



**NOW IS THE TIME.
END THE HARM.**

Diabetes UK Strategy 2026-2030

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



What once seemed impossible
is now within reach.

Our recent advances have transformed lives.
They've given us hope of a better future.
And the way to get there is clearer than ever before.

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LIFE-CHANGING IMPACT WHERE IT'S NEEDED MOST

Today, 4.6 million people in the UK live with diabetes diagnoses. Day after day after day of monitoring, medicating, decision-making. Diabetes can intrude on every part of life, with no time off.

Just 'staying on track' can sometimes take every ounce of effort. Then add in the risk of complications that affect hundreds of thousands of people every year. Heart attack, kidney failure, foot problems, sight loss – the list goes on. It's utterly relentless and it's affecting some of the most vulnerable communities the most.

Yet diabetes remains stigmatised and misunderstood. Some people tell us that even their loved ones 'don't get it'. And this seeps into healthcare, research and policy so that diabetes is under-funded and under-prioritised, despite being one of the UK's most pressing health challenges.

Together, we must rewrite the future of diabetes and we believe, right now, we have opportunity to do so.





A pivotal moment

We're in a golden era of discovery and progress. Diabetes UK has been instrumental in recent advances that would have seemed impossible little more than a decade ago.

In type 1 diabetes, we've changed lives by paving the way for widespread access to glucose monitoring technology. Our research has laid the foundations for new immunotherapies that target the condition at its root, and our researchers are getting ever closer to a cure.

In type 2 diabetes, our research has led to national programmes for diabetes remission that are giving many people the best chance to reduce their risk of diabetes complications. This has transformed the way the condition is treated and could save the UK health systems millions of pounds. Thousands have avoided type 2 through prevention programmes that really work. And policy changes that we fought for are making a positive impact on people's day-to-day lives.

But these are also very challenging times. Diabetes is still on the rise – in the UK 1 in 5 adults now have diabetes or prediabetes. The cost of living crisis has made it even harder to live well with the condition. Services are stretched and health gaps are widening. If you live on a low income or are of an ethnic minority background the impact of diabetes can be more severe and you could die early from its effects.

Now is the time

The last five years have been tough for everyone, but the things we've learned and the way we've adapted have made us stronger. We are brimming with ambition for the next five years, and we have a clear plan to deliver that ambition with your help.

The scientific and technological opportunities now exist to push progress faster, while our commitment on tackling diabetes inequity readies us to make impact where it's needed most. Guided by the diverse voices of lived experience, we can make a life-changing difference to people with diabetes now and fight for a future where everyone can live well with diabetes or avoid it altogether.

But this is only possible as a community. A collective effort between everyone who is affected by and cares about the harm caused by diabetes. This is a big moment.

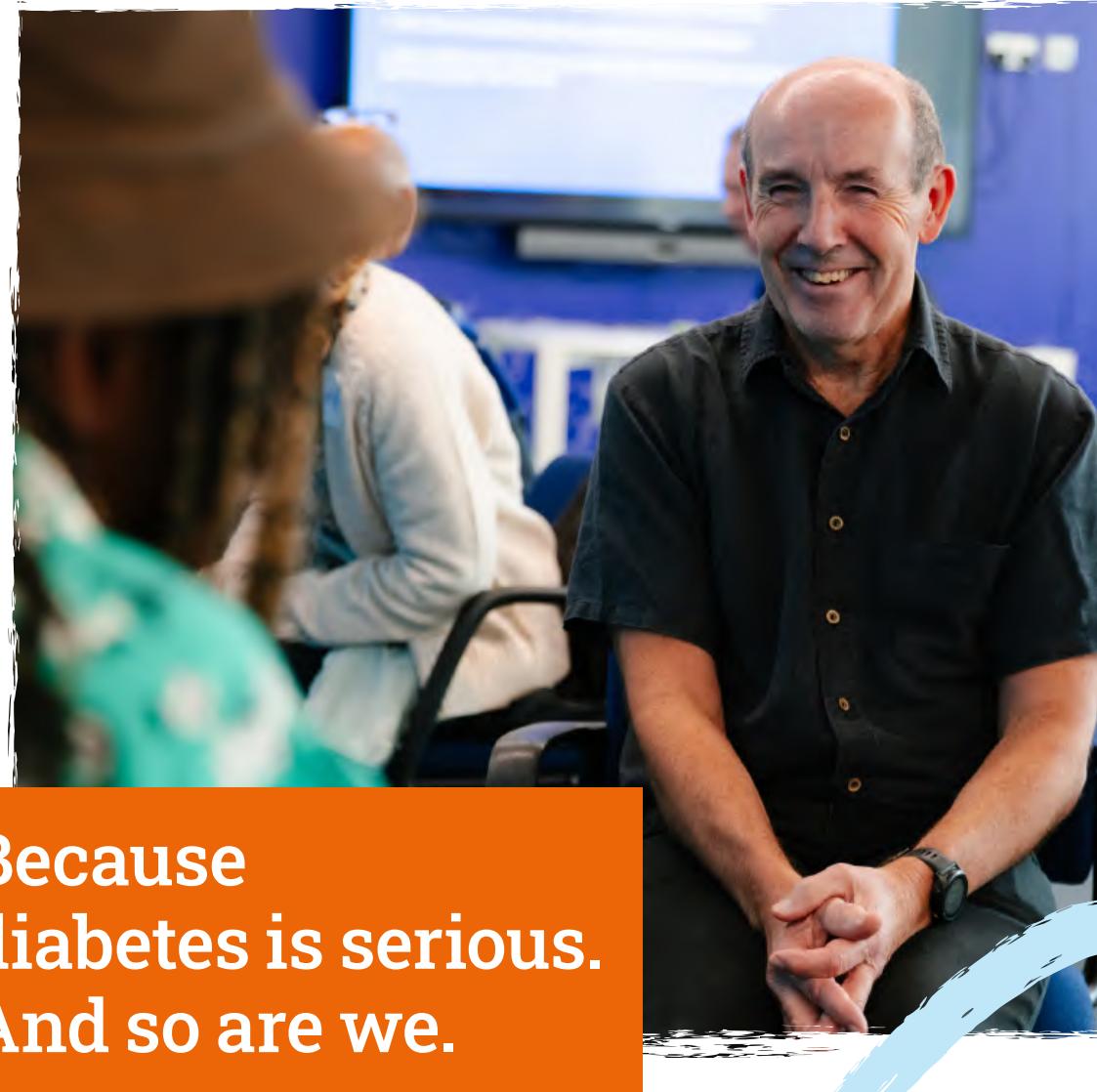
Together, we can make it count.



