

National Diabetes Audit: Young people with type 2 diabetes 2021–22, England and Wales

Findings

Type 2 diabetes is a serious condition where your pancreas can't make enough insulin. This means your blood glucose (sugar) levels keep rising.

In the period January 2021 to March 2022 139,255 children, young people and adults under 40 in England and Wales had type 2 diabetes. The number of people with type 2 diabetes rose faster in this age group than in those aged 40–79.

Having diabetes can lead to complications such as blindness, kidney failure and heart disease. Everyone with diabetes should receive certain health checks every year. The results of these show whether someone is at risk of developing health complications.

Treatment should be adjusted to help achieve recommended targets for blood glucose and blood pressure. Those with heart risk should be prescribed a statin.

People **under 40 with type 2 diabetes** were more likely to be:

- Asian or mixed ethnicity
- Living in deprived areas
- Female

than people 40 and over with type 2 diabetes

More likely to be:



Asian or mixed ethnicity



Living in deprived areas



Female

Compared to people with **type 2 diabetes** aged 40 and over, those **under 40** were **less likely to:**



Receive all the healthcare checks they need

Those under 40 were **less likely to achieve blood glucose targets** if they:



Find out more

1. National Diabetes Audit: Young Type 2



2. Audit results for your local services
National Diabetes Audit dashboards