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# CASE FINDING – YOUNG PEOPLE WITH TYPE 2 (<25 YEARS)

Dr Jackie Elliott, Sheffield





# AGENDA

Why bother?

How to address this?

What is the impact?



## INTRODUCTION

Type 2 YP have higher risks and great potential to change

Need specialist 1:1 MDT input, often several co-morbidities

How do we find them?

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## PHONE A FRIEND – RETINAL SCREENING MANAGER

Dec 2022, 480 known to have diabetes  
406 type 1  
55 type 2

All YP under 25 on retinal screening

Dec '23, 506 known to have diabetes  
Type 2 numbers increased to 74,  
i.e, 25% not known to our service at all



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## MEET SARAH - AGED 24

Diagnosed 18/12  
ago, as work-up for  
PCOS  
BMI 34, HbA1c 48  
FT Civil Servant  
White British  
Married at 19

**Aug '23**

## MEET SARAH - AGED 24

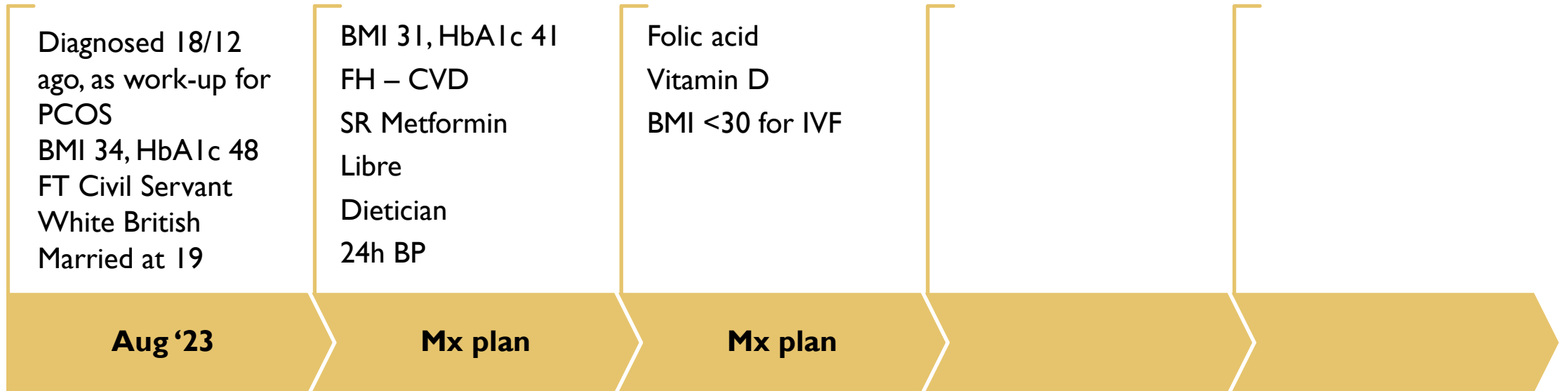
Diagnosed 18/12 ago, as work-up for PCOS  
BMI 34, HbA1c 48  
FT Civil Servant  
White British  
Married at 19

**Aug '23**

BMI 31, HbA1c 41  
FH – CVD  
SR Metformin  
Libre  
Dietician  
24h BP

**Mx plan**

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**Mx plan**

Folic acid  
Vitamin D  
BMI <30 for IVF

**Mx plan**

9/40 pregnant  
By Dec on insulin,  
TIRp 83% (3.5 to 7.8)  
Aim weight neutral  
  
Jan '24 Mum RIP

**Oct '23 – Jan '24**



## GLUCOSE STATISTICS AND TARGETS

7 April 2024 - 20 April 2024

14 Days

Time sensor active:

97%

Ranges And Targets For Type 1 or Type 2 Diabetes

Glucose Ranges	Targets % of Readings (Time/Day)
Target Range 3.9-10.0 mmol/L	Greater than 70% (16h 48min)
Below 3.9 mmol/L	Less than 4% (58min)
Below 3.0 mmol/L	Less than 1% (14min)
Above 10.0 mmol/L	Less than 25% (6h)
Above 13.9 mmol/L	Less than 5% (1h 12min)

Each 5% increase in time in range (3.9-10.0 mmol/L) is clinically beneficial.