Colette Marshall
CEO



Dame Carol Homden
DBE PhD
Chair of Trustees



**Because
diabetes is serious.
And so are we.**



2020-2025

FIVE YEARS OF LIFE-CHANGING IMPACT



Our previous strategy set out our ambition to achieve five major outcomes for people with and at risk of diabetes by 2025.

It launched in 2020, just weeks before the global coronavirus pandemic took hold. We immediately and frequently reviewed our priorities to meet the needs of people with diabetes during such a gruelling time, without losing sight of our long-term vision.

We're incredibly proud of the progress made towards the goals we set back in 2020, as well as everything we did that we hadn't planned for. As a community of supporters, volunteers, researchers, healthcare professionals, colleagues and partners, we made a real difference to people living with and at risk of diabetes and identified what's needed next for meaningful change.

THE DIFFERENCE WE MADE WITH YOUR HELP

Driving research to cure or prevent all types of diabetes

Since 2020, purposeful partnerships have enabled us to secure over £10 million more for diabetes research than we could raise alone.

Since 2020, we have invested over £45 million to support new research and have partnered with leading funders to put in even more. We've played a leading role in positioning the UK at the forefront of potentially life-changing type 1 diabetes immunotherapy research and brought screening for type 1 diabetes closer than ever.

We generated a step change in research towards a cure for type 1 by partnering in the Type 1 Diabetes Grand Challenge, financed by the Steve Morgan Foundation.

We continue to be sector-leaders in involving people with lived experience in our research decision making, to keep us focused on what matters most to people affected by diabetes.



For me, it's very emotional to be part of the process of making sure researchers and policymakers are really hearing what people affected by diabetes are facing. It's about being part of a conversation and making sure that researchers actually hear what's happening on the ground level and the experiences of friends, family and the wider community. I am very proud to represent the South Asian community, ensuring our stories are being told and that people understand the true impact of diabetes – both mentally and physically – and the wider impact it can have on families and communities.

Parveen, Expert by Experience member of our Diabetes Research Steering Group.



Diabetes UK's support was absolutely critical in helping me maintain my results. I have a wonderful supportive family at home but having the professional support of Diabetes UK is just invaluable. And has definitely helped to keep me focused and on track with my remission.

Peter, who was part of an NHS remission pilot in Northern Ireland.

More people in remission from type 2 diabetes

Remission from type 2 diabetes is now a reality for thousands of people.

Our landmark DiRECT study was pivotal in overturning the long-held belief that type 2 diabetes is an inevitably lifelong, progressive condition. It provided the blueprint for the NHS Type 2 Diabetes Path to Remission Programme in England, and we paved the way for its pilot in 2020.

By 2024, the programme had been rolled out nationally, with more than 25,000 people referred to begin their weight loss and remission journey. Of those who complete the programme, around one-third enter remission. If rolled out to everyone eligible, the programme is projected to save the NHS up to £1 billion.

As word about remission spread, the demand for straightforward information rose steeply. Our resources, co-created with people who've been through remission, have been accessed by nearly 200,000 people.

Progress in diabetes care

Thousands more adults and children with type 1 diabetes in the UK are now using hybrid closed loop technology. Recent data has shown that 68% (21,356) of children and young people are using it.

Diabetes services were hit hard by the coronavirus pandemic. People found themselves unable to access their diabetes healthcare teams for vital checks and appointments, sometimes for a very long time.

We took action at the highest level and supporters got behind our campaign, Diabetes is Serious, to help secure a £5m government diabetes recovery fund and make diabetes a national policy priority again. Our work with local health systems helped put routine diabetes care back on track, while we showed people what care they can expect and should ask for. In parallel, we trained 25,000 healthcare professionals, so that more people with diabetes benefit from skilled care.

Years of our research and community campaigning came to a head in 2023, when the NHS granted widespread access to life-changing hybrid closed loop technology for people with type 1.



I'm really thankful that we're in the age that we are with technology, because it plays such a part in keeping Bobby safe. He would be lost without his CGM and pump – because his pump is so user-friendly, he's been able to attend summer camps by himself which has been brilliant. The way that technology is evolving all the time, and there's always progress, always something new coming out – it does make me so hopeful for the future.

Claire, whose 8-year-old son lives with type 1 diabetes.



