

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:

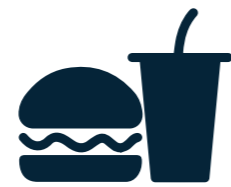
24% of adults with **T1D**
36% of adults with **T2D-I**
21% of adults with **T2D-NI**



SEVERE DIABETES DISTRESS AFFECTS:

24% of adults with **T1D**
20% of adults with **T2D-I**
11% 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



“LIVING WITH DIABETES IS A COMPLEX JOURNEY”
– MAN WITH T2D

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

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