Average Glucose

6.3 mmol/L

Glucose Management Indicator (GMI)

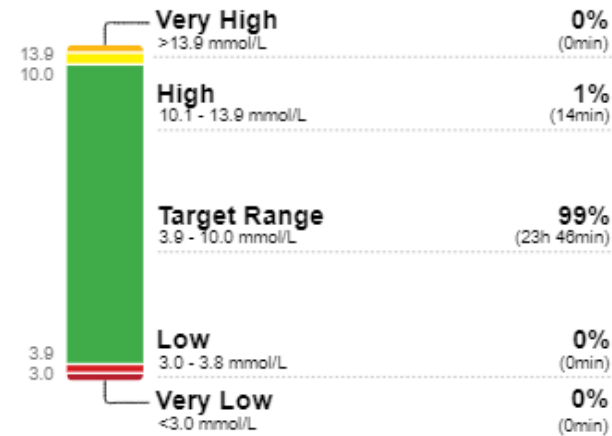
6.0% or 42 mmol/mol

Glucose Variability

18.3%

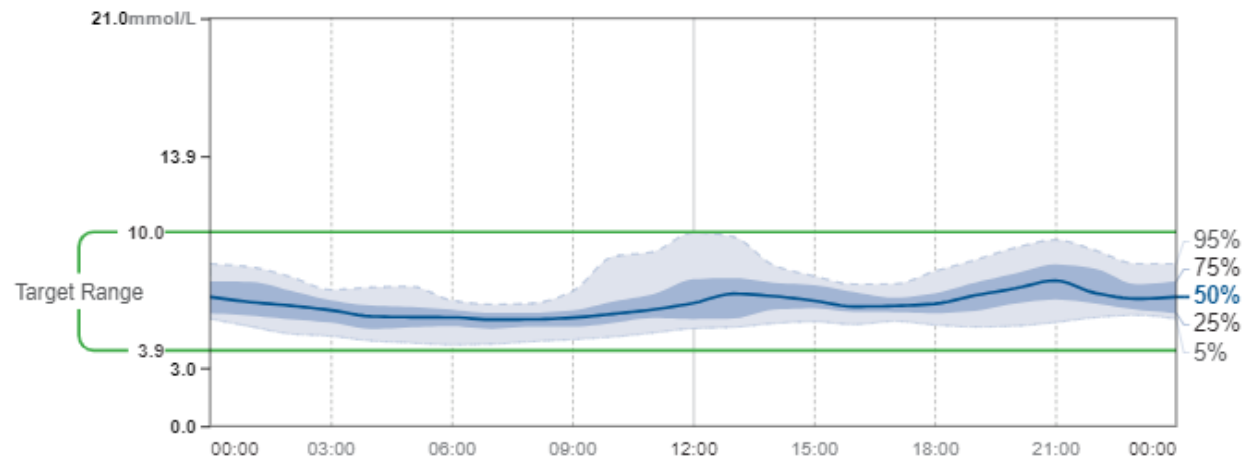
Defined as percent coefficient of variation (%CV); target  $\leq 36\%$

