

# Diabetes Scotland

Why Diabetes Tech Can't Wait

## Introducing Diabetes Scotland

- We are Diabetes Scotland, part of national charity Diabetes UK.
- As the UK's leading diabetes charity, it's our job to tackle the diabetes crisis. We're here to prevent type 2 diabetes, campaign for and support everyone affected by diabetes, and fund research that will one day lead us to a cure.
- Joining you today are:
  - ✓ Jacqui Mackenzie, Communications Manager
  - ✓ Daniel O'Malley, Campaigns and Public Affairs Officer

## What is diabetes

- Diabetes is a serious and complex condition where the pancreas is unable to produce insulin or use it properly to manage blood sugar levels. High blood sugar levels over a long period of time can lead to devastating complications.
- Diabetes is one of the leading causes of preventable sight loss in people of working age in the UK and is a major cause of lower limb amputation, kidney failure and stroke.
- There is currently no known cure for any type of diabetes.
- Type 1 diabetes is treated by daily insulin doses and some people living with type 2 diabetes need to use insulin too. Insulin can be taken either by injections or via an insulin pump.
- Type 2 diabetes is a complex condition and the risk factors for type 2 diabetes are multiple and complex. They include age, family history and ethnicity, as well as living with overweight or obesity. Social deprivation is also a significant issue.

## Diabetes in Scotland

- Diabetes is the most devastating and fastest growing health crisis of our time, affecting more people than any other serious health condition in the UK - more than dementia and cancer combined.
- Almost 340,000 people in Scotland live with diabetes. The split is about 88% for type 2 diabetes, 10% for type 1 and 2% for the other types of diabetes.
- With the right treatment, knowledge and support people living with diabetes can lead a long, full, and healthy life.
- Research has consistently shown that for some people combined lifestyle interventions – including diet, physical activity and sustained weight loss – can be effective in reducing the risk of type 2 diabetes by about 50%, while new research has shown that for some people it is possible to put their diabetes into remission.
- Diabetes technology has been shown to improve blood sugar control and reduce the risk of complications like stroke, eye damage and kidney disease.

## Diabetes Scotland – what we do



To fight diabetes, we work in communities in a range of ways.

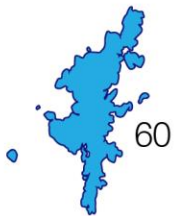
<b>We support people living with diabetes</b> <ul style="list-style-type: none"><li>• Helpline</li><li>• Information and resources</li><li>• Peer to peer support</li><li>• Volunteers in communities</li></ul>	<b>We improve healthcare</b>	<b>We work with others</b>
<b>We raise money</b>	<b>We work with health care professionals</b>	<b>We raise awareness and campaign to tackle inequalities</b>

