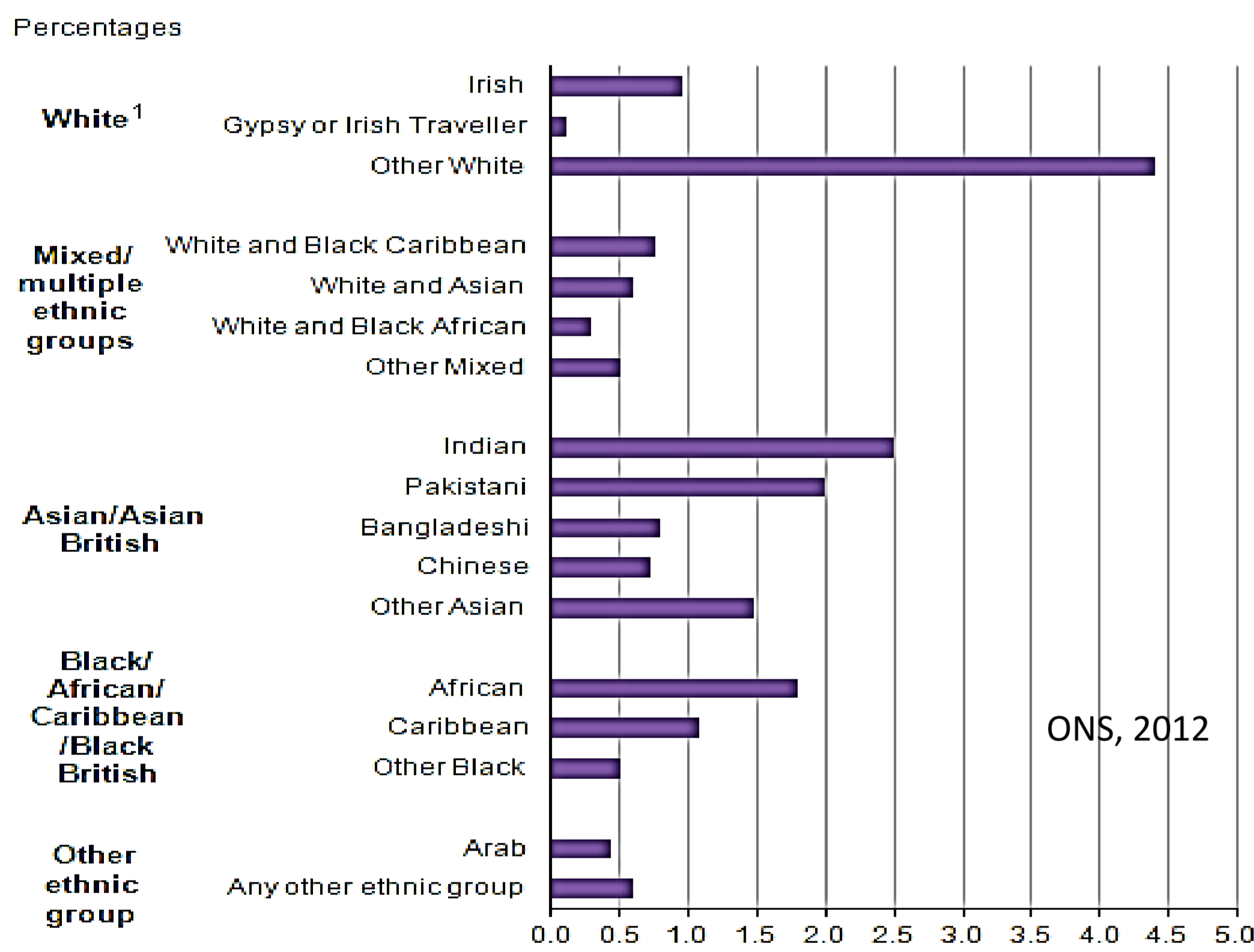