## TIME IN RANGES

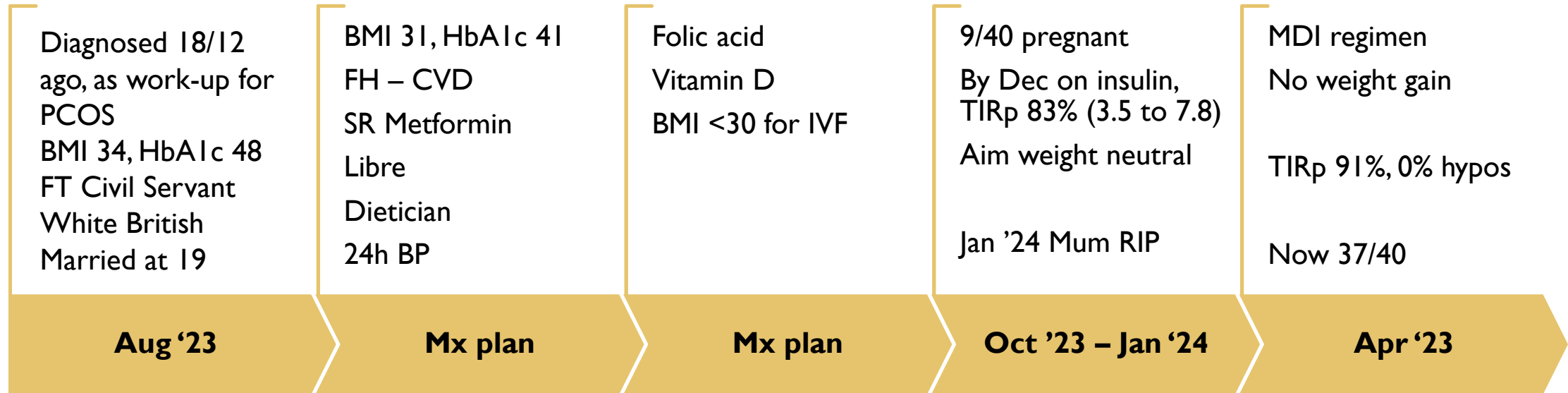


## AMBULATORY GLUCOSE PROFILE (AGP)

AGP is a summary of glucose values from the report period, with median (50%) and other percentiles shown as if occurring in a single day.



## MEET SARAH - AGED 24



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## MEET GRACE - AGED 20

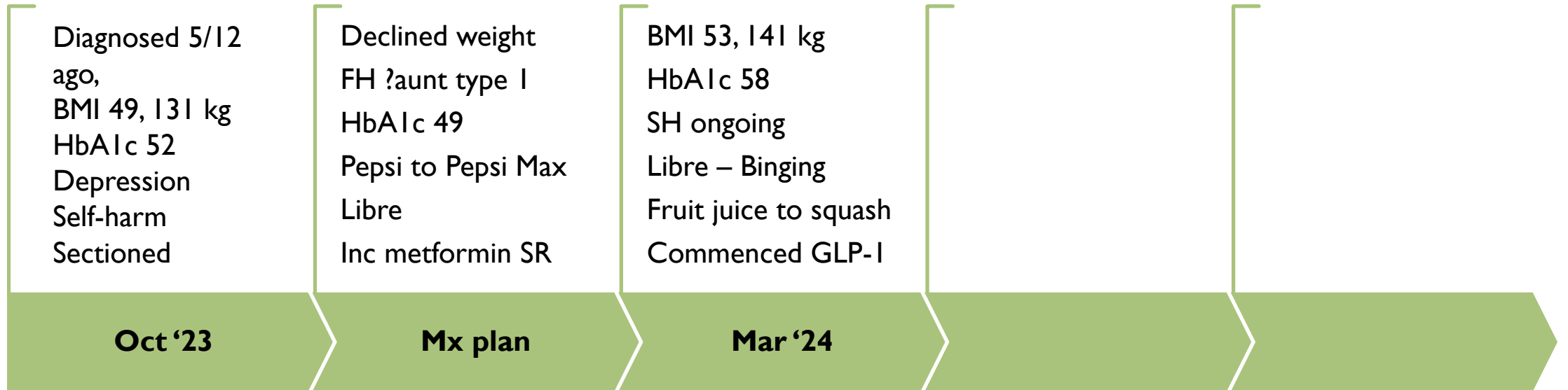
Diagnosed 5/12  
ago,  
BMI 49, 131 kg  
HbA1c 52  
Depression  
Self-harm  
Sectioned

