



Blog - Diabetes News

State of Type 2 Report: Key Findings and How CGM Can Help People with Type 2 Diabetes

According to [Diabetes UK](#) ¹, more than five million people in the UK are living with diabetes – and 90% of this group have type 2.¹ Together with Censuwide, Dexcom has carried out original research among people diagnosed with type 2 diabetes, their caregivers and Health Care Professionals (HCPs).

Who we interviewed

Working with our research partner, Censuwide, we surveyed 250 people living with type 2 diabetes and 250 caregivers, including family members. We also surveyed 351 HCPs involved in the care of people with type 2 diabetes, including at least 50 people in primary care jobs, such as GPs and nurses, and 50 in secondary care jobs, such as endocrinologists and dieticians. Those surveyed included a minimum of 50 HCPs treating people with type 2 diabetes who use insulin intensive therapy.

Asking a series of questions resulted in our State of Type 2 Report. It revealed some interesting findings, including that nearly half (49%) of people with type 2 diabetes didn't know about its impact when they were diagnosed – and now, 63% face challenges managing their diabetes in one or more ways.² Learn more about some of our key findings below.

[Download our State of Type 2 Report here.](#) ↗

Some of our type 2 diabetes key findings

In summary, our State of Type 2 Report key findings and highlights include:

Understanding at diagnosis

Awareness of type 2 diabetes is low prior to diagnosis, with just 10% of patients knowing a lot about type 2 before diagnosis. Once diagnosed, healthcare practitioners find that patients are most concerned with long-term complications (29%), fear of diabetes related health issues (28%) and how much it will impact their day-to-day lives (27%).

Mental health challenges

Living with type 2 diabetes takes a toll on mental health. Nearly half (42%) of patients and caregivers surveyed said that living with type 2 has negatively impacted their mental health, or that of the person they care for. Anxiety (61%) and depression (52%) are the most commonly reported effects of living with type 2.

Balancing nutrition

Patients and caregivers recognise the importance of proper nutrition to manage type 2, with 81% saying they are aware eating healthily would positively affect their diabetes. Still, there's room for education and excitement when it comes to eating, with over a quarter (27%) of patients and caregivers agreeing they don't think they have the right education on food, and 39% saying they find eating after their type 2 diagnosis boring.

Technological advancements

Technology like [CGM makes it easy to manage type 2 diabetes](#). While only 9% of patients and caregivers fully understand what a CGM system is – and 70% are unaware its available on prescription for some people with type 2 – most know that it will help improve their lives with diabetes: in fact, 40% say being able to see glucose numbers in real time and having access to CGM would have the most positive effect on their type 2 diabetes or that of the person they care for. Additionally, 83% of patients say that if their healthcare team offered them a CGM, they would try it.

The future of type 2 diabetes

62% of healthcare practitioners expect the number of patients diagnosed with type 2 diabetes will increase in the next 10 years – with 97% anticipating CGM will become standard practice for caring for patients with type 2 diabetes.²

Dexcom ONE+ for type 2 diabetes management

With no finger pricks required,[†] Dexcom ONE+ CGM sends automatic glucose readings straight to your receiver, compatible smartphone and/or smartwatch.[‡] With its exceptional accuracy,[§] you can see the impact that food, exercise, insulin and more have on your glucose levels for better 'in the moment' (and long-term) diabetes treatment decisions.[¶]

Did you know that some people with type 2 diabetes could also be eligible for NHS funding for Dexcom?

[Find out about funding for CGM](#)

* Censuwide is a member of the British Polling Council and abides by and employs members of the Market Research Society which is based on the ESOMAR principles.

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

‡ Display devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility. A compatible smartphone is needed to transfer glucose levels to a compatible smartwatch.

§ Dexcom G6, Dexcom G7 and Dexcom ONE+ User Guides.

¶ Discuss with your HCP on how to use CGM information to manage diabetes.

1 How Many People in the UK Have Diabetes? Diabetes UK. <https://www.diabetes.org.uk/about-us/about-the-charity/our-strategy/statistics>. ↗ [Access 18th April 2024].

2 Dexcom and Censuwide online survey of people living with diabetes (Type 2, their caretakers and healthcare practitioners), conducted in the UK, H1 2024, N=851.

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