

Young T2 Diabetes 2021-22 report



National Diabetes Audit: Young people with type 2 diabetes 2021–22, England and Wales

Findings

Type 2 diabetes is a serious condition where your pancreas can't make enough insulin. This means your blood glucose (sugar) levels keep rising.

In the period January 2021 to March 2022 139,255 children, young people and adults under 40 in England and Wales had type 2 diabetes. The number of people with type 2 diabetes rose faster in this age group than in those aged 40–79.

Having diabetes can lead to complications such as blindness, kidney failure and heart disease. Everyone with diabetes should receive certain health checks every year. The results of these show whether someone is at risk of developing health complications.

Treatment should be adjusted to help achieve recommended targets for blood glucose and blood pressure. Those with heart risk should be prescribed a statin.

People **under 40 with type 2 diabetes** were more likely to be:

- Asian or mixed ethnicity
- Living in deprived areas
- Female

than people 40 and over with type 2 diabetes

More likely to be:



Compared to people with **type 2** diabetes aged 40 and over, those **under 40** were **less likely** to:



Receive all the healthcare checks they need

Those under 40 were **less likely** to achieve **blood glucose targets** if they:



Lived in deprived areas



Had diabetes for longer

Find out more

1. [National Diabetes Audit: Young Type 2](#)



SCAN ME

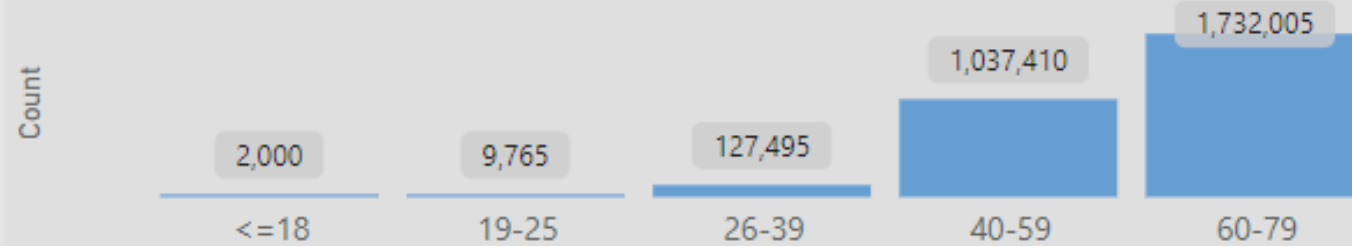
2. [Audit results for your local services National Diabetes Audit dashboards](#)

Review of cohort

- 139,255 under the age of 40 with T2DM (4.8 %)
- Increase in numbers compared to those > 40 years (18.7 % versus 11.3)
- Cohort divided by age into <18 years, 19-25 years and 26-39 years
- For certain analysis, compared to 40-59 years and 60-79 years to understand trends across all ages

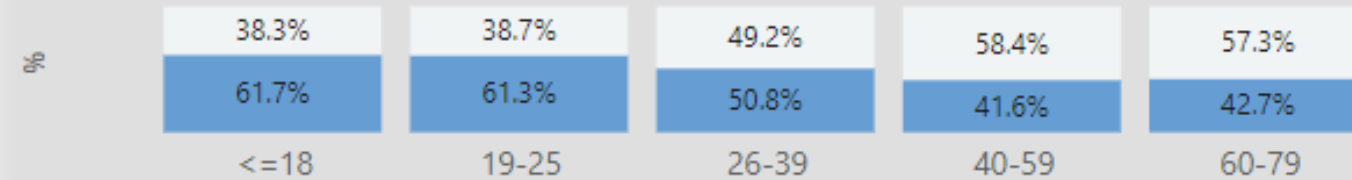
Findings: Cohort by age and sex; locality of care

