PSYCHOSOCIAL BURDEN OF DIABETES

2342 ADULTS | 46% T1D | 23% T2D-I | 31% T2D-NI | 50% WOMEN | AGE RANGE 18–75 YEARS

MODERATE-SEVERE DEPRESSION AFFECTS:

24% of adults with T1D
36% of adults with T2D-I
21% of adults with T2D-NI

PEOPLE FEEL STIGMATISED BECAUSE OF THEIR DIABETES

67% of adults with T1D feel judged when eating sugary food or drinks
50% of adults with T2D think others assume they are overweight or have been in the past

11% currently participate in peer support – but 38% would like to participate in the future

LIVING WITH DIABETES IS HARD, BUT I THINK THE HARDEST Part IS THAT OTHER PEOPLE DON’T UNDERSTAND IT
– WOMAN WITH T1D

Following a healthy diet is burdensome for 35%
Doing regular physical activity is burdensome for 35%
Self-monitoring of blood glucose (SMBG) is burdensome for 21%

37% have attended a group education program for their diabetes
13% report using ‘apps’ to help manage their diabetes

Most common problem is worrying about the future and the development of diabetes-related complications

LIVING WITH DIABETES IS A COMPLEX JOURNEY
– MAN WITH T2D

T1D – type 1 diabetes
T2D-I – type 2 diabetes using insulin
T2D-NI – type 2 diabetes not using insulin