

Proud to Support



DigiBete



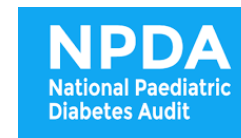
Proudly Supporting CYP and Young Adults Living with Type 1 and 2 Diabetes

Now **76%** Patient Uptake for T1 in **England & Wales**

April 23



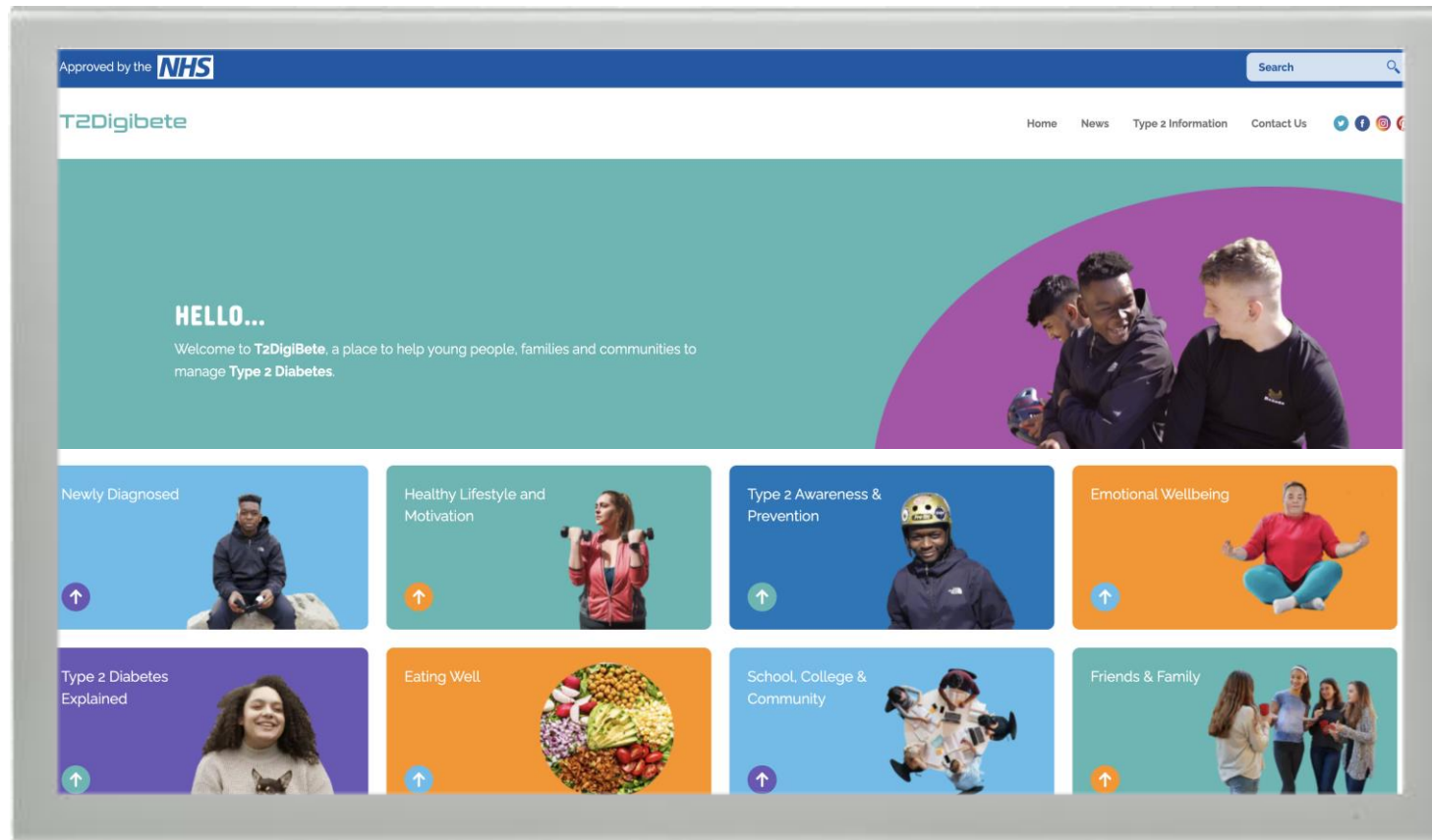
NHS England and NHS Improvement



Youngtype2.org

Free Web platform & App Now Live 2023

Co-created with HCPs & CYP living with Type 2 Diabetes



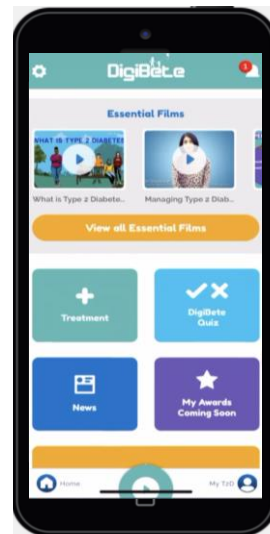
OUR PARTNERSHIPS



User Testing Across 6 sites

CYP have now taken part in testing and completed a review survey and reported:

- 90% - new platform and app as 'Helpful' and 'Very Helpful'
- 95% - having access to DigiBeta would or possibly could help them manage their Diabetes.
- 100% Would recommend the platform and App to a friend.



Using The DigiBete App

Animated Explainers Videos to Support Self-Management

Treatment Options

TREATMENT OPTIONS

BEING DIAGNOSED WITH TYPE 2 DIABETES CAN FEEL REALLY CHALLENGING

This video thumbnail features a dark blue background with a white play button in the center. On the left, there is a circular icon of a plate with a fried egg and vegetables. On the right, there is a circular icon of a woman walking a dog. In the bottom right corner, there is an illustration of a woman's face looking thoughtful. The DigiBete logo is in the top right corner.

Diabetes & Weight Management

DIABETES AND WEIGHT MANAGEMENT

This video thumbnail has a light blue background. It features several icons: a heart with a gauge, a blood pressure cuff, a person on a scale, and a person sitting in a chair. Text elements include 'LOWER CHOLESTEROL LEVELS', 'LOWER HIGH BLOOD PRESSURE', 'IMPROVE BREATHING AND SLEEP PATTERNS', 'LOSING 5-10%', 'IMPROVE BLOOD GLUCOSE LEVELS', and 'REDUCE JOINT AND LOWER'. A vertical scale on the right is labeled 'BLOOD GLUCOSE LEVEL' and 'HYPER'. The DigiBete logo is in the top right corner.