**Oct '23**

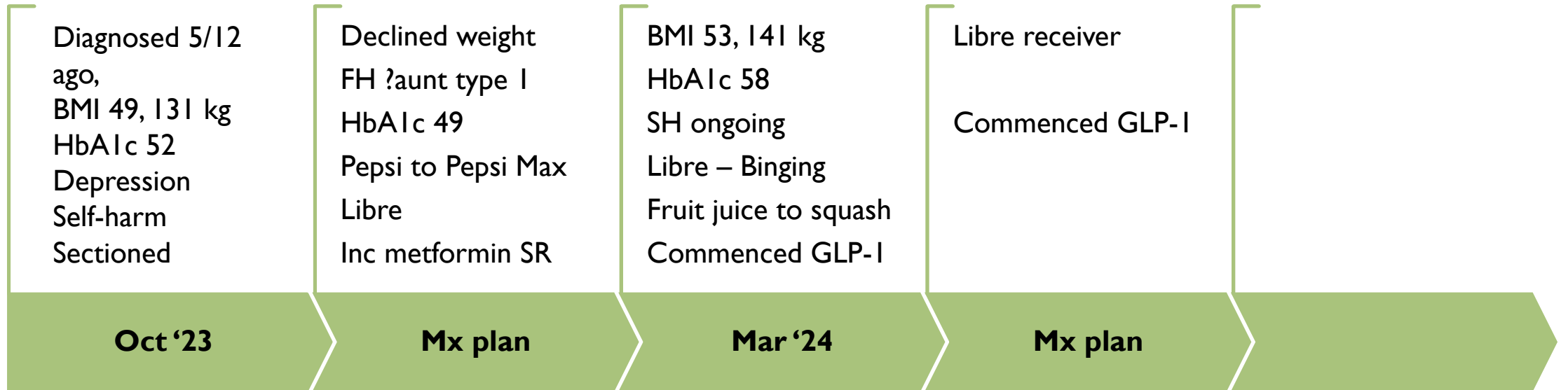
## MEET GRACE - AGED 20



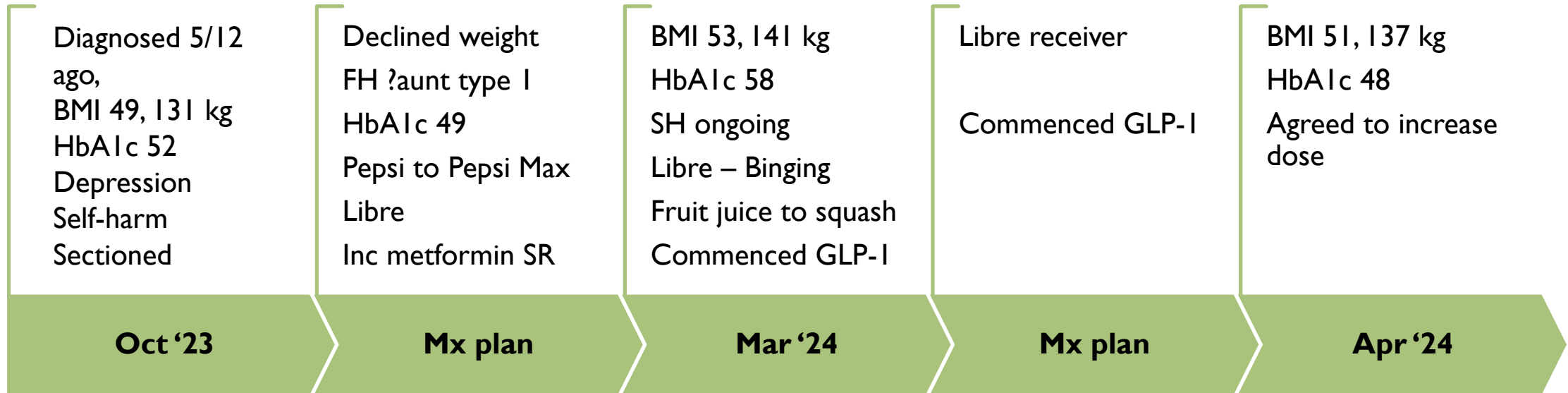
## MEET GRACE - AGED 20



## MEET GRACE - AGED 20



## MEET GRACE - AGED 20





## SUMMARY

High risk individuals need specialist MDT

Help primary care

T2DAY programme – what is your ICB doing?