

# the biggest takeaways about type 2 today

## TYPE 2 DIABETES IS ON THE RISE

**3.9 million** people are estimated to be living with a Type 2 diabetes diagnosis<sup>1</sup>

**13.6 million** people are estimated to be at high risk of developing Type 2 diabetes<sup>2</sup>



**59%**

of those who report that Type 2 has negatively impacted their mental health suffer from depression

### Top 3 impacts of managing Type 2 according to people with diabetes and their caregivers

- 1 Difficulty managing all of their medications **28%**
- 2 Not wanting to eat out **26%**
- 3 Getting less sleep **25%**

## STAY IN CONTROL WITH CONTINUOUS GLUCOSE MONITORING (CGM)



CGM systems such as Dexcom ONE+ track glucose levels 24/7, taking measurements through a wearable sensor up to every 5 minutes. People with diabetes can automatically access their glucose level readings on their compatible smart phone\* or receiver in real-time and use this information to make more informed treatment decisions in the moment.

Dexcom ONE+ gives people living with Type 1 and Type 2 diabetes access to accurate,<sup>11</sup> automatic glucose readings **without the need for painful finger pricks.**<sup>†</sup> It is available via NHS prescription for those who use multiple daily insulin injections to treat Type 2 diabetes and who meet certain criteria.<sup>5,6</sup>



### Top 3 biggest challenges healthcare professionals face when caring for people with Type 2 diabetes

- 1 Lack of patient compliance (e.g. lifestyle changes) **32%**
- 2 Patient comprehension of lifestyle impact on glucose levels **32%**
- 3 Difficulty getting people with diabetes to regularly check blood sugars **27%**

**73%**

of healthcare professionals surveyed who face these types of challenges agree<sup>3</sup> CGM would help

**80%**

of people with diabetes and caregivers agree<sup>3</sup> CGM could improve the lives of those living with Type 2 diabetes

## NHS FUNDING FOR CGM

NICE (The National Institute for Health and Care Excellence) now recommends that people with type 1 diabetes are offered a choice of CGM.<sup>4,5</sup> For people with insulin-treated Type 2 diabetes, a glucose sensor can be considered, based on certain criteria.<sup>5,6</sup>

Dexcom CGM systems are also available to buy online at [dexcom.com/en-gb](https://dexcom.com/en-gb)

Your Diabetes Healthcare Team will have their own local policy which they use in line with the NICE guidelines. Speak to your Diabetes Healthcare Team at your next visit and ask what the guidelines mean for you.

### Want to learn more about the state of Type 2 diabetes?

For more insights on Type 2 diabetes and information on how CGM can help, check out Dexcom's latest report **The State of Type 2** at [dexcom.com/t2report](https://dexcom.com/t2report).

# Dexcom

These insights are based on findings from the **Dexcom State of Type 2** report. To deliver the report, our research partner Censuwide surveyed 251 people with Type 2 diabetes (including those who use multiple daily insulin injections), 250 people who care for people with Type 2 diabetes, and 351 Healthcare Professionals involved in the care of people with Type 2 diabetes between 22.02.2024-04.03.2024. For the full survey methodology please see the Dexcom State of Type 2 report [dexcom.com/t2report](https://dexcom.com/t2report).

<sup>1</sup> Source: <https://www.diabetes.org.uk/about-us/news-and-views/number-people-living-diabetes-uk-tops-5-million-first-time> – estimate based on unrepresentative data

<sup>2</sup> Source: [https://www.diabetes.org.uk/get\\_involved/diabetes-prevention-week](https://www.diabetes.org.uk/get_involved/diabetes-prevention-week)

<sup>3</sup> 'Strongly agree' and 'Somewhat agree' responses combined.

<sup>4</sup> Type 1 diabetes in adults: diagnosis and management. NICE guideline [NG17]. <https://www.nice.org.uk/guidance/ng17>

<sup>5</sup> Diabetes (type 1 and type 2) in children and young people: diagnosis and management. NICE guideline [NG18]. <https://www.nice.org.uk/guidance/ng18>

<sup>6</sup> Type 2 diabetes in adults: management. NICE guideline [NG28]. <https://www.nice.org.uk/guidance/ng28>

<sup>7</sup> 'Reverse of 'N/A – I don't think CGM will become standard practice for caring for patients with type 2 diabetes'

<sup>8</sup> For a list of compatible smart devices, please visit [www.dexcom.com/compatibility](https://www.dexcom.com/compatibility)

<sup>11</sup> Dexcom ONE+ User Guide

<sup>†</sup> Finger pricks required for diabetes treatment decisions if symptoms or expectations do not match readings.