When I received my diagnosis, Diabetes UK's website was my first port of call and definitely proved a valuable resource for me in my self-education. There was so much useful information available, it was really easy to navigate, and it's written in language that anyone can understand. I think that's so important when you're trying to find out information, especially about a condition like diabetes.

Catherine, who lives with type 2 diabetes.

More people supported to live well with diabetes

Over five years, we have supported 4 million people with information, advice and education via our helpline, online forums and digital education offer. And an average quarter of a million people every week have got information and resources from our website.

During the coronavirus pandemic, we rapidly mobilised to expand our direct support for people living with diabetes, due to the unique risks they faced. We helped 26% more people during the pandemic year, providing support to help people stay safe and well. We extended the hours of our helpline and ensured that – in a fast-changing situation – our advice was always based on the very latest evidence.

As the cost of living crisis developed, more than 23,000 people came to our website for support in managing the costs of living well with diabetes. We created a dedicated online hub of resources, which included signposting to benefits and budget meal planners, and worked with others to provide practical support locally.

Recognising the particular impact of diabetes on young people, in 2022 we launched Diabetes UK's Together Type 1 community, generously funded by the Steve Morgan Foundation. Two thousand young people with type 1 diabetes have so far benefited from the programme, which enables young people to meet new friends, learn new skills and build confidence among peers who know what it's really like to live with the condition.

More people helped to reduce their risk

People referred to the National Diabetes Prevention Programme are 20% less likely to develop type 2.

Since 2020, more than 1.5 million people have used our Know Your Risk tool. This means they have a better understanding of their personal risk of type 2 diabetes, and how to reduce it. The tool signposts those at high risk to visit their GP, where they can be referred to the National Diabetes Prevention Programme. This partnership between Diabetes UK and NHS England is now helping tens of thousands of people every year to reduce their chance of developing the condition.

We worked with others to secure real change in government policy to create a healthier environment for shoppers. There are now restrictions on the placement of unhealthy foods in shops across the UK and in online promotion of unhealthy food and drink in Wales, as well as new commitments to measures including mandatory health reporting by retailers on food sales.

“

I found the Know Your Risk tool really helpful as a proactive way to assess my individual risk, as I have a genetic predisposition which places me at higher risk of developing type 2 diabetes. It feels like more than just a risk calculator – it's a preventative health guide that empowers individuals with the knowledge and direction needed to understand their vulnerability and take meaningful action to prevent type 2 diabetes.

”

Joseph, Diabetes UK Impact Volunteer

Per day

2 MILLION

fewer foods high in fat, sugar or salt have been sold in supermarkets since legislation to restrict their placement.





Over
86,000
people across UK
communities have been
reached by Diabetes UK
volunteers since 2021.

I spend much of my time volunteering and raising awareness especially about type 2 diabetes in the South Asian Community. There are cultural, religious, and language barriers particularly among the older generation in my community, also a lack of understanding about diabetes.

Abdul, Diabetes UK Volunteer.

Fair access to treatment and support

People from the most deprived areas of the UK are more likely to develop type 2 diabetes and at a younger age than those from the least deprived. Just 56% of adults with type 1 diabetes in the most deprived areas of England reach their blood sugar targets, compared to 70% in better off areas.

In 2023, our landmark Tackling Inequality Commission transformed our understanding of ethnic and socioeconomic inequity in diabetes. It began a cultural shift within the charity, pushing the issue to the very top of our priorities and inspiring others to join us in driving change.

We have lobbied for greater equity across care and access to diabetes technology, and now see this being reflected in policy and practice improvements.

In 2025, we launched our first strategy dedicated to tackling diabetes inequity. No one left behind positions us to play a leading role in transforming diabetes outcomes in communities where the burden is highest.





**AN AMBITIOUS
NEW CHAPTER: 2026-2030**

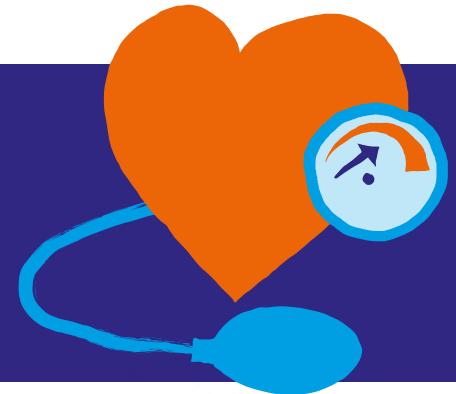
THIS IS A BIG MOMENT FOR DIABETES

We're making progress and shaping advances that would have been unimaginable not long ago. Now, together, we need to drive it home. To push for breakthroughs and meaningful change for people affected by diabetes. And to make it count for everyone.

Over the next five years we will focus on making even more progress to **three life-changing outcomes**.

1 Cure and prevention

People are freed from the life-changing impact of all forms of diabetes because it can be prevented or cured.



