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State of Type 2 Report:

Access and Attitudes Across the UK

Diabetes is a growing public health challenge, affecting approximately 4.6 million people in the UK and placing significant pressure on healthcare systems.¹ Of those living with diabetes, around 90%¹ have type 2 diabetes, and the NHS now spends approximately £10 billion annually on diabetes care – 9% of its budget.²

Additionally, nearly 1.3 million people could be living with type 2 diabetes and are yet to be diagnosed, while an estimated 6.3 million people are at an increased risk of type 2 diabetes in the UK based on blood glucose levels.¹ The National Institute for Health and Care Excellence (NICE) recommends that for people living with insulin-treated type 2 diabetes, a glucose sensor can be considered based on certain criteria.³

4.6M

PEOPLE AFFECTED BY DIABETES IN THE UK¹

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90%

OF PEOPLE WITH DIABETES LIVE WITH TYPE 2.¹

CGM is the Future of T2 Care

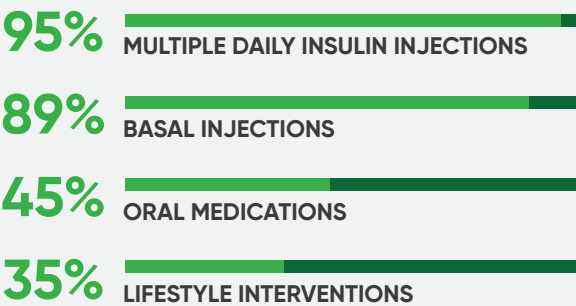
As the prevalence of T2D continues to rise across the UK¹, the need for innovative solutions has never been greater. At Dexcom, we believe technology holds the key to addressing many of the challenges faced by both people with Type 2 diabetes (PWT2D) and the healthcare professionals (HCPs) who treat them.

UK HCPs surveyed by Dexcom ranked access to CGM and early education about eating and lifestyle as having the potential to be more impactful on the future of T2 care than advancements in diabetes medications.

HCPs Prioritise Tech Over Medication for the Future of T2D Care

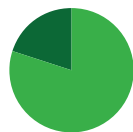
53% of UK HCPs believe better access to CGM has the potential to positively help PWT2D manage their condition in the next 10 years, vs. 35% who said more effective medications

CGM should be the standard of care. Further, a majority of UK HCPs believe CGM should be the standard of care for PWT2D using the below treatments/therapies:

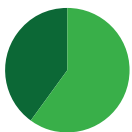


But there are CGM and Type 2 knowledge gaps

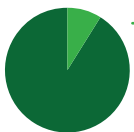
Despite widespread agreement amongst UK HCPs that CGM should be the standard of care for PWT2D using insulin, access to real-time CGM, and critically its adoption amongst those who do have access, varies significantly across the UK:



80% of PWT2D knew nothing at all or 'a little' about the condition prior to diagnosis



60% either don't know what a CGM is or do know but are unsure how it can help manage T2D



9% of PWT2D use CGM

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Bridging knowledge gaps

UK HCPs believe the usage of CGM can be improved with additional funding for CGM, broader inclusion criteria for coverage of CGM and more HCP training about CGM.

Specifically, they recommend:

- 44% Additional funding or budget to cover for CGM
- 24% Broader inclusion criteria for coverage of CGM
- 19% More training for myself and my staff/colleagues
- 11% More educational support for PWT2D
- 3% More clinical data supporting the use of CGM

dexcom Want to learn more about the state of Type 2 diabetes in the UK? For more insights on Type 2 diabetes and information on how CGM can help, check out Dexcom's multi-region report The State of Type 2 by scanning the QR code.



1. Diabetes UK. How many people in the UK have diabetes? Accessed April 2025. www.diabetes.org.uk/about-us/about-the-charity/our-strategy/statistics
2. National Institute for Health and Care Research. NHS programme linked to 20% reduction in risk of diabetes. Accessed April 2025. www.nihr.ac.uk/story/nhs-programme-linked-20-reduction-risk-diabetes
3. National Institute for Health and Care Excellence (NICE). Type 2 diabetes in adults: management. Accessed, May 2025. <https://www.nice.org.uk/guidance/ng28/chapter/Recommendations>
All non-referenced information throughout this document is based on the Dexcom State of Type 2 report survey data. Dexcom, Data on File, 2025

Survey Methodology

METHODOLOGY

- This data for this report was collected using an online survey between 20th December 2024 – 11th January 2025
- Sample was sourced via online panels
- Countries included – Germany, Italy, Netherlands, Saudi Arabia, Spain, UK

SAMPLE DEFINITION

- PWT2D – Adults who have been diagnosed with Type 2 Diabetes
- Health Care Professionals (HCPs) – People who work in healthcare as Primary Care Generalist/ Specialist/Nurses, Primary Care Network Business Managers/Pharmacists, Consultant Endocrinologists, Diabetes Specialist Nurse/Midwife, Diabetologist or Payors and care for Type 2 Diabetes patients

SAMPLE SIZE

- PWT2D (patients) – Germany (n=312), Italy (n=310), Netherlands (n=309) Saudi Arabia (n=309), Spain (n=310), UK (n=312), EMEA total (n=1,862)
- Health Care Professionals – Germany (n=110), Italy (n=110), Netherlands (n=107) Saudi Arabia (n=115), Spain (n=112), UK (n=110) , EMEA total (n=664)