Cohort total



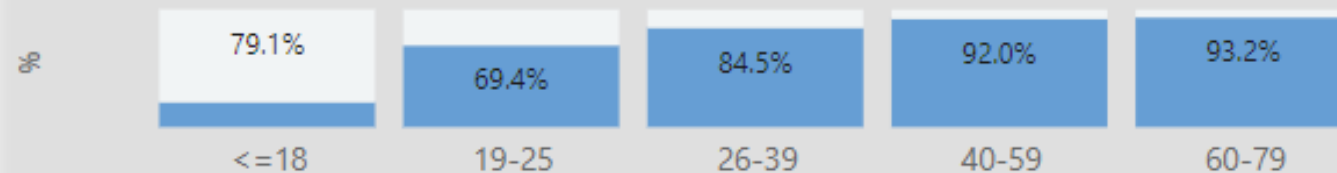
Sex

● Female ● Male

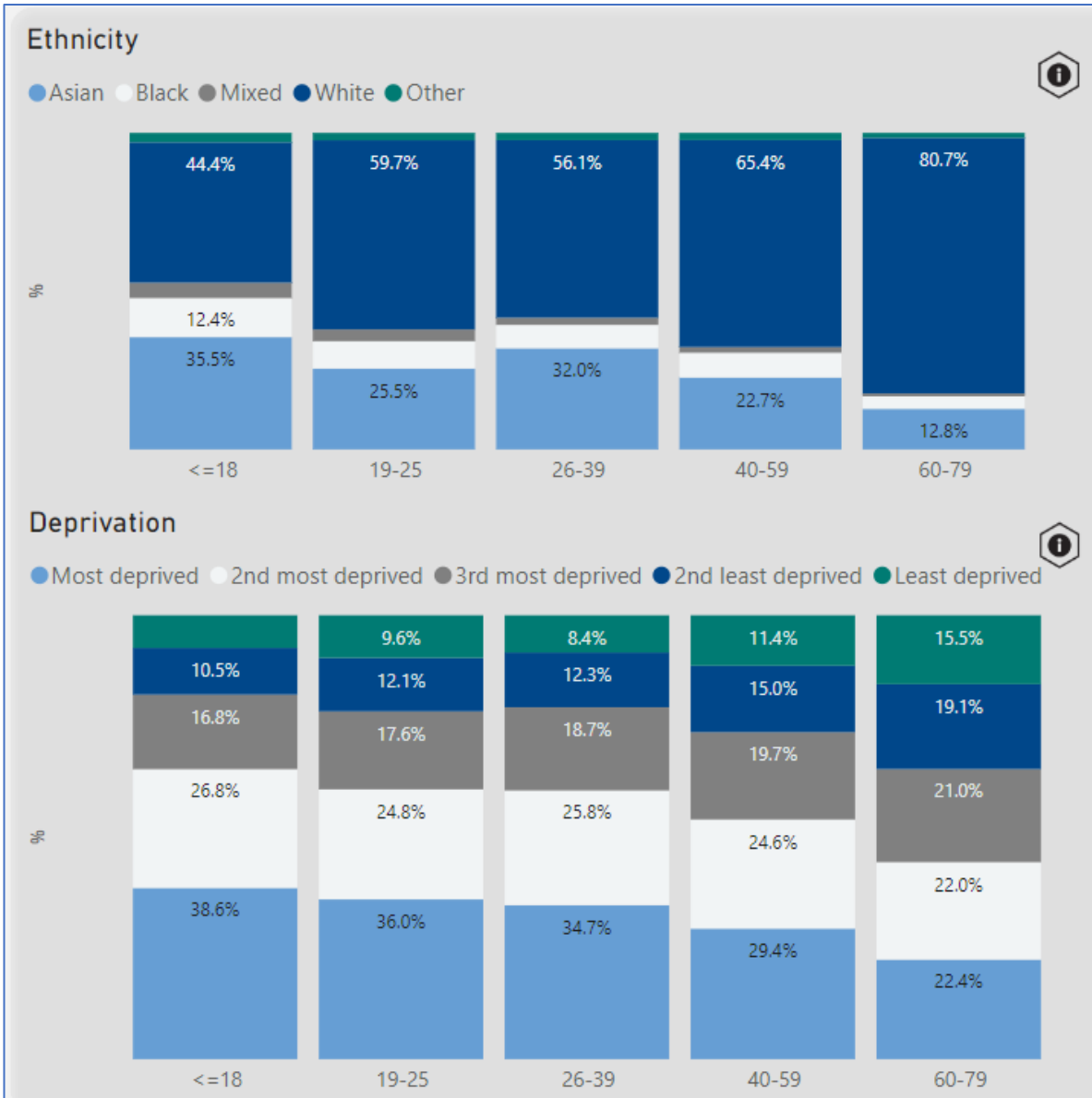


Locality of care (England only)