Unplanned Eating

UNPLANNED EATING CAN HAPPEN FOR ALL SORTS OF REASONS

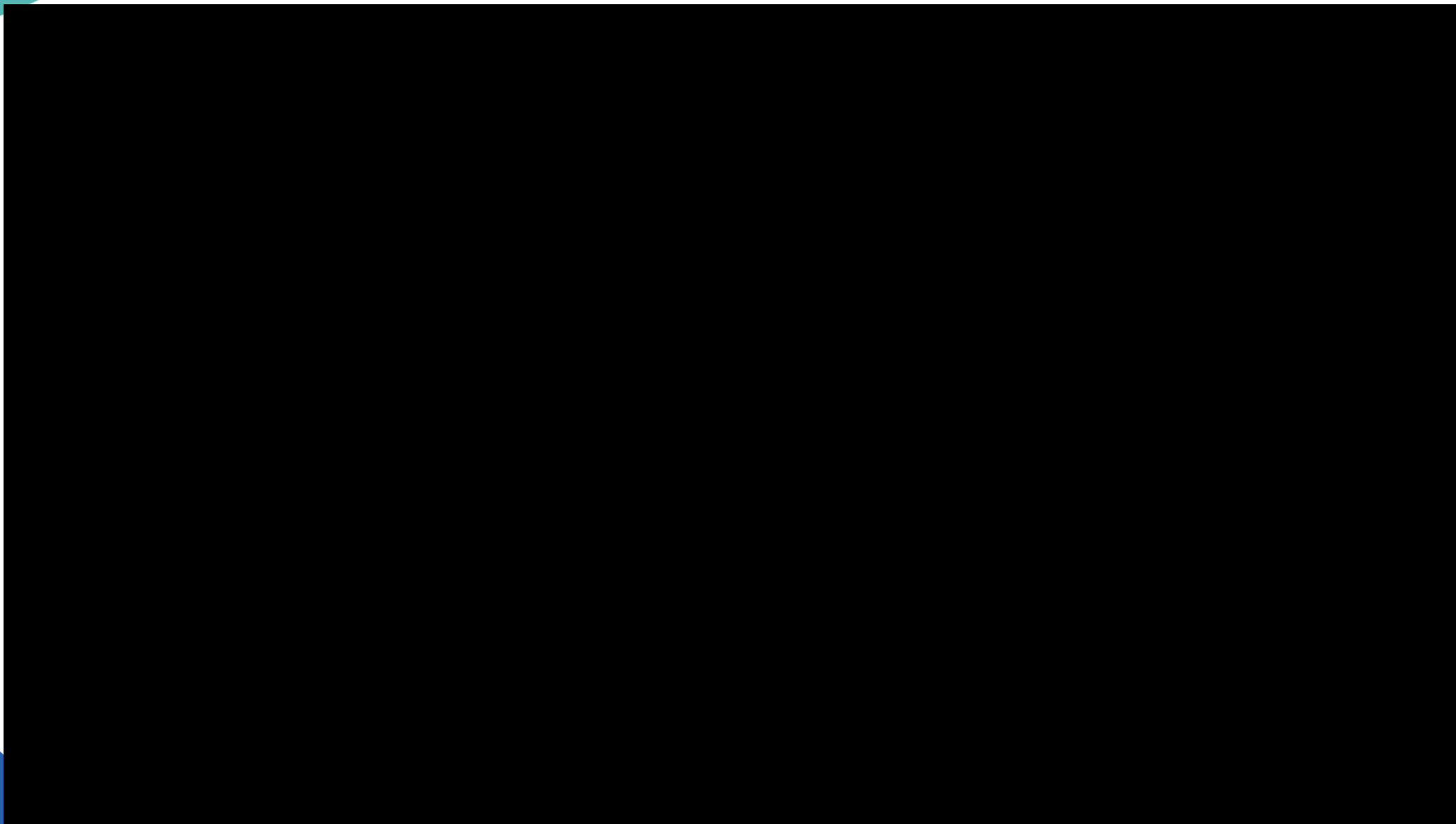
This video thumbnail has a light blue background. It features a circular icon of a plate with a fried egg and vegetables, a clock, and an illustration of a woman sitting at a table looking thoughtful. Text elements include 'SKIPPING BREAKFAST', 'AVOIDING EATING AT SCHOOL', and 'MIGHT MAKE YOU CRAVE AND EAT HIGH CALORIE FOOD'. The DigiBete logo is in the top right corner.

Motivation and Making Changes

MOTIVATION AND MAKING CHANGES

This video thumbnail has a light blue background. It features icons for a house, a DNA helix, a person running, and a brain. Text elements include 'ENVIRONMENT', 'BIOLOGY', 'LIFESTYLE', and 'PSYCHOLOGY'. Below these are illustrations of a person walking, a person sitting at a table, a person cooking, and a pair of shoes. The DigiBete logo is in the top right corner.

Animated Explainers to Support Self-Management



Animated Explainers Supporting Self-Management

HEALTHY LUNCH BOX IDEAS

MONDAY

TUNA AND SWEETCORN SANDWICH

SUGAR FREE LIVE YOGURT DRINK

HANDFUL OF NUTS

SMALL BUNCH OF GRAPES

TUESDAY

MATCHBOX SIZE CHEESE BLOCK

HANDFUL OF VEGETABLES WITH HUMMUS

1 APPLE OR BANANA

CHICKEN AND SALAD SANDWICH

WEDNESDAY

SMALL FALAFEL WRAP

SMALL POT OF PLAIN YOGURT

10-12 MANGO AND MELON CUBES

THURSDAY

HALF HOMEMADE BURGER

MATCHBOX SIZE PORTION OF CHEDDAR CHEESE CUBES

4 STRAWBERRIES

CHERRY TOMATOES WITH OLIVES

TIPS IF YOU ARE STRUGGLING WITH BODY IMAGE

KNOW THAT YOU ARE ENOUGH!

