



**Health Partnerships Overview &  
Scrutiny Committee  
29<sup>th</sup> January 2013**

**Report from the Director of  
Strategy, Partnerships and  
Improvement**

Wards Affected:  
ALL

**Tackling Diabetes in Brent Task Group – Final Report**

**1.0 Summary**

- 1.1 This report sets out the findings and recommendations of the Tackling Diabetes in Brent Task Group that are being presented to the Health Partnerships Overview and Scrutiny Committee for endorsement.

**2.0 Recommendations**

- 2.1 The Health Partnerships Overview and Scrutiny Committee is recommended to endorse the Tackling Diabetes in Brent Task Group's recommendations for them to be passed to the council's Executive for approval.

**3.0 Detail**

- 3.1 The final report of the Tackling Diabetes in Brent Task Group is attached at appendix 1. The task group was established because there is concern about the increase of diabetes in Brent.
- 3.2 The task group wanted to gain a better understanding of the reasons why people are diagnosed with diabetes and investigated what is being done in the terms of educating residents about the disease and prevention. The group decided the focus of their report will be around education and prevention.
- 3.3 The members of the task group were:

Councillor Reg Colwill (Chair)  
Councillor Sandra Kabir  
Councillor Aslam Choudry  
Councillor Javaid Ashraf  
Councillor Shafique Choudhary

- 3.4 The task group has developed ten recommendations that it hopes will be endorsed by the Health Partnership OSC. The group believe that these recommendations will make a positive contribution to reducing diabetes in Brent.

The recommendations address the following areas:

Promotion of healthy eating  
Promotion of exercise and leisure facilities in Brent  
Availability of self management programmes for everyone who needs them  
Raising awareness amongst school aged children in Brent  
Working with high risk communities and to provide the support and advice required

- 3.5 The task group learnt that diabetes is preventable but people are just not aware of how to do this. Through education and the promotion of healthy eating and exercise it is possible to tackle the rising numbers of people being diagnosed with diabetes in Brent.

### **Background Papers**

Tackling Diabetes in Brent – Task group report. Appendix 1 to this covering report

### **Contact Officers**

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