



Update on the National Picture Adults





Parliamentary Report

- Published in 2024
 - “The issue of T1DE is simply too expensive to ignore... Money is wasted by the NHS in treating people with T1DE ineffectively or not treating them at all.”
 - Highlighted a broad range of concerns
 - Lack of consensus on diagnostic criteria
 - Stigma
 - Need for greater integration of treatment and more specialist care
 - More interdisciplinary training on T1DE for healthcare professionals
 - More support for people living with T1DE
 - More investment in T1DE services
 - Recommended national network of regional T1DE centres
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HSSIB Report

- Report by the Health Services Safety Investigations Body highlighted concerns about lack of services for T1DE (2026)
 - Calls on NHS England and the Department of Health and Social Care to develop a strategy for improving collaboration between mental health teams and specialist diabetes services, including for patients with T1DE
 - Calls on the National Institute for Health and Care Research to map the knowledge gaps surrounding T1DE and on the Royal College of Psychiatrists to support the recognition of patients with T1DE and their needs
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NHS England T1DE Pilots First Wave

- First nationally funded T1DE pilot services in England operational in 2019, located in London and Dorset
 - Evaluation demonstrated that Dorset service achieved a mean reduction in HbA1c of 2.3% and London 2.5%
 - London showed a reduction in admissions for diabetic ketoacidosis
 - Scores on psychological and quality of life measures suggested improvements in almost all areas.
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NHS England T1DE Pilots Second Wave

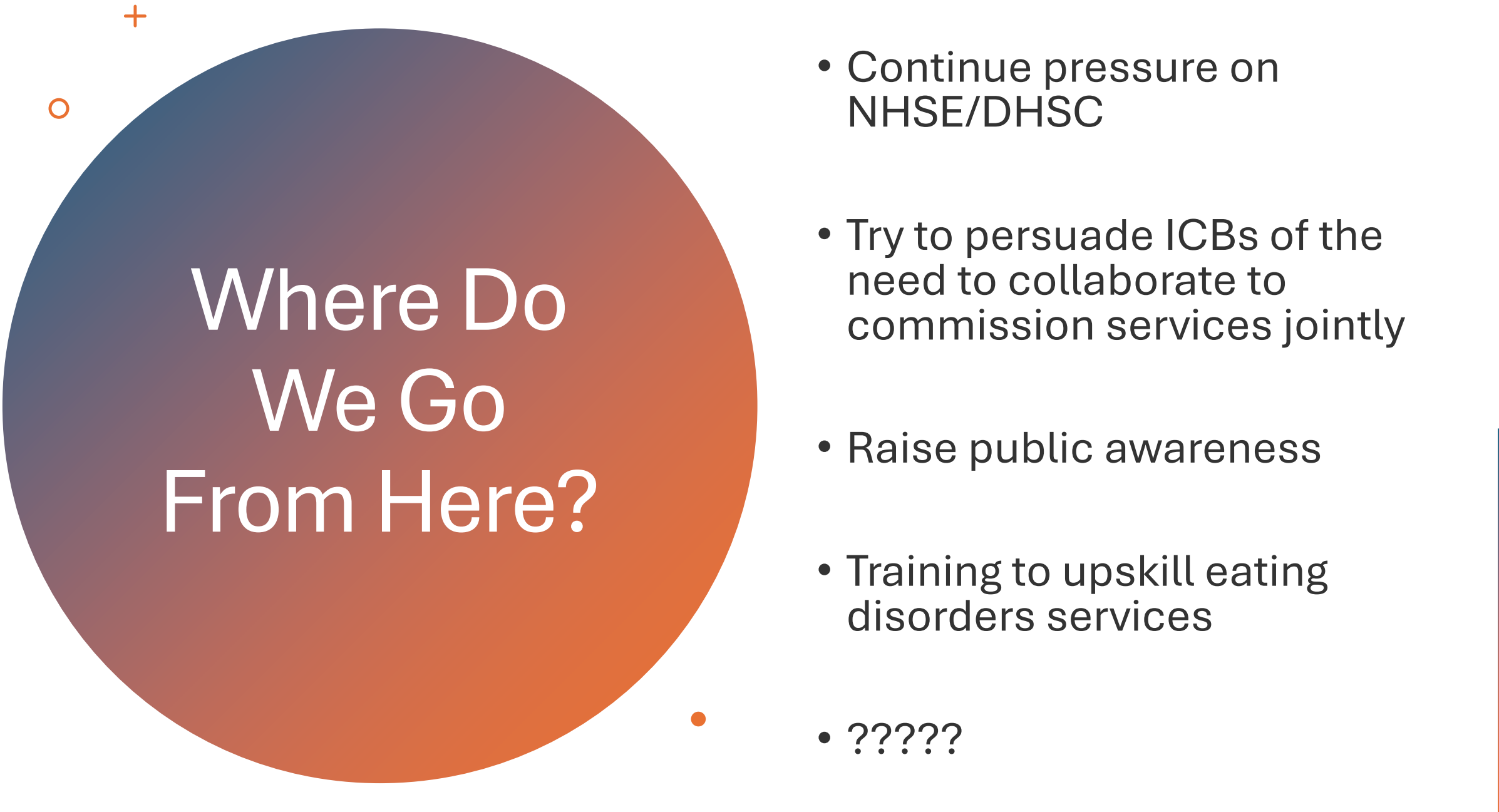


- NHS England commissioned a further five T1DE pilot sites in April 2022
 - Coventry and Warwickshire
 - Leicester, Leicestershire and Rutland
 - Norfolk and Waveney
 - Cheshire and Merseyside
 - Humber and North Yorkshire
 - Second wave pilots were funded through ring-fenced funding provided to ICBs and were externally evaluated
 - Evaluation found that mean HbA1c values decreased by 11.55 mmol/mol between baseline and 12 months
 - Mean number of admissions for DKA in the 12 months prior to starting treatment was 0.46, compared to 0.28 after 12 months of treatment
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But...

- Central funding for second wave pilots ended in April 2026
 - Now dependent on ICBs for continued funding
 - No plan for nationwide network of T1DE Centres
 - Existing provision very limited and inequitable
 - Future of specialist services very uncertain
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Where Do We Go From Here?

- Continue pressure on NHSE/DHSC
- Try to persuade ICBs of the need to collaborate to commission services jointly
- Raise public awareness
- Training to upskill eating disorders services
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