DIABETES SCOTLAND

KNOW DIABETES. FIGHT DIABETES.

Diabetes Scotland awareness session

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Diabetes Scotland awareness session

- **What is diabetes?**
- **Risk factors for developing type 2 diabetes**
- **Diabetes is serious**
- **The role of diabetes Scotland**
- **How can we support you?**
- **Summary**

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What is diabetes

Main types of diabetes

Type 1

- Under 40?
- About 8% of people with diabetes in the UK have type 1 diabetes
- Autoimmune – destruction of insulin producing beta cells
- triggered by virus/infection/stress
- Treated with insulin

Type 2

- Mainly over 40 years old…?
- Often associated with those living with obesity?
- Genetic predisposition; insulin resistance; lifestyle factors
- Around 90% of people with diabetes in the UK have type 2
- Treated with lifestyle changes; oral medication; insulin; GLP-1 injections

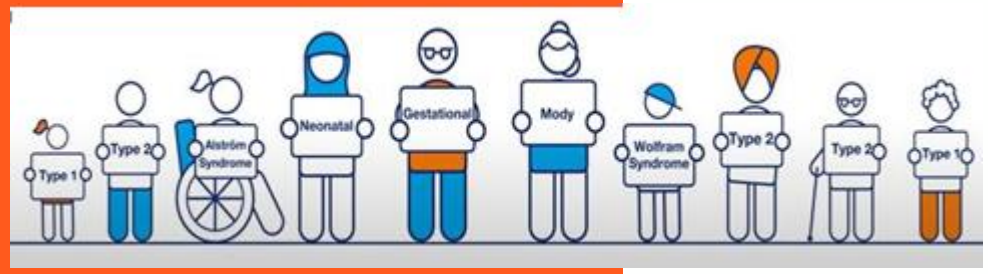
Gestational

- Occurs during pregnancy
- usually diagnosed from a blood test 24 to 28 weeks into pregnancy
- It usually goes away again after giving birth
- increases your risk of developing type 2 diabetes
- May require medication

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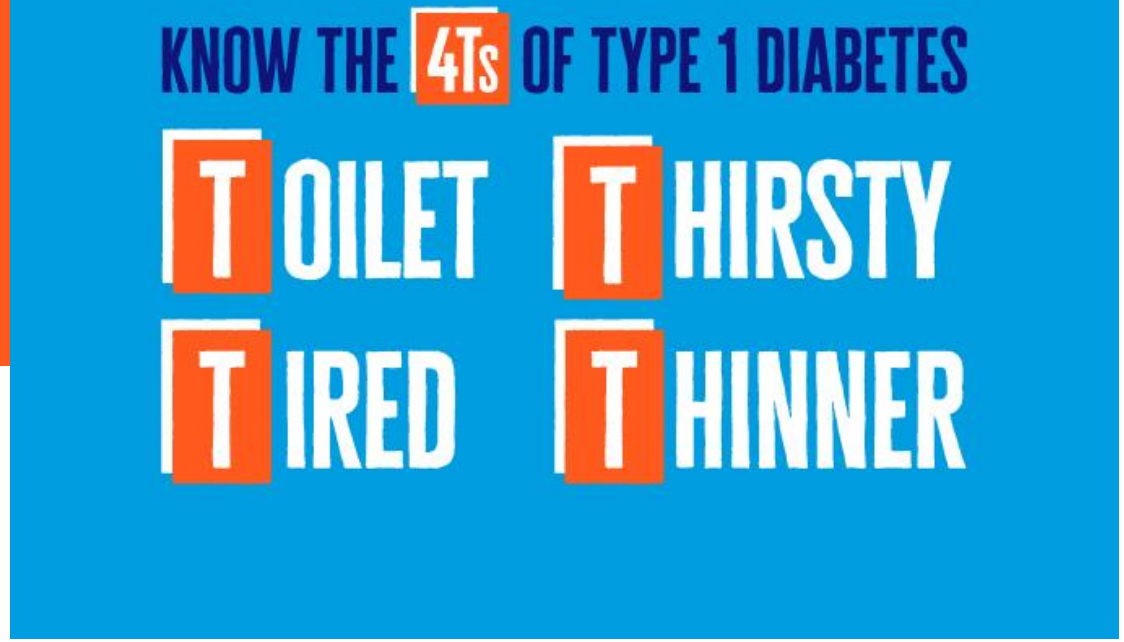
Other types of diabetes

- Maturity onset diabetes of the young (MODY)
- Neonatal diabetes
- Wolfram Syndrome
- Alström Syndrome
- Latent Autoimmune diabetes in Adults (LADA)
- Type 3c diabetes
- Steroid-induced diabetes
- Cystic fibrosis diabetes