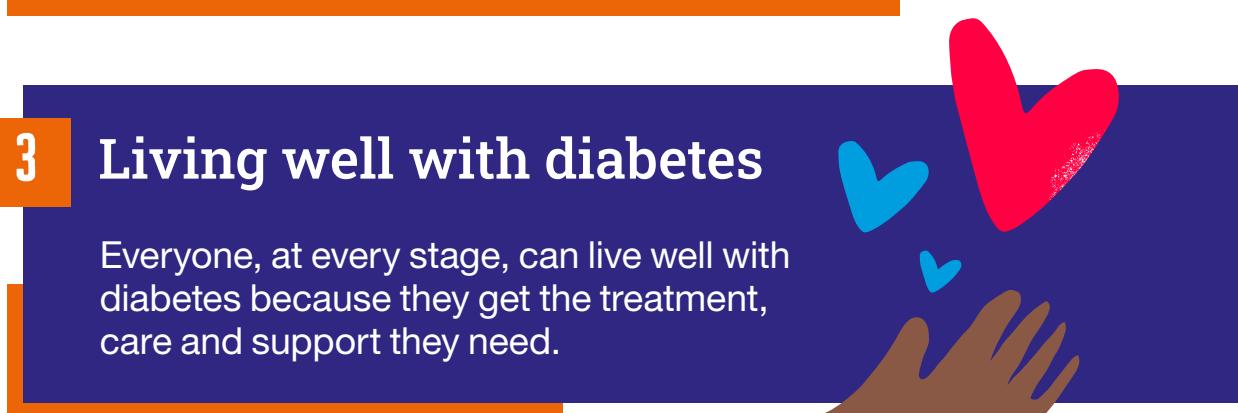
2 Everyone included

Health inequities and stigmas that make diabetes more dangerous are a thing of the past.



3 Living well with diabetes

Everyone, at every stage, can live well with diabetes because they get the treatment, care and support they need.



WE WILL WORK FOR TODAY AND TOMORROW

We will harness scientific and policy opportunities to achieve generational change, while improving support and services for people affected by diabetes today.

Progress towards these goals will be powered by funding world-leading research, from fundamental discovery science to healthcare implementation, and by our Ambitions. These are high-priority high-impact areas for people living with and at risk of diabetes.

Alongside funding research, our **current Ambitions** (**see next page**) will be our primary focus for the next 2-3 years, though we will always be ready to flex if the needs of people with diabetes change.

We cannot do this on our own, but we can do this as a community of people with diabetes, healthcare professionals, researchers, volunteers, partners, colleagues and supporters. We need individuals and organisations who share our collective hope for a world where diabetes can do no harm to join us. To support us. And to help us rewrite the future.



A WORLD WHERE DIABETES CAN DO NO HARM

1 Cure and prevention

- Cure and prevent type 1
- Prevent type 2

2 Everyone included

- Tackle inequity
- Tackle stigma

3 Living well with diabetes

- Support newly diagnosed
- Improve essential care
- Empower young people with type 1

Drive world-leading research
Provide life-long support

Engage and learn
with our community

Grow
income

Harness
technology



1

CURE AND PREVENTION



1 CURE AND PREVENTION

We want to stop people developing diabetes and find much-anticipated cures so that they never have to live with this relentless condition.

Ambition: Cure and prevent type 1

The first immunotherapy shown to delay the progression of type 1 diabetes was licenced in the UK in 2025. It was a milestone moment and the beginning of a new era for type 1 treatment. While many more immunotherapies are in clinical trials, there's a long way to go before halting the condition becomes a reality for most, but it will come. We will continue to drive immunotherapy research through the Type 1 Diabetes Research Consortium, alongside screening initiatives to identify people who could benefit from these treatments.

The greatest hope for a cure lies in cell-based therapies to restore insulin production combined with approaches such as immunotherapies to stop the immune system from attacking these cells. We will continue to fund and facilitate cutting-edge research in these areas, including through the Type 1 Diabetes Grand Challenge, and work closely with the NHS to translate breakthroughs into clinical practice.



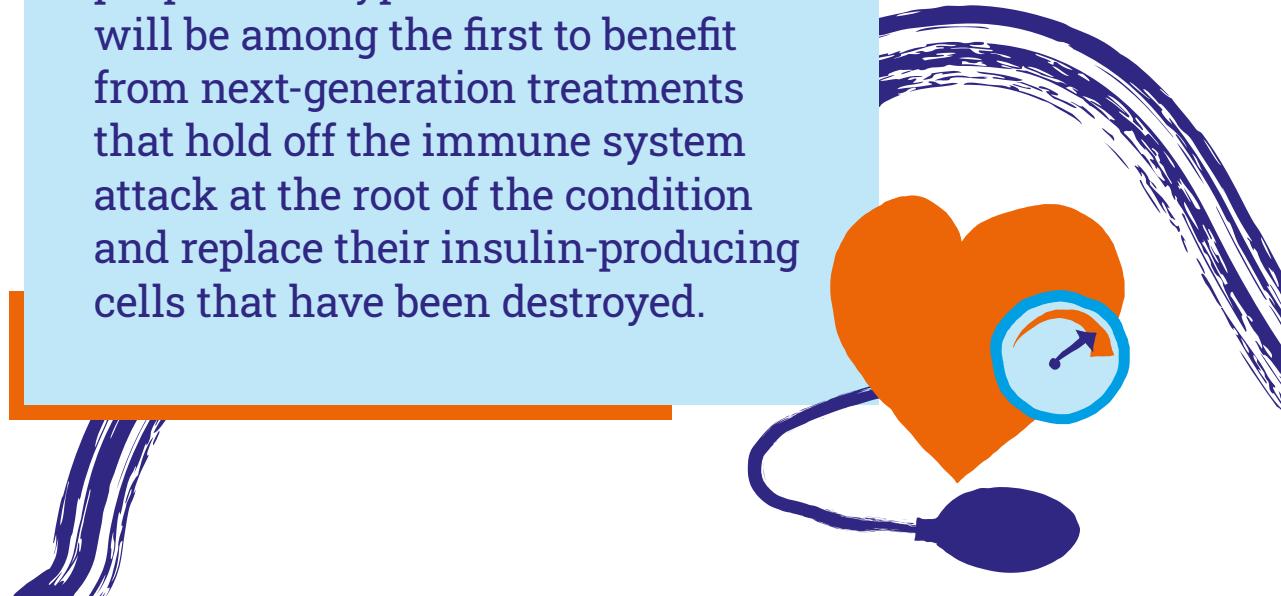
“

My hope for the future is a cure. It would be amazing if we can find a solution where people with type 1 don't have to rely on technology or insulin. Something that makes their lives easier.”