# Access to diabetes tech in scotland

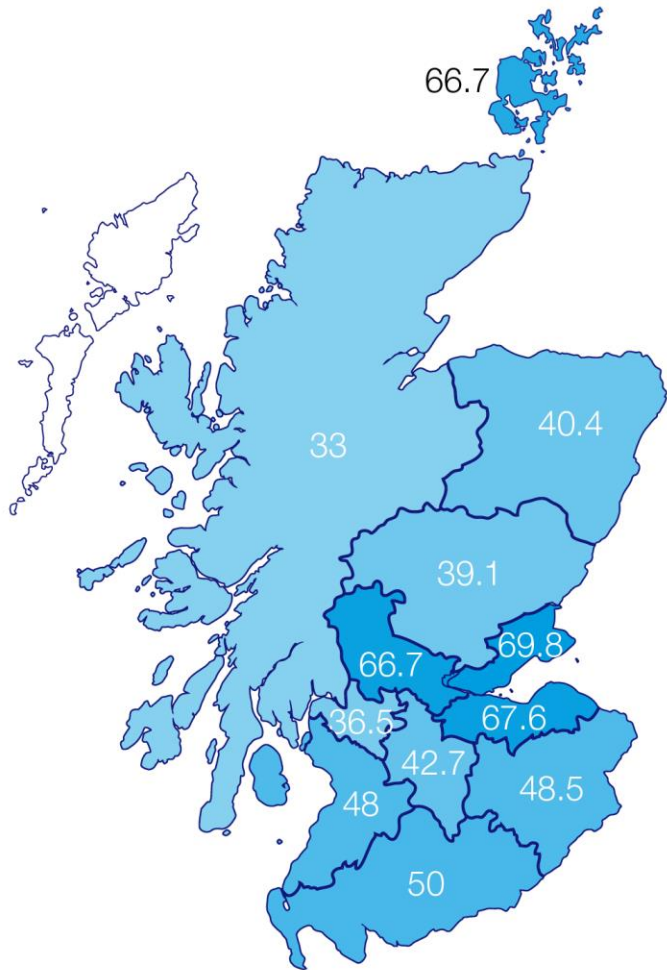
# In Scotland

	Age 0-17	Age 18+	All people living with T1D
Insulin pump	48.2%	14.5%	17.7%
FGM	61.8%	66.0%	65.5%
CGM	31.1%	5.9%	8.3%
Hybrid closed-loop	?	?	?