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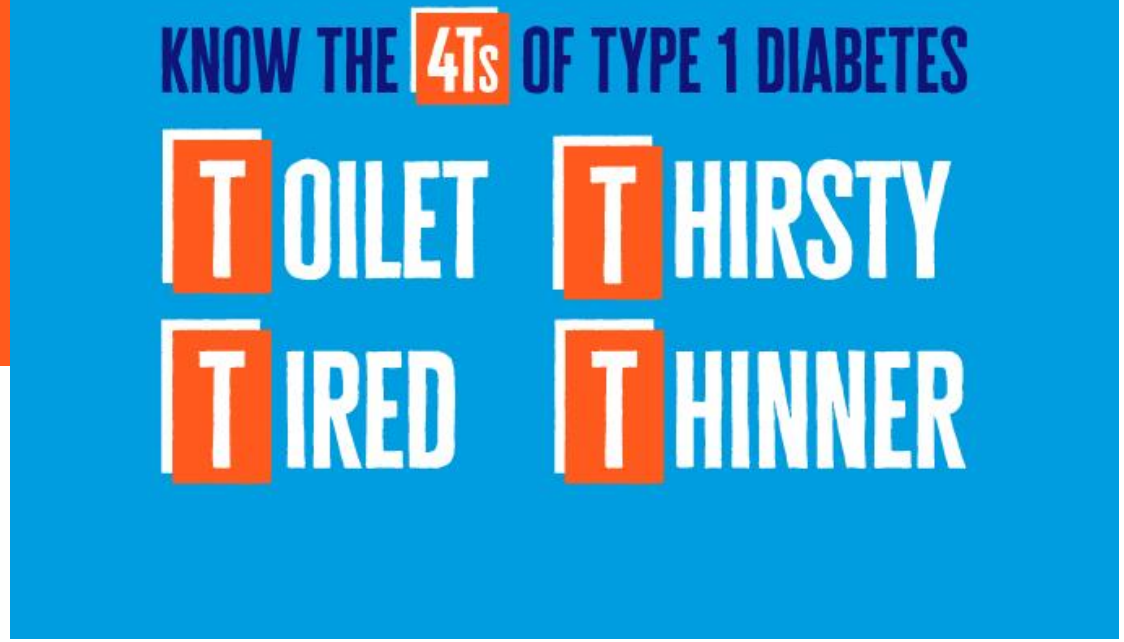
Type 1 diabetes



- Autoimmune condition where your pancreas no longer produces insulin
- Exact causes are unknown
- Only treatment is insulin either via injection pens or insulin pump
- There is currently no cure

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Type 2 diabetes

- It is high blood sugar levels due to your body not making enough of a hormone called insulin, or what it makes not working properly — known as insulin resistance.
- Anyone can develop type 2 diabetes, but it mostly affects people over 25 often with a family history
- There are some factors that put you at increased risk of type 2 diabetes that you can't change, such as your age and ethnicity or medical history.

- People from African Caribbean, Black African or South Asian backgrounds are at higher risk – and from a younger age
- Not everyone who is living with obesity or overweight develops type 2 diabetes as it is also linked to family genes.
- There's no cure but some people with type 2 diabetes can put their diabetes into remission

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TYPE 2 DIABETES
KNOW YOUR RISK

- Diabetes UK – Know Your Risk of Type 2 diabetes
- If you don't know if you're at risk of developing type 2 diabetes, you can find out using our Know Your Risk tool.
- There are four different levels of being at risk of type 2 diabetes. These are: Very high; High; Medium; Low
- The higher the risk level, the more likely it is that you'll develop type 2 diabetes in the next 10 years.



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risk factors for developing type 2 diabetes

- You're more at risk if you're white and over 40 or over 25 if you're African-Caribbean, Black African, or South Asian.
- You're two to six times more likely to get type 2 diabetes if you have a parent, brother, sister or child with diabetes.
- Type 2 diabetes is two to four times more likely in people of South Asian descent and African-Caribbean or Black African descent.
- You're more at risk if you've ever had high blood pressure.
- You're more at risk of type 2 diabetes if you're carrying extra weight, especially if this weight is around your middle.
- Eating certain food can't cause type 2 diabetes. But there are some foods that increase your risk of developing type 2 diabetes



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10 tips for healthy eating if you are at risk of type 2 diabetes

1. **Choose drinks without added sugar**
2. **Choose higher fibre carbs**
3. **Cut down on red and processed meat**
4. **Eat plenty of fruit and veg**
5. **Choose unsweetened yogurt and cheese**
6. **Be sensible with alcohol**
7. **Choose healthier snacks**
8. **Include healthier fats in your diet**
9. **Cut down on salt**
10. **Getting vitamins and minerals from food instead of tablets**



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Diabetes is serious!

- **Diabetes is one of the fastest growing health crises of our time, with around 340,000 people living with diabetes in Scotland**
- **High blood sugar levels can seriously damage parts of your body, including your feet and your eyes. These are called diabetes complications**
- **There are two main types of diabetes complications: serious ones that build up over time called *chronic complications* and ones that can happen at any time called *acute complications.***
- **In our recent survey of over 1000 people living with diabetes, one in ten people told us they were having trouble affording the things they need to manage their diabetes.**
- **The gap in diabetes outcomes for the richest and poorest in Scotland is widening.**

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The role of diabetes UK/scotland

- Helpline/online forum/local support groups
- Website and information leaflets for those living with diabetes and to support healthcare professionals
- Specifically tailored support for young people and families
- Learning Zone and CPD modules
- Putting diabetes at the top of the political agenda
- Research
- Fundraising



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diabetes uk cpd

A series of free online courses for healthcare professionals

- Understanding diabetes
- Diabetes technology
- Type 2 diabetes remission
- Emotional wellbeing
- 90mins

The Diabetes UK CPD Understanding Diabetes, Emotional Wellbeing and Type 2 Diabetes Remission modules have been accredited by the Royal College of Nursing.



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Learning zone

- Online resource designed to help people discover more about diabetes
- Advice on tasty food swaps
- Tips for managing diabetes day-to-day
- Videos, quizzes and interactive tools
- Free and tailored to you
- Over 170,000 users



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Useful resources

- www.diabetes.org.uk
- https://cpd.diabetes.org.uk/
- https://learningzone.diabetes.org.uk
- https://www.diabetes.org.uk/for-professionals



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Keep in touch

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