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

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

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

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

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

Better adherence to treatment is associated with better management and lower healthcare utilisation

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, 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

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

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

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

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

References


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