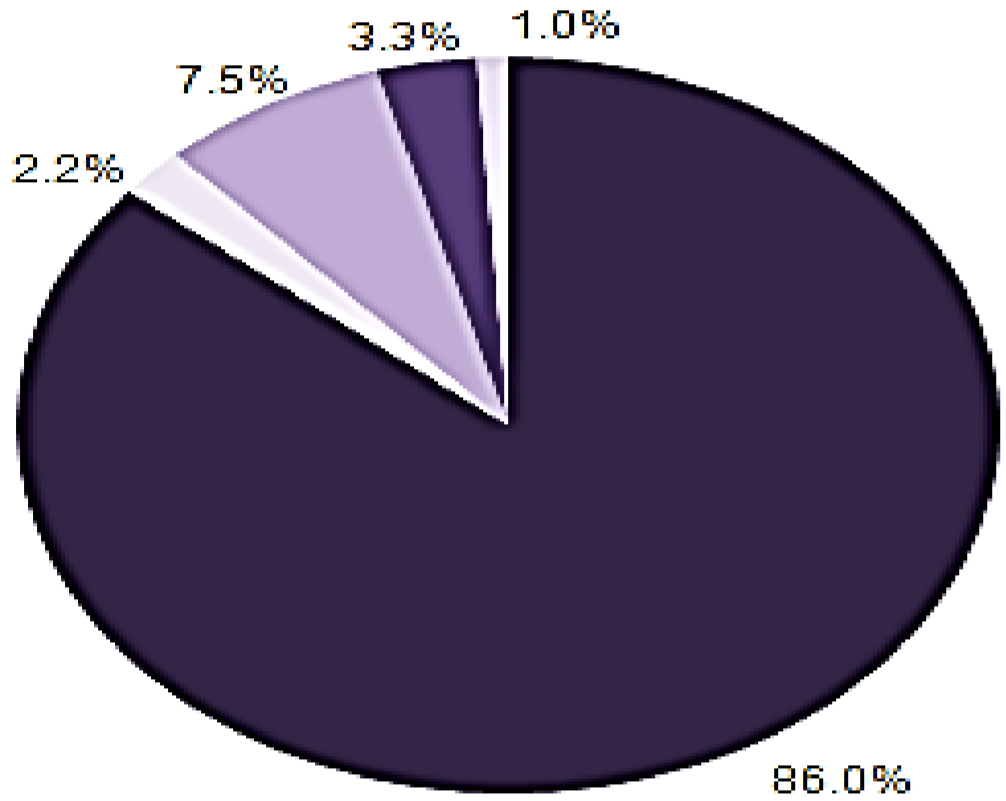
Ethic Groups in UK (1991-2051)