Amelia, whose daughter has type 1 diabetes.

This will mean...

people with type 1 in the UK will be among the first to benefit from next-generation treatments that hold off the immune system attack at the root of the condition and replace their insulin-producing cells that have been destroyed.





1 CURE AND PREVENTION

Ambition: Prevent type 2

We've shown that those at risk of type 2 diabetes can be supported to reduce their risk. Prevention programmes work and we now need to make sure more people from deprived communities and ethnic minority backgrounds have access to them, and to tailored support from us. In parallel we must push for policy changes to tackle the root causes of poor health and diabetes inequity.

We will scale up investment in prevention research by creating the Type 2 Diabetes Grand Challenge. We'll bring the research community together with people affected by type 2 to identify and tackle key questions. This will include building a deeper understanding of how diabetes varies between individuals, to pave the way for personalised approaches to prevention.

This will mean that...

fewer people develop type 2 diabetes, especially in communities at greater risk, due to widespread access to tailored and evidence-based prevention support.

2

EVERYONE INCLUDED



2 EVERYONE INCLUDED

Diabetes is serious for everyone.

However, health systems and support services – including our own – have often been inaccessible, irrelevant or ill-targeted to certain communities, namely those living in poverty and those from Black and South Asian ethnic backgrounds. This has created and perpetuated vast differences in the age at which people develop and die from diabetes, and the severity of their complications. On top of this, myths and misunderstanding about diabetes breed stigma, which prevents many people from seeking help and healthcare.

Making progress for everyone – no matter the type of diabetes, postcode, circumstances or heritage – is absolutely fundamental to reducing and ending the harm of diabetes.





2 **EVERYONE INCLUDED**

Ambition: Tackle inequity

Progress has been made to improve access to care and technology, but significant disparities remain. Guided by our health inequity strategy, No one left behind, we will partner and drive change to reduce the gaps in diabetes healthcare that mean outcomes are worse for those who are the most disadvantaged. We will prioritise reaching underserved communities with relevant support and underpin everything with research to understand the complex basis of diabetes inequity and to develop and test tailored interventions.

This will mean that...

more people with diabetes living in poverty and from ethnic minority backgrounds get the support they need to prevent diabetes or live better lives with diabetes, and more people from these communities will be directly involved in shaping our work.

2 EVERYONE INCLUDED

Ambition: Tackle stigma

Diabetes stigma is driven by myth and misunderstanding, and it is dangerous. It causes people to avoid medical appointments and hide their condition out of fear of judgement, even from their loved ones and healthcare professionals. It worsens mental health, weakens public support for diabetes as a cause and fuels misconceptions that delay better care and research.

We need to take apart these myths and build a more understanding society for people with diabetes, in which they feel empowered to speak out and access the care they need.

We will campaign, educate and influence to shift public attitudes, embed non-stigmatising language and empower individuals, informed by research and insights from people living with diabetes.



“

The impact of stigma can be wide-ranging, and I've had a bad time of it. I've felt a lot of stigma around injecting – either feeling like I need to do it somewhere in private, or people round the table asking me not to do it in front of them. Stigma also has an impact on socialising. I have to really decide if I can be bothered to go out for a meal as the questions about carb content wear me down.

”

Bethany, who lives with type 1 diabetes.

This will mean that...
fewer people with diabetes feel shamed or blamed for their condition, freeing them to access the care they need and live free of judgement.

3

LIVING WELL WITH DIABETES



3 LIVING WELL WITH DIABETES

High-quality health education, advice and support helps people of all ages with all types of diabetes to manage their condition confidently, feel good and reduce the risk of complications.

Ambition: Support newly diagnosed

The moment of diabetes diagnosis can be pivotal, whether it's type 1, type 2 or prediabetes. A good experience can set people on a journey where they feel empowered and informed about how to live with diabetes. But it's too often a moment that leaves people feeling overwhelmed, confused and isolated, not knowing where to turn and without the information they need.

We will work with governments and health systems to embed high standards of care and support at diagnosis, putting us right by people's side early on, and highlighting the opportunity of remission for type 2.

This will mean that...
at least half of the 250,000 people diagnosed with type 2 each year will receive the information and support they need from us in the crucial first months. This will mean they feel better informed and able to live well with diabetes, and have better outcomes.





“

Living with diabetes is such a personal experience and unless you have it, it's hard to truly understand how it feels throughout daily life. This is why I enjoyed being involved in a programme that brought people with something in common together and encouraged new friendships to form. I feel the impact on young people is huge! There really is something for everyone and I believe if someone makes a new friendship, learns something new or has a positive change in perspective... the programme is working! ”

Reece, Young Leader with Together Type 1 from Diabetes UK.

3 LIVING WELL WITH DIABETES

Ambition: Empowering young people with type 1

Living with type 1 diabetes as a child or young adult can be incredibly hard. At a time in your life when you're dealing with a lot of changes, type 1 is an added issue that can make young people feel isolated and different. Many can struggle to manage their condition or talk to their healthcare team.