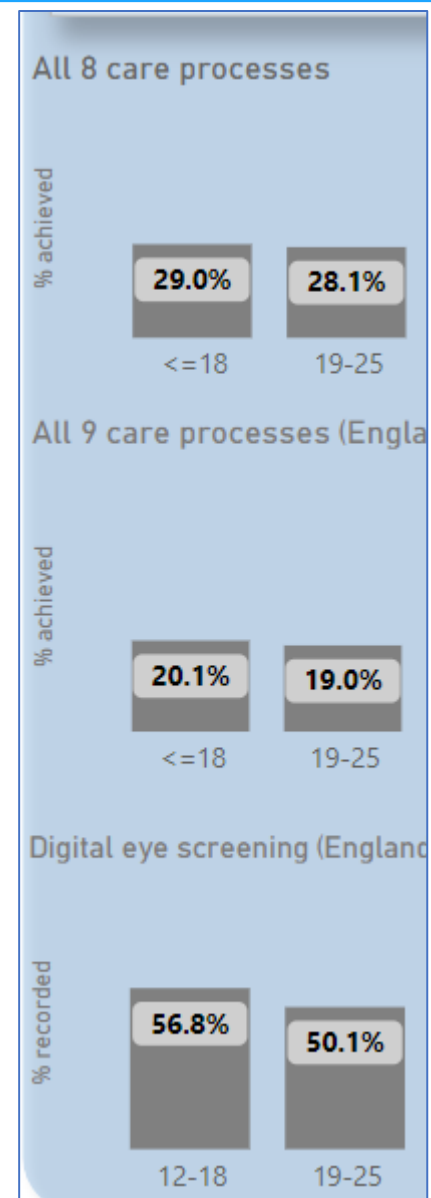
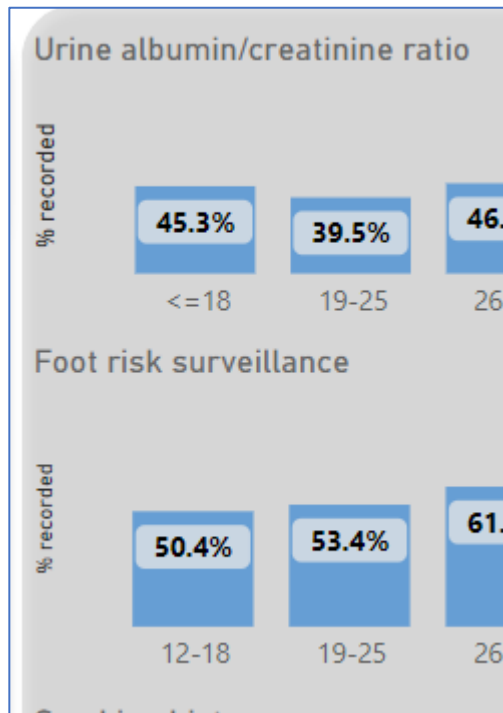
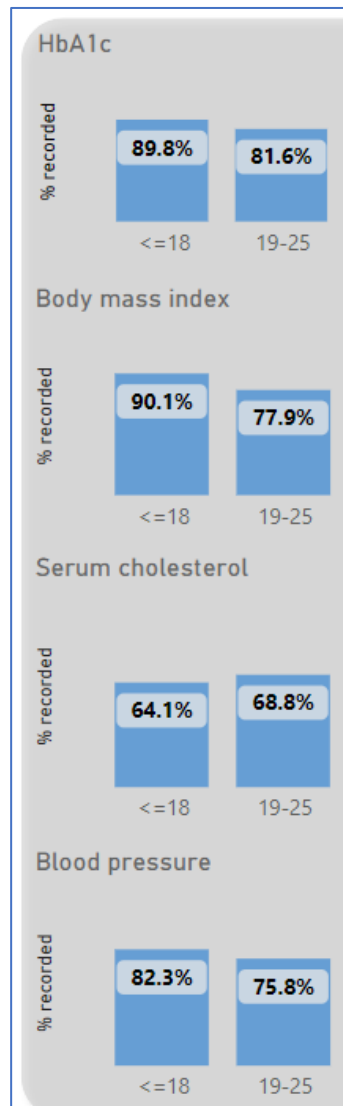
● Primary care only ● Secondary care