WRITE A LIST OF WHAT YOU LIKE ABOUT YOURSELF

good things about me

DON'T FORGET THAT BEAUTY STARTS FROM WITHIN

EXPLORE CLOTHES THAT SUIT YOU BEST

APPRECIATE HOW MUCH YOUR BODY DOES EVERYDAY

BE A HEALTHY ROLE MODEL TO OTHERS

EXERCISE

REMEMBER THAT EVERYBODY HAS A BODY PART THEY FEEL SENSITIVE ABOUT

REMEMBER CELEBRITIES AND PEOPLE ON SOCIAL MEDIA, DON'T REALLY LOOK HOW THEY MAY APPEAR, OFTEN THE PHOTOS ARE EDITED OR USE FILTERS

DON'T CRITICISE YOUR APPEARANCE

CONSIDER YOUR USE OF SOCIAL MEDIA HOW DOES IT AFFECT YOUR MOOD?

WHAT IS A HEALTHY DIET FOR ME?

CARBOHYDRATES

INCLUDE STARCHY CARBOHYDRATES AT EACH MEAL. THEY SHOULD ONLY FILL 1/4 OF YOUR PLATE.

QUINOA

BROWN RICE

WHOLEGRAIN BREAD

WHOLEWHEAT CHAPATI

SWEET POTATOES

BROWN PASTA

VEGETABLES 50%
PROTEIN 25%
STARCH 25%

SUGAR

BE AWARE SUGAR IS ADDED TO EVERYDAY FOODS SUCH AS CEREALS, SAUCES, COLESLAW AND BAKED BEANS.

LIMIT TREAT FOOD TO 1 PER WEEK

LOW CALORIE SQUASHES, PLAIN BISCUITS AND SWEETENERS CAN ALL BE GOOD ALTERNATIVES





Test NHS Clinic

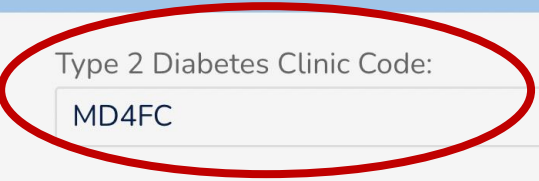
[Edit My Clinic Area](#)

[Save Changes](#)

Type 1 Diabetes Clinic Code:

BA4PP

Type 2 Diabetes Clinic Code:



MD4FC

Name:

Test NHS Clinic

Telephone:

0113 12345678

NHS Region:

Select an NHS region...

Network Region:

Select a Network region...

Clinic Application Users by Profile Type

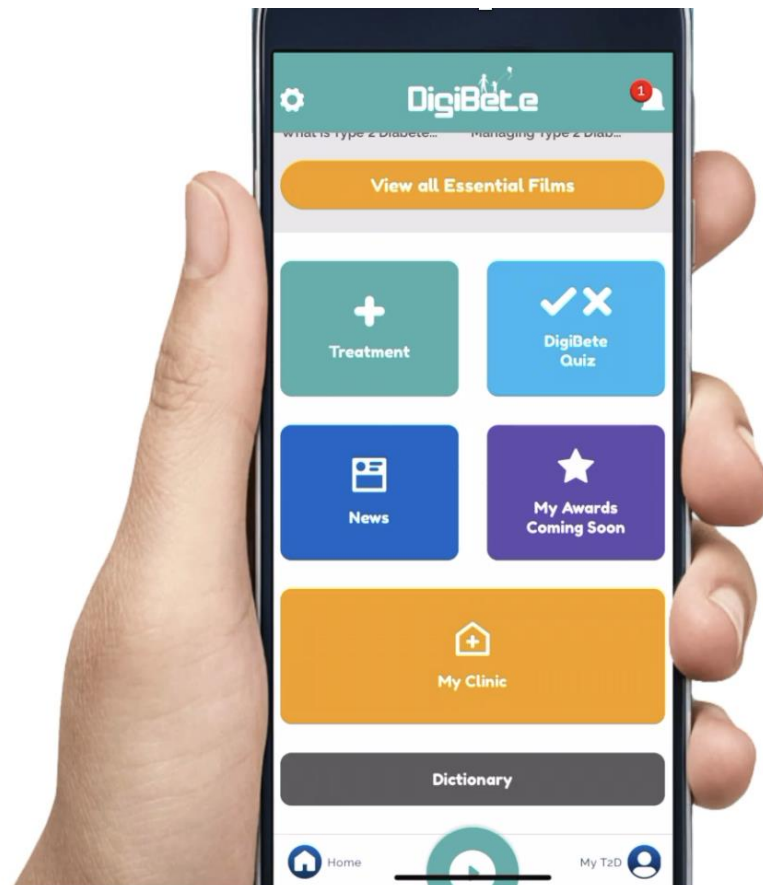
Profile Type	Count
PATIENT	55
PARENT_CARER	52
	2