We will work closely with young people with type 1 and their families to co-create wide-ranging resources and support, including developing Diabetes UK's Together Type 1 programme, our youth community funded by the Steve Morgan Foundation. We will help young people have their voices heard in healthcare, to influence and improve people-centred diabetes care.

TOGETHER TYPE 1
FROM DIABETES UK

This will mean that...

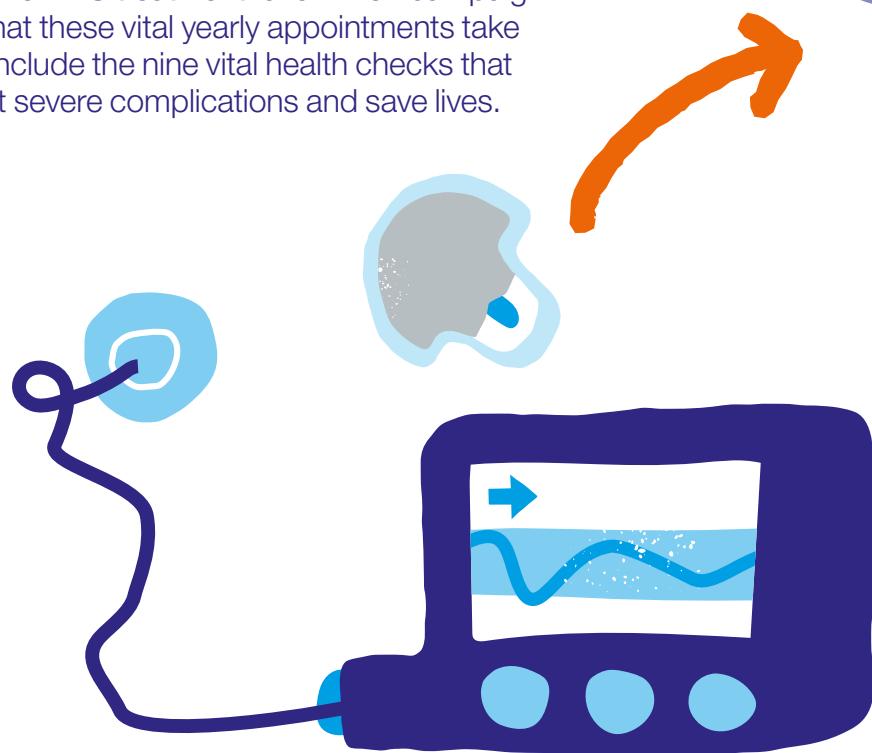
tens of thousands of young people with type 1 feel supported, connected and heard, and have the chance to develop skills, influence change and build confidence through our programmes.

3 LIVING WELL WITH DIABETES

Ambition: Improve essential care

We will keep diabetes care on the national agenda and drive system-level change to make routine diabetes care a priority, starting with areas of greatest need. At the same time, we'll empower people with diabetes to understand and ask for the care they should be getting.

Right now, only around half of people with diabetes have their annual diabetes review, which should be part of routine NHS treatment for all. We'll campaign to ensure that these vital yearly appointments take place and include the nine vital health checks that can prevent severe complications and save lives.



This will mean that...
by 2028, 9 out of 10 people with diabetes will be getting these essential health checks, so that more complications are prevented and people can live healthier for longer.

