

DiABETES SCOTLAND

KNOW DIABETES. FIGHT DIABETES.

DIABETES IS SERIOUS



This briefing is based on responses from over 1,500 people in Scotland as part of a UK-wide survey of around 14,000 people.

Latest prevalence figures

In Scotland, there are around **340,000** people living with diabetes as of March 2023. This includes **35,675** people with type 1 and **299,172** with type 2 diabetes. We don't have current data on the number of people with other types of diabetes, but in 2021 this figure was **5,393**.

Positives of diabetes care in Scotland

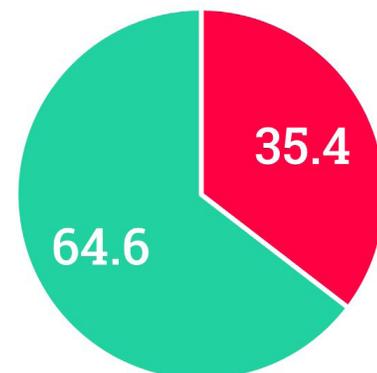
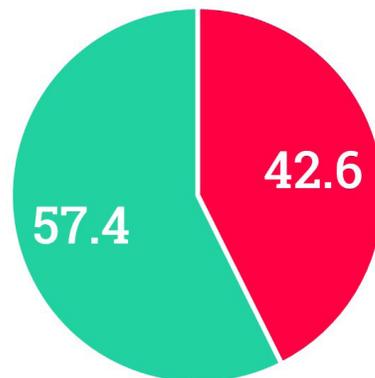
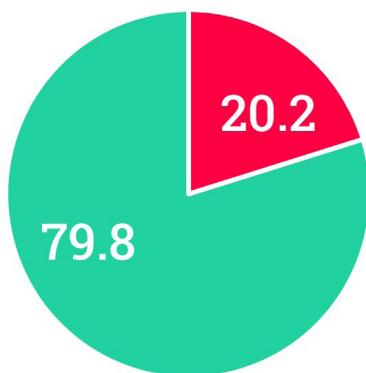
Diabetes care in Scotland has many positives to champion. For example, most respondents who tried to access care in the following ways said they did not find it difficult:

Did you have difficulties requesting medication from your GP?

Did you have difficulties making appointments for check-ups?

Did you have difficulties accessing technology or support using it?

■ Yes ■ No



% of respondents with diabetes who tried to access each type of care

Next steps for tech

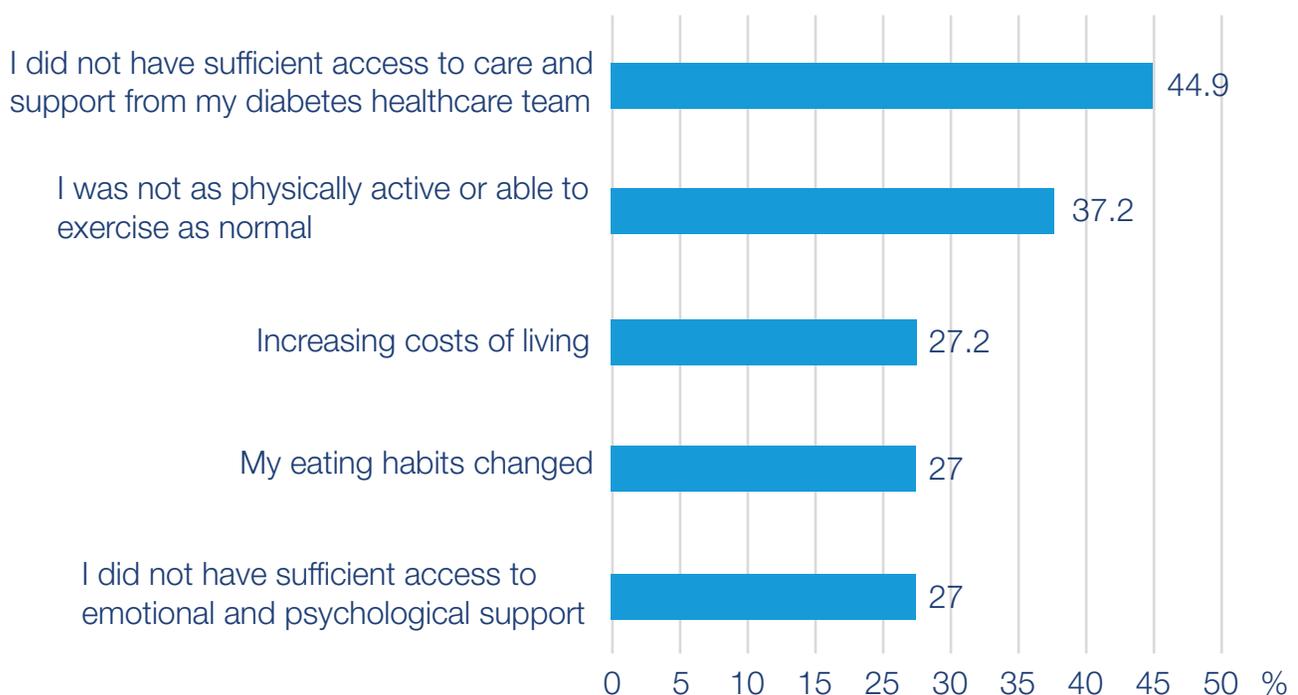
The Accelerated National Innovation Adoption (ANIA) pathway team are currently assessing the suitability of a project which would support the rollout of diabetes technology, and in particular **hybrid closed loop systems**, as an innovation challenge.