People aged 0-17 with type 1 diabetes using an insulin pump

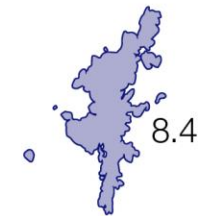


69.8%

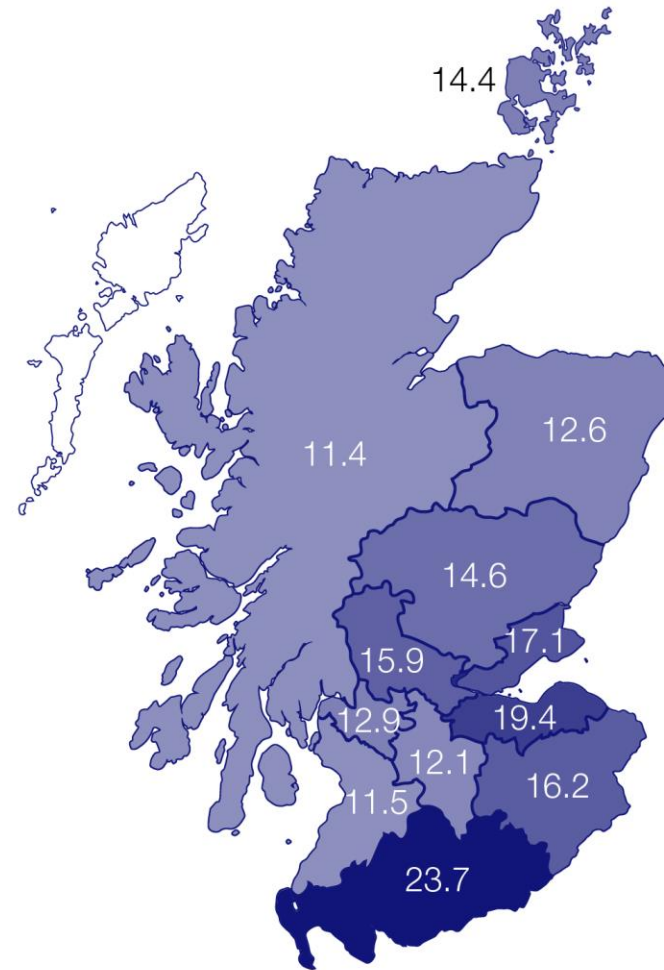


33%

People aged 18+ with type 1 diabetes using an insulin pump



23.7%

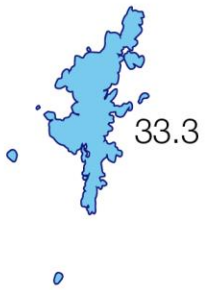
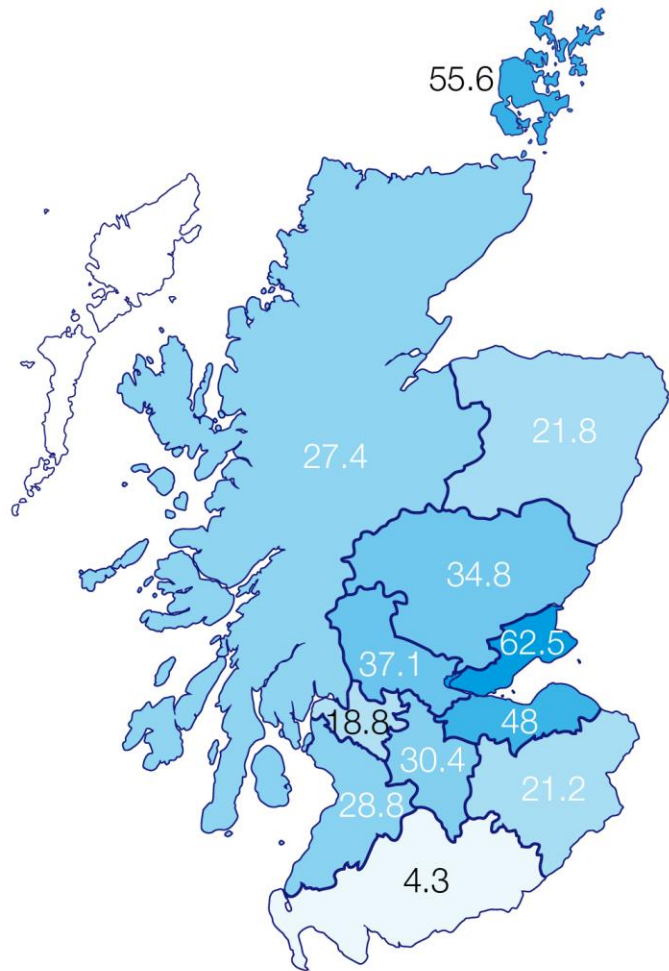


8.4%

# People aged 0-17 with type 1 diabetes using continuous glucose monitoring

62.5%

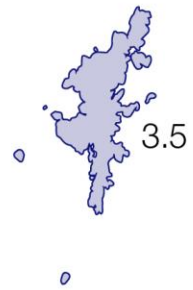
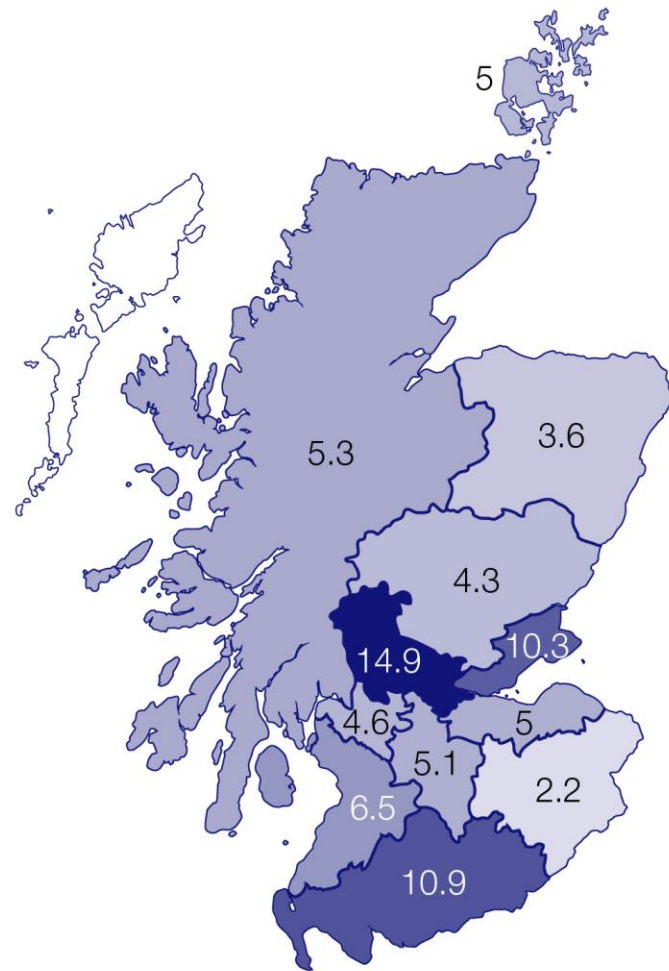
4.3%



# People aged 18+ with type 1 diabetes using continuous glucose monitoring

14.9%

2.2%



# Diabetes Tech Can't Wait

Share our fight for and equal access to diabetes tech  
Comms Pack available



**DiABETES**  
**SCOTLAND**  
KNOW DIABETES. FIGHT DIABETES.

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SCOTLAND**

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## Keep in touch

### Your contact:

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### Keep up to date with Diabetes Scotland

Facebook: @DiabetesScot  
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Thank you