WORLD-LEADING RESEARCH

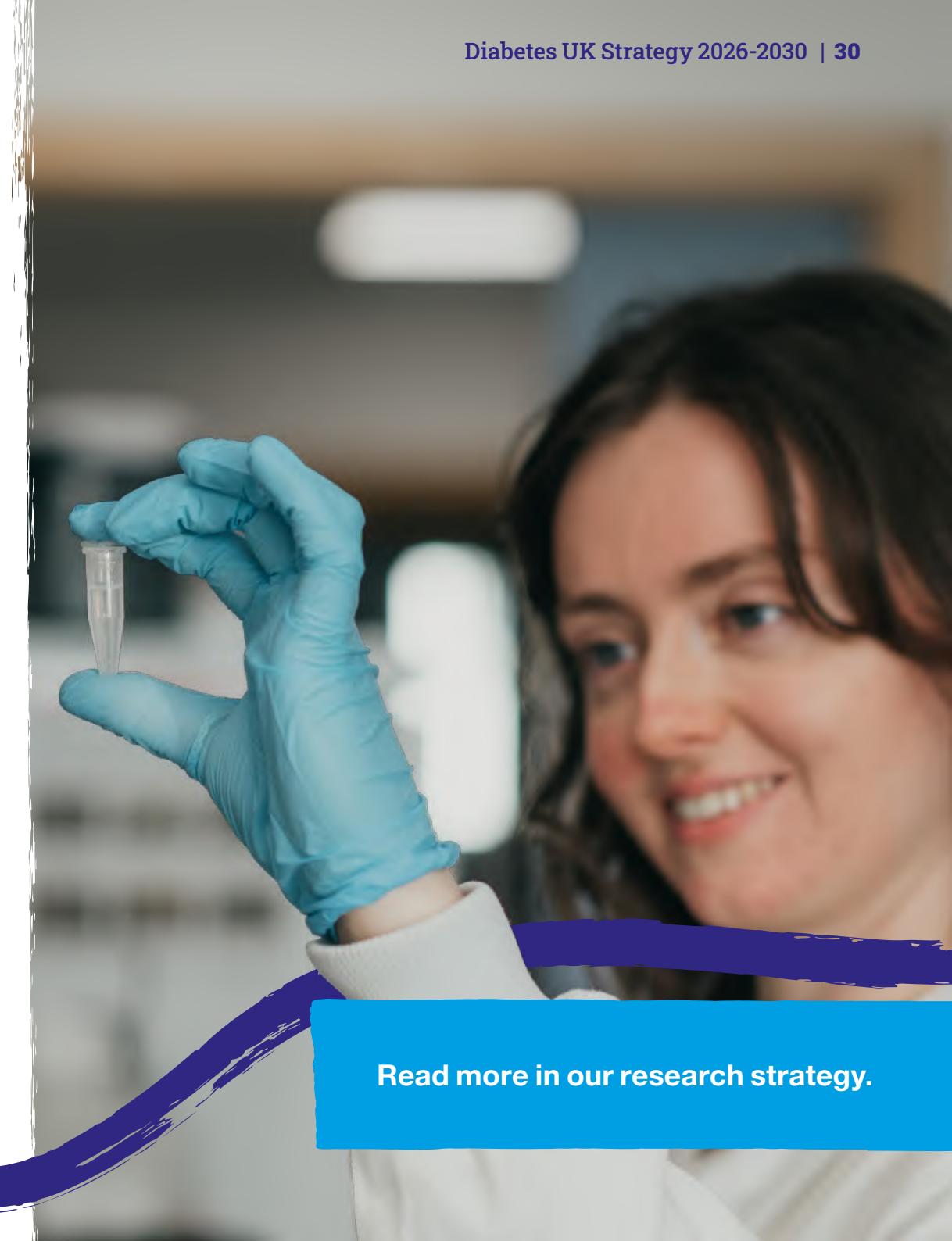


WORLD-LEADING RESEARCH

Funding diabetes research is critical to powering progress towards our three ambitions.

Research will play a key part in all our Ambitions to deliver change in the next few years, as well as continuing to drive the long-term progress needed to improve prevention, diagnosis, treatment, and ultimately find cures for diabetes. We will support the best and brightest working on diabetes at every point in the research pipeline – from discovery scientists untangling the fundamental biology of diabetes to health professionals innovating in clinical practice.

This will create a day when diabetes can do no harm because people can get early, effective, interventions to avoid all types of diabetes, and there are cures or remission routes for anyone with existing diabetes. In the meantime, we strive for everyone with diabetes to have access to tailored, compassionate, whole-person care so they can live well with diabetes and avoid devastating complications.



[Read more in our research strategy.](#)

PROVIDE LIFELONG SUPPORT FOR ALL

Right now, diabetes is for many a condition they will have to manage for the rest of their lives.

From the Learning Zone and Helpline, to the Diabetes UK Forum and Know Your Risk, we have built a suite of high quality, free, trusted resources. These are helping hundreds of thousands of people to understand and manage their diabetes with confidence, feel supported and advocate for their own care, and advocating for those children or adults.

Now we are going further, improving our offer with the help of diverse voices. So that everyone, with all types of diabetes and regardless of age, background and circumstances, knows they can turn to us for accurate, accessible, culturally relevant and personalised support anytime, anywhere.



This will mean that...
more people, from all backgrounds, feel more confident and capable to manage their diabetes well, and know they can turn to us with any question or concern about their diabetes.

ENABLERS THAT UNDERPIN EVERYTHING



ENABLERS THAT UNDERPIN EVERYTHING

Everything we do in the next five years will depend on having a strong financial foundation, on working hand-in-hand with the diabetes community and on our ability to seize the opportunities presenting by modern technology.

Engage and learn with our community

The experiences and priorities of people with and at risk of diabetes are at the heart of Diabetes UK. We will work even more closely with people affected by diabetes, from all backgrounds, to ensure all we do is grounded in the realities of its impact. We will work with our community to better understand the different needs of different groups – and provide more tailored support at different stages of the diabetes journey,

ENABLERS THAT UNDERPIN EVERYTHING

Grow our income

Diabetes UK has become an incredible community of people who give time, money and expertise so generously to drive change. We commit to deepen our relationships with existing supporters and inspire new audiences and partners to join us, to fund the work needed to achieve our goals.