Impact of inequalities on diabetes management

In 2022-23, **59.9%** of survey respondents in the most deprived quintile of Scotland experienced difficulties managing their diabetes, compared to **46.6%** in the least deprived.

For those who experienced difficulties, the top 5 reasons they identified were:



The proportion of people who identified **increasing costs of living** as a reason for their difficulties in the most deprived quintile (**39.6%**) was **almost double** compared to people in the least deprived quintile (**19.1%**).

The proportion of people who identified insufficient access to **emotional and psychological support** as a reason in the most deprived quintile was **39.6%** compared to **23.5%** in the least deprived quintile.



Inequalities in access to care

Contact with healthcare teams

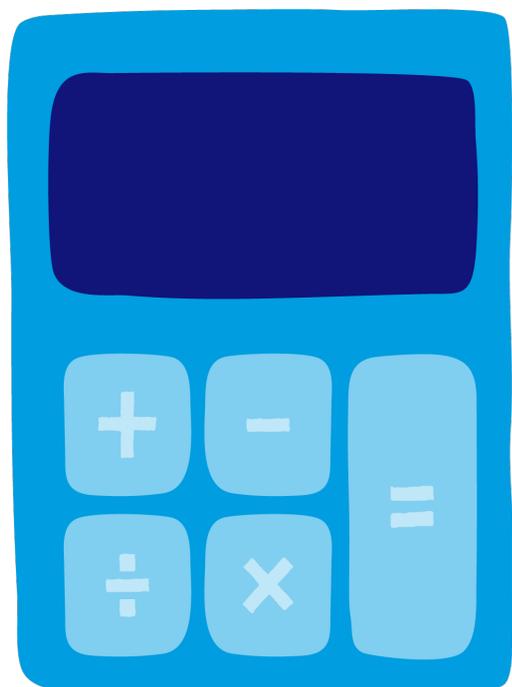
Of the **12.9%** of survey respondents who have not had contact with their healthcare team about their diabetes since before 2022:

Three quarters (73.2%) said that one of the reasons is that they have not been contacted by a healthcare professional about their diabetes, and **almost a third (30.2%)** said it is because their appointments have been delayed or cancelled.

The proportion of people who have had appointments delayed or cancelled in the most deprived quintile (**38.1%**) was **almost double** compared to those in the least deprived quintile (**21.9%**).



Diabetes education



People living with diabetes spend only **2-3 hours** every year with a healthcare professional – the rest of the time they are managing the condition themselves.

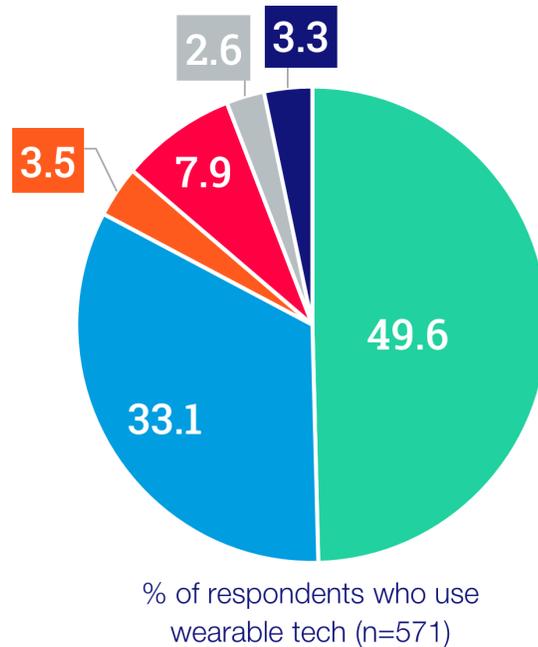
Diabetes education is vital to help people take care of their diabetes.

