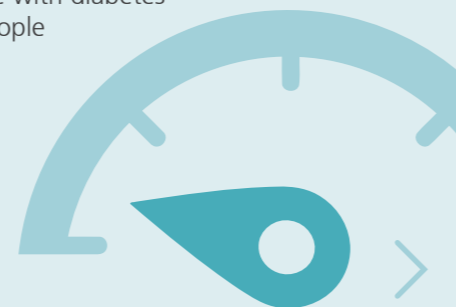# Type 2 diabetes

Healthier future
Facts and statistics

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Type 2 diabetes develops when the body cannot produce enough insulin, or when it doesn't react as it should to the insulin produced

About **60 million people** in Europe have diabetes[1]

Type 2 diabetes accounts for between **85 and 95%** of all people with diabetes and usually appears in people **over the age of 40**[2]

The number of people with type 2 diabetes is increasing rapidly around the world,
driven by the combined effects of population aging, rising levels of obesity and inactivity

Left untreated, it can **cause serious health problems**, such as sight loss, kidney failure, heart attack and stroke

Medication is often required to keep blood glucose levels at a normal level

However, diabetes-related complications can be **potentially postponed or avoided if detected early**[3]

Despite this, a large proportion of people with diabetes do not achieve optimal treatment outcomes because they have difficulties following their prescribed treatment plan[4]

Better adherence to treatment is associated with better management and lower healthcare utilisation[4,5]

In Europe only seven out of 30 countries have a national diabetes register[6]

Between countries, the scope and type of data collected on diabetes varies and quality indicators are not standardised, making cross-country comparisons very difficult

Variances in usability and access to electronic patient records and medical claims databases are also a hindrance[4]

80% of type 2 diabetes is claimed to be preventable by simple cost effective interventions such as identifying those at risk[3]

Launched in 2016, the current NHS Diabetes Prevention Programme seeks to **identify those at risk** and refer them onto an evidence-based behaviour change programme. By 2020 **100,000 referrals** are expected to be available annually

Sweden obtains the best patient outcomes in terms of diabetes care in Europe and also has the most robust National diabetes registry[6]

Continuous quality assessment of diabetes care is done in Sweden to provide local centres with data regarding the quality indicators of diabetes care, while also allowing for comparison between national or regional data[6]

Early detection and intervention of type 2 diabetes improves the chances of a complication free future for patients and also a preserved quality of life[6,7], which can be facilitated by comprehensive registries and electronic health record systems

Electronic health record systems are needed to support physician adherence to standards of care as well as promote patient compliance with medications and behavioural modification, leading to improved patient outcomes

If this data is not systematically reported and used to influence practice, diabetes care will suffer[6]

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