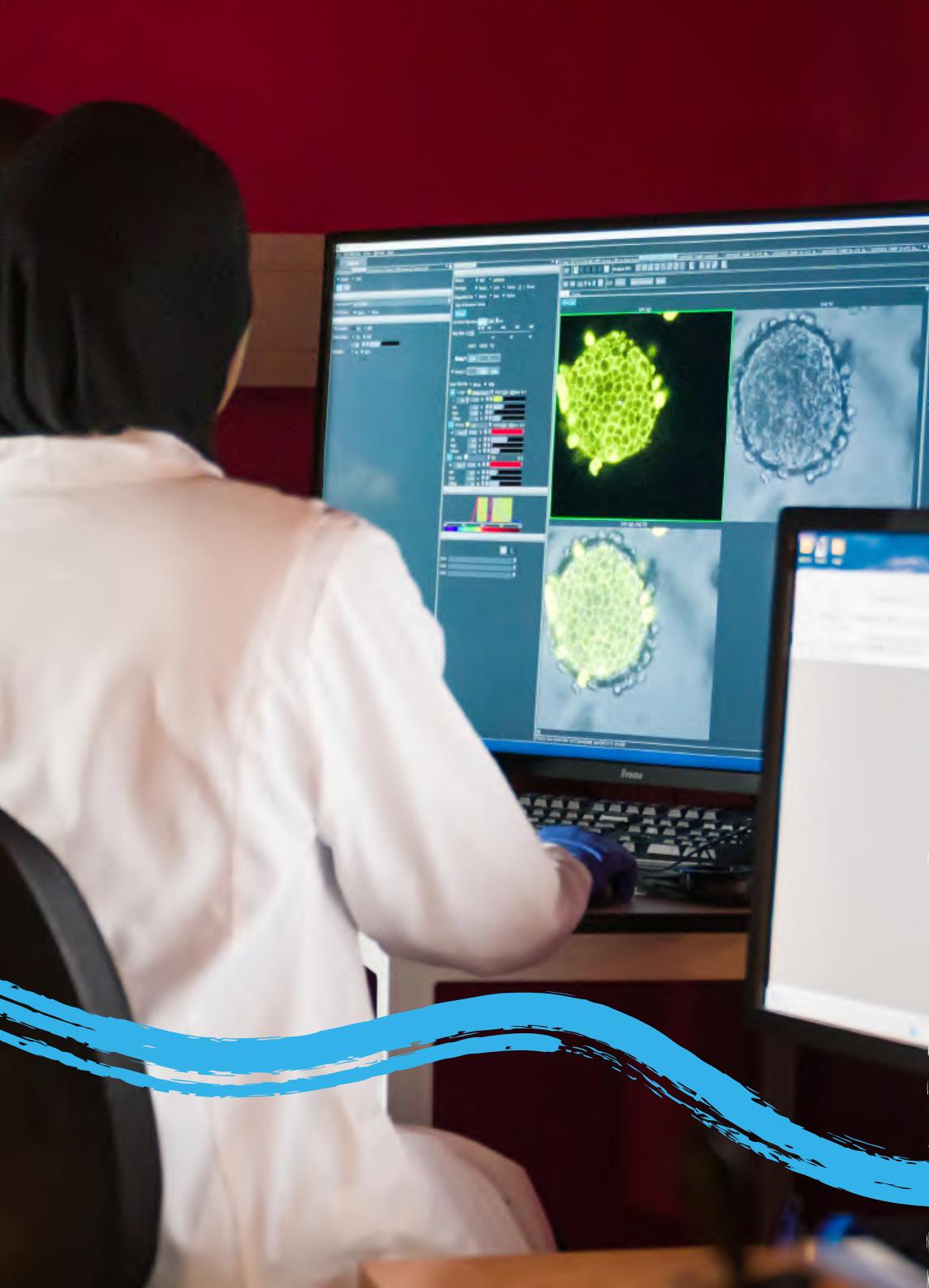
The presence of Diabetes UK (or the BDA, as it was when I was diagnosed), made my parents' lives so much easier as they adjusted to raising children with diabetes. Diabetes UK is a fantastic organisation that actively changes lives every single day. I couldn't be prouder to walk for the charity.

Dashiell (right), who lives with type 1 diabetes and took part in the 2025 Manchester Wellness Walk with his husband.

ENABLERS THAT UNDERPIN EVERYTHING

Harness technology

To achieve our Ambitions we must be guided by evidence and continue to make the most of every pound donated. We will build our capability to collect and use data and insights across every part of our organisation, and introduce smarter automation to boost productivity and efficiency so we can make the biggest difference for everyone affected by diabetes.





UNDERSTANDING AND MEASURING IMPACT



MEASURING AND UNDERSTANDING IMPACT

We have identified a set of measures to help us track and report our progress towards the ambitions of this strategy, and the short and medium changes that represent milestones along the way.

These measures include:

Monitoring our reach and people's experiences, such as the number of people from target communities, who access our support, and their feedback on it.

Medium term changes which lead to better outcomes for people, such as the number of people getting their nine diabetes health checks or accessing prevention programmes.

Longer term impact, such as the number of people living with all types of diabetes and reductions in complications.

This data, in combination with what people with diabetes tell us about their day-to-day lives and challenges, will guide us in flexing our approach across our ambition programmes. If a planned approach isn't working, we'll learn and change. If something is making a positive impact, we'll double-down.

With this approach of **doing-learning-adapting**, by 2030, our strategy will drive measurable progress towards our ambitions and a future where diabetes can do no harm.



**PLAY YOUR PART
IN REWRITING THE FUTURE**



PLAY YOUR PART IN REWRITING THE FUTURE

We are at a pivotal moment.

Not since the discovery of insulin over a century ago has there been such an era of advancement for people affected by diabetes. What once seemed impossible is now a reality or within reach.

It's thanks to the amazing Diabetes UK community that we've achieved so much already. And yet, more and more people are at risk of diabetes amid widening inequities and over-stretched health services, which threaten to undermine these advances.





Our family has been so privileged to be so closely involved with Diabetes UK. They've supported us at our lowest points with Gracie's care. When she was diagnosed, we never imagined reaching a point where diabetes sometimes fades into the background. That's been down to the speed of progress in diabetes treatment and care – which all comes from dedicated research teams continuing to push the boundaries of what we know.

Gareth and Joanne, whose daughter was diagnosed with type 1 diabetes at 19 months old.

PLAY YOUR PART IN REWRITING THE FUTURE

Your help now can drive meaningful change.

This is bigger than us. This needs everyone who cares about the harm caused by diabetes. Volunteer, donate, raise funds, use your voice, or partner with us.

However you join us, join us now.

Let's create a world where diabetes can do no harm.

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