Yet **51.7%** of respondents from the most deprived quintile of Scotland said they have never been offered diabetes education, compared to **40.7%** in the least deprived quintile.

Views on diabetes technology

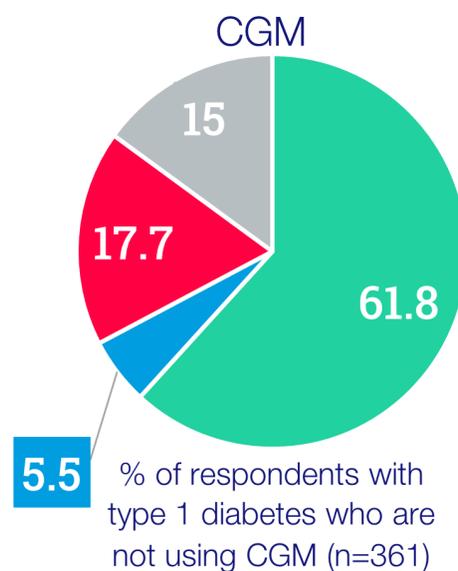
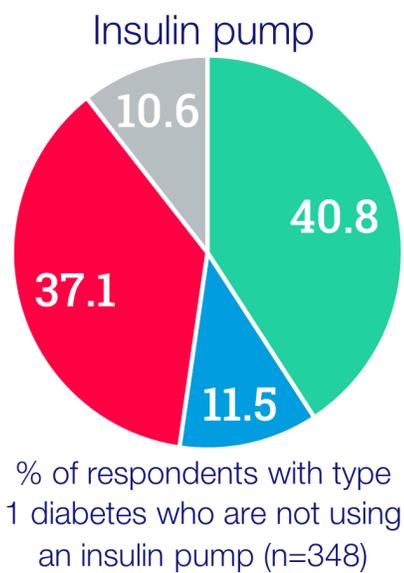
To what extent do you agree that having access to diabetes technology helped you to manage your diabetes in 2022?

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- I don't know
- Not applicable



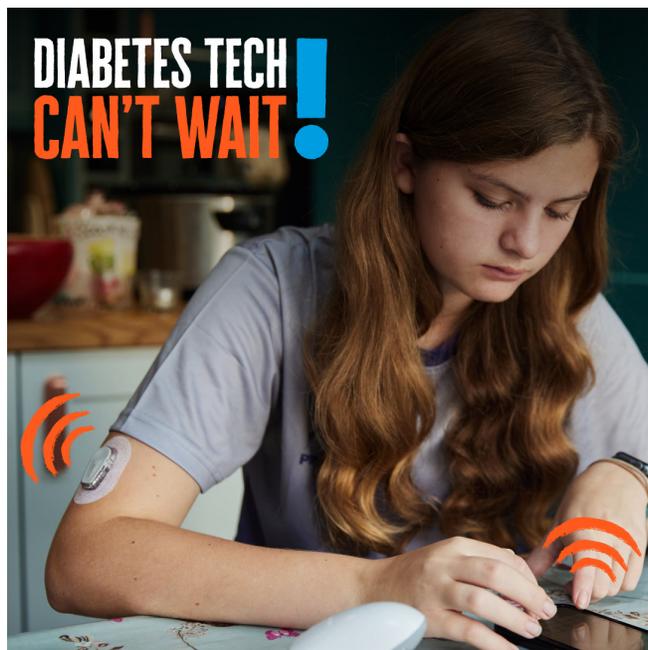
Would you be interested in using diabetes technology?

- I am interested
- I am on a waiting list
- I'm not interested
- I don't know



Despite the high levels of interest, almost **a fifth (18.9%)** of respondents with type 1 diabetes said they had been prevented from accessing diabetes technology because their healthcare team did not discuss it as an option.

Diabetes Tech Can't Wait



In 2022, new guidelines in Scotland led to £14.6 million Scottish Government funding to increase access to hybrid closed loop technologies across Scotland.

The **Diabetes Tech Can't Wait** campaign aims to make sure the funding in Scotland is put into action, so no matter where you live, people can access tech that will help them take control of your diabetes and live a happier and healthier life.

“The closed loop system means that it will act quickly to control my blood sugar and alarm me way ahead of time if it knows I’m going into the danger zones.

It just means that I feel safer living my life essentially.