Clinic Application Users

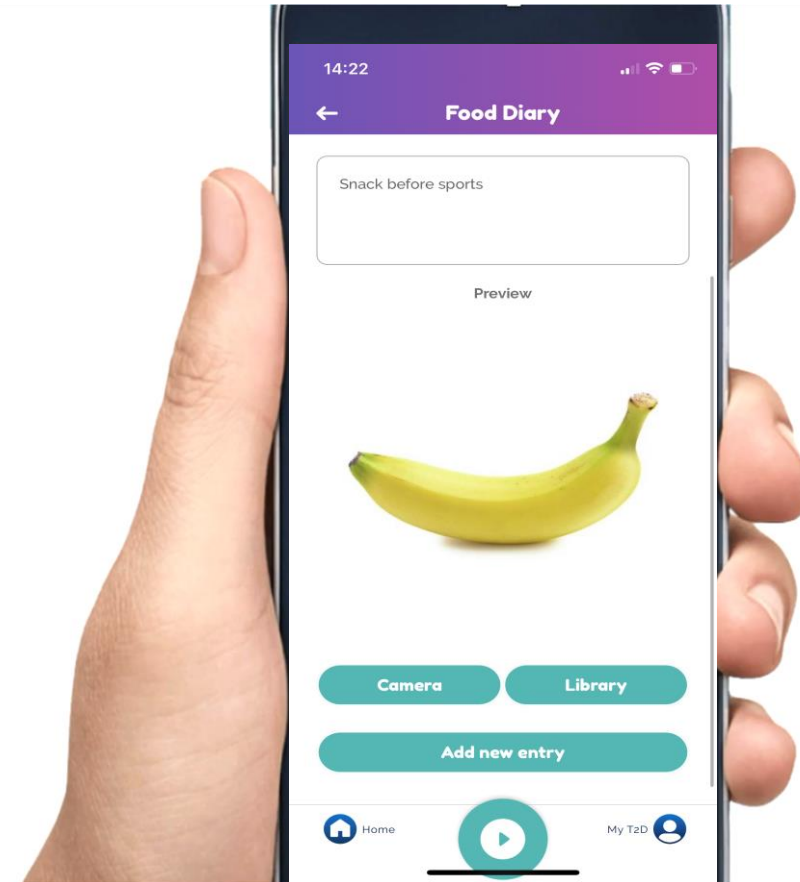
[Search](#)