Diabetes in numbers

- UK prevalence of diabetes is 6.2% or 4 million people. Three times higher than all cancers combined⁵.
- Type 2 diabetes is up to six times higher among UK ethnic minority groups [BME]².
- Diabetes in BME groups is a public health issue. The BME population has doubled from 6% in 1991 to 14% in 2011. By 2050 one third of UK population is part of BME community⁵.

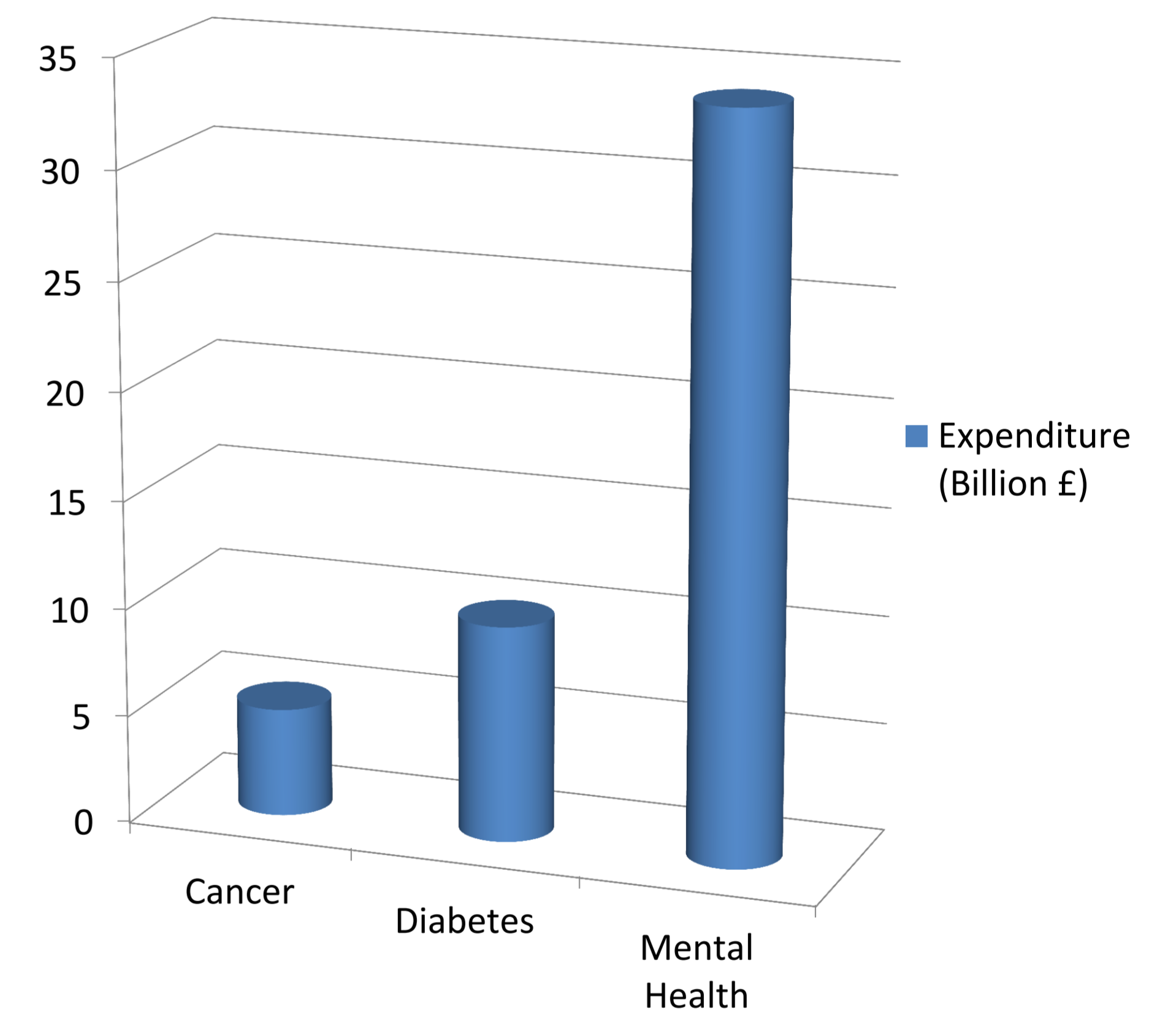
■ White
 ■ Mixed/ Multiple Ethnic Groups
 ■ Asian/Asian British
 ■ Black/African/Caribbean/Black British
 ■ Other Ethnic Group