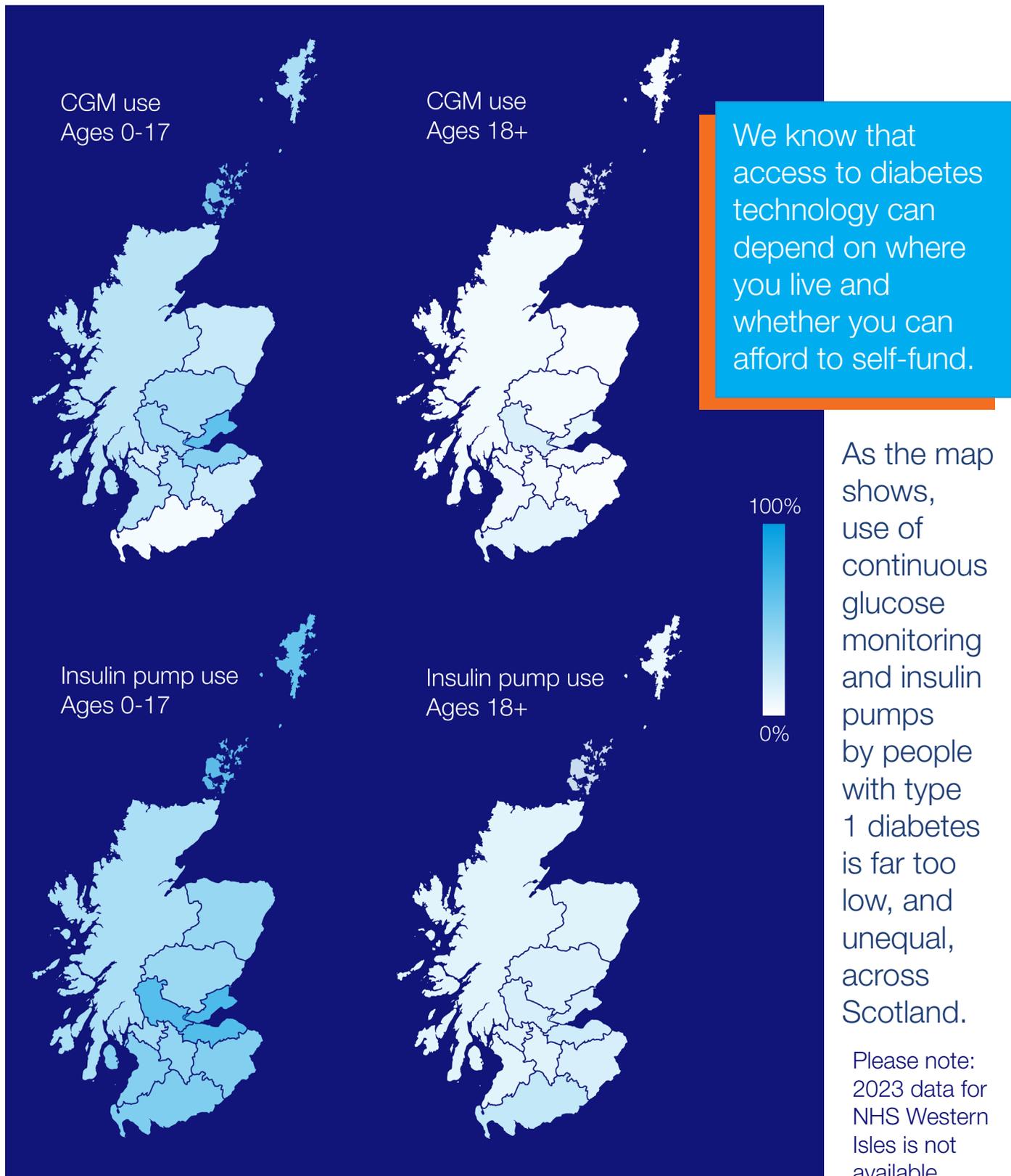
Technology plays a major part in many people’s control over their blood sugar levels. I don’t think people should have to fight to live their lives. “



SCAN THE QR CODE TO SEE THE USAGE OF TECH IN YOUR AREA:



Inequalities in access to diabetes tech



Although tech users were overrepresented among our survey respondents, we still found major socioeconomic disparities:

28.3% of respondents in the most deprived quintile said they used wearable diabetes technology, compared to **42.8%** in the least deprived quintile.

How can you help?



The Diabetes Improvement Plan launched by the Scottish Government in 2021 outlines a five-year plan to improve diabetes care in Scotland. To aid in addressing the points in this briefing, you can **contact your local Health Board** to ask how they are doing in meeting the deliverables outlined in the Diabetes Improvement Plan.

Contact your NHS Board to ask their plans to continue funding hybrid closed loop systems. Please contact **daniel.omalleydiabetes.org.uk** for a template letter.

Engage and share our social media posts on @diabetesscot – specifically those with the hashtag **#DiabetesTechCantWait**

Scan the QR Code to visit our online postcode look up tool for more information on our campaign and to view the data from across Scotland.