Name	Email	Profile Type	
Foo 199	foo1.99@hma.co.uk	Patient	View

Knowledge Checking Quizzes



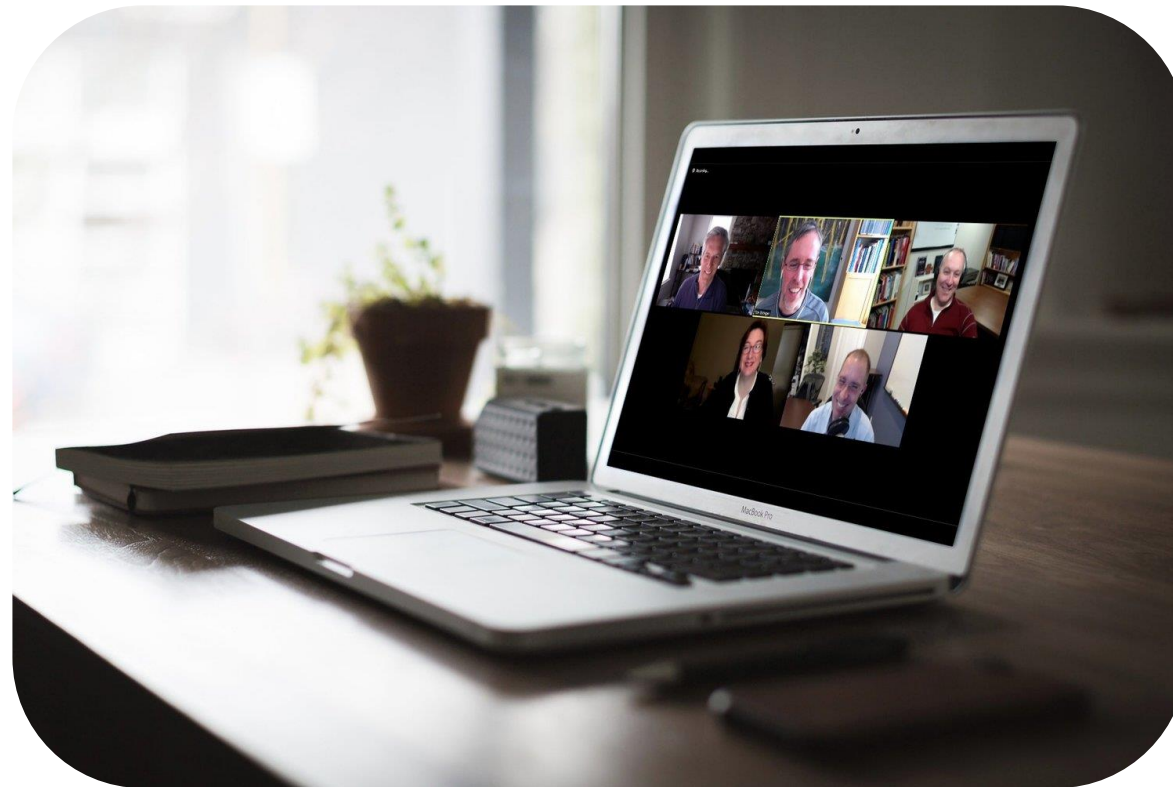
Interactive Food Diary



Request **Free** Online Training for your Team or Network
via app@digibete.org or Sam@digibete.org

Wooz


Microsoft Teams



Follow us on Twitter



14:27
HELLO...
Welcome to TzDigiBete, a place to help young people, families and communities to manage Type 2 Diabetes

DB Edit profile

YoungType2.org
@young_type2

YoungType2.org is a specialist web-platform and App providing resources for young people with type 2. Please follow @DigiBeteUK for type 1 support

Leeds, UK | youngtype2.org | Joined April 2023

54 Following 49 Followers

Tweets Replies Media Likes

DB YoungType2.org @young_type2 · 40m
Our #youngType2 #App by #DigiBete is FREE in England, Wales and Scotland to help all families living with #Type2diabetes ask your clinic for a code!

DigiBete Platform & App The Positive Impact So Far...

Supported by the



Clinically Approved by



The Leeds Teaching Hospitals NHS Trust

Hello...

Welcome to **DigiBete**, a place to help young people and families to manage **Type 1 Diabetes**. DigiBete is a video platform and social enterprise created in partnership with the Diabetes Team at Leeds Children's Hospital. We are constantly innovating and will be adding lots more resources shortly.

[About Us](#)

Are you Newly Diagnosed?

[Click Here](#)

Follow us on...



168,000 Users
On DigiBete.org
since launch



160+ Countries
Using DigiBete.org



300+ Resources
On Platform & App



217 Diabetes
Clinics Using the
DigiBete App in
England
& Wales



629,000
Support videos
watched



76% Families in
England and
Wales using the
DigiBete App
since
launch





Comprehensive self-manage support

- ✓ Evidenced by new Health Economics and Real-World evaluations
- ✓ Multi-lingual Films and Resources
- ✓ Reducing Health Inequalities
- ✓ New Annual Checks Award
- ✓ New Structured Learning (Goals of Diabetes) - now updated
- ✓ Age-Appropriate Structured Education
- ✓ Clinic to Patients Communications
- ✓ Type 2 CYP Platform & App now live
- ✓ 95% of CYP clinics in England & Wales using DigiBete with 76% patient uptake
- ✓ 100% Uptake in the most deprived areas of England and Wales