Need for Mental health Intervention

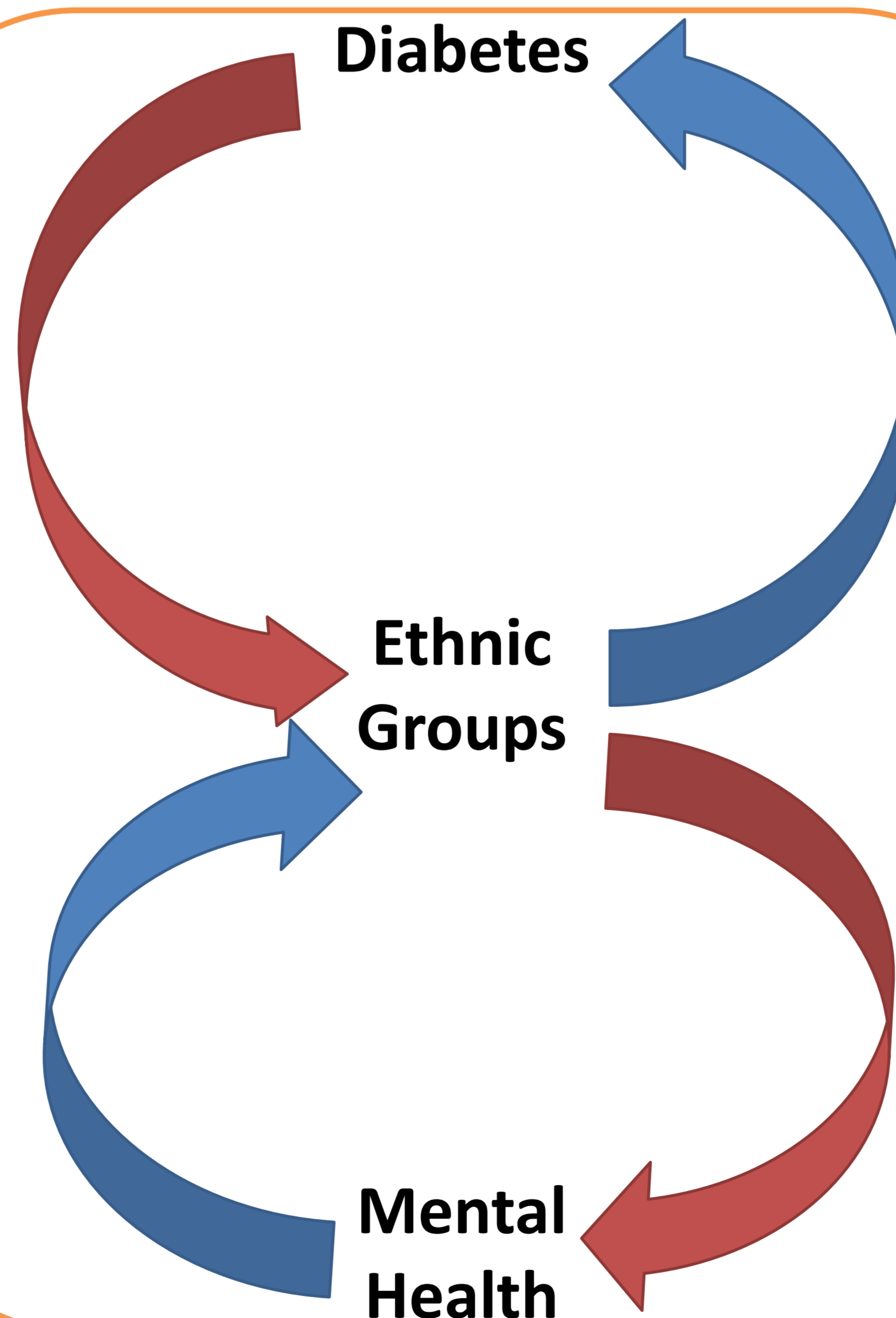
- Less than 15% have access to mental health services in the UK⁶.
- 58,399 people were detained under the Mental Health Act in 2014/15.
- Social exclusion, racism experiences have negatively affected mental health.

NHS Expenditure on Cancer, diabetes and Mental Health



The Double Sword of Mental Health & Diabetes

- Depression and diabetes distress can substantially reduce adherence to healthy lifestyle.
- Inability to effectively self-monitor blood glucose level.
- Self-management recommendations
- Mental health burden require more than £34 billion each year⁴.
- Higher diabetes spending of £10 billion than £5 billion on cancer.



Recommendations

- Mental health needs to be a clinical priority among UK BME groups.
- Cultural stereotypes of mental health among BME groups requires educational information to create awareness
- Structural and societal racism and discrimination needs to be addressed
- Integrated and universal care should be given with diabetes to reduce mental health risk complications.
- More research is needed to understand the intersection of diabetes and mental health among BME groups that are at high risk of both conditions.

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