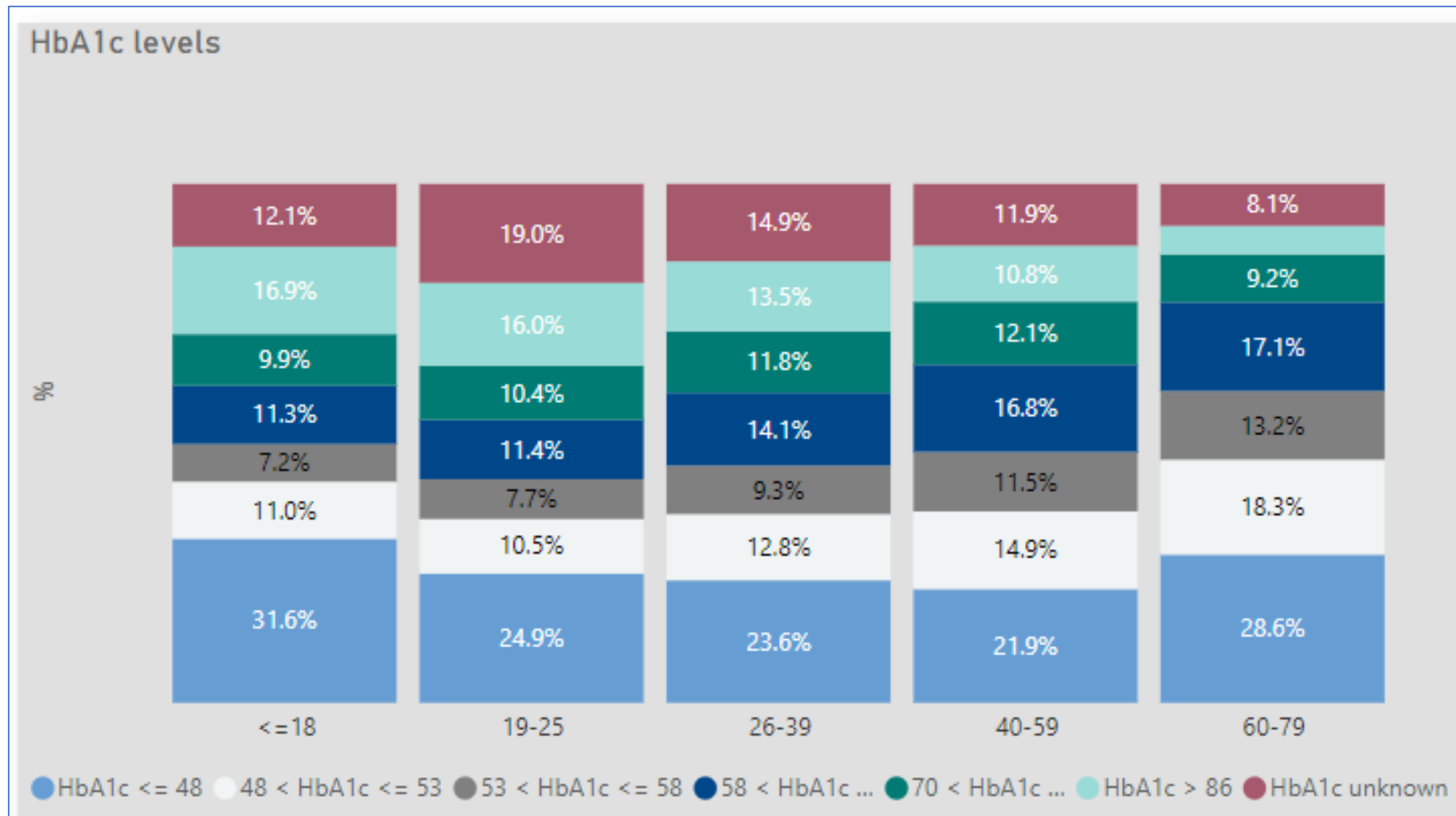
Findings: Ethnicity and deprivation



Findings: Care process completion (<25 only) – by Age



Findings: HbA1c levels

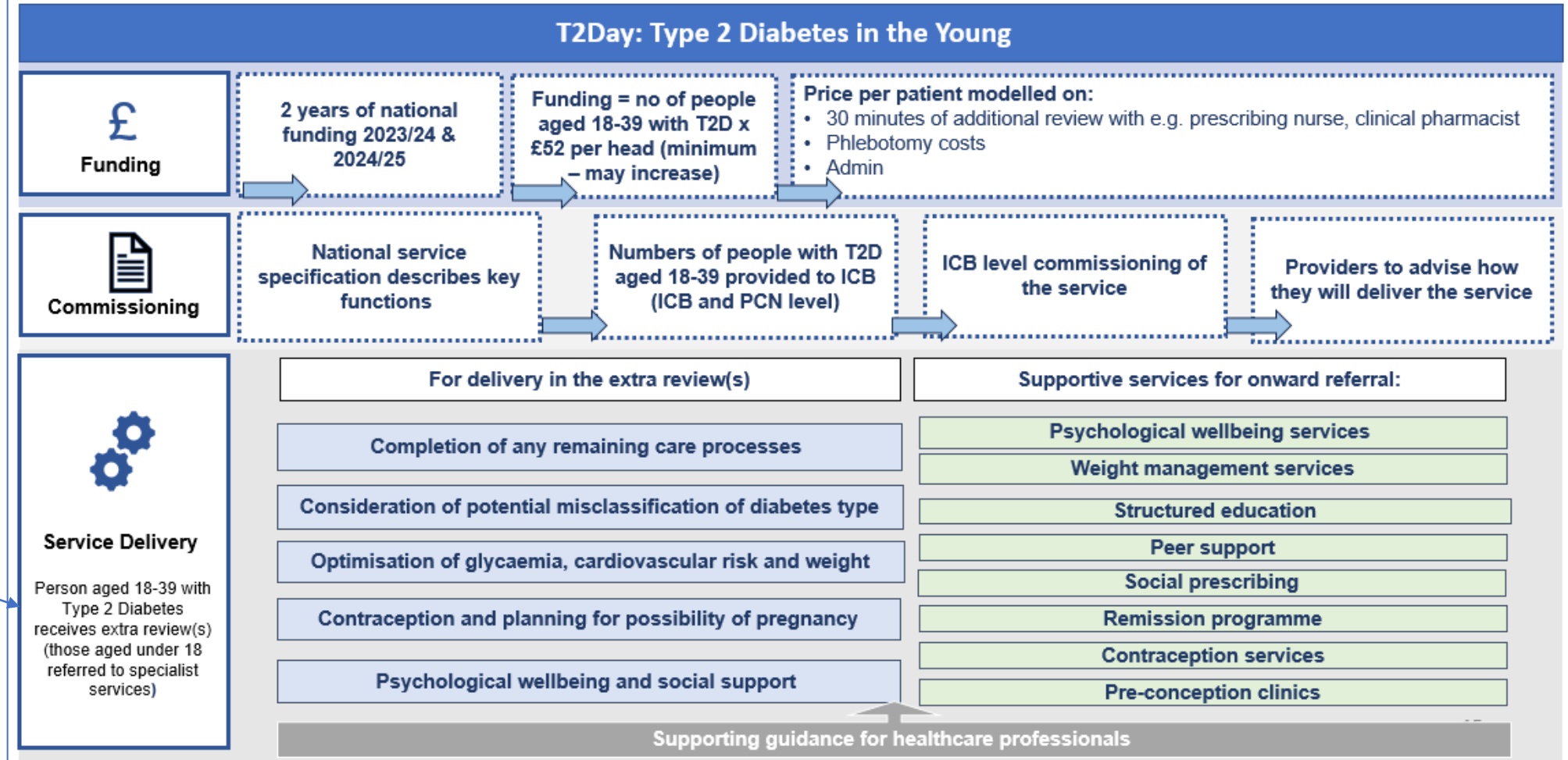


Recommendations

- **To help reduce the number of young people with type 2 diabetes and their associated inequalities, commissioners of care should optimise access to and uptake of the national type 2 diabetes programmes designed to prevent onset (NHS Diabetes Prevention Programme) and support remission (NHS Type 2 diabetes path to remission) in everyone age 18+ and in all societal groups.**
- **Commissioners of care should work with primary and secondary care diabetes services to reduce age, ethnicity and deprivation related inequalities in completion of NICE recommended care processes**

- **Commissioners of care for young people with type 2 diabetes should work with healthcare providers to:**
 - **reduce variation in both NICE recommended glucose and blood pressure control**
 - **achieve cardiovascular risk reduction**
 - **reduce adverse foetal and maternal pregnancy outcomes**

T2Day: Type 2 Diabetes in the Young overview



How to bring young people aged <18 years into specialist services?