



Primary Care  
Diabetes & Obesity  
Society

## PCDS is evolving: Introducing the Primary Care Diabetes & Obesity Society

Naresh Kanumilli explains the need for the Society to evolve and expand its focus amid a changing landscape of diabetes care.

Since our founding in 2005 as the Primary Care Diabetes Society (PCDS), the landscape of primary care diabetes management has altered fundamentally. Changes in population demographics and public health mean that the majority of people with diabetes seen in primary care will have at least one other long-term condition in addition to their diabetes (Khunti et al, 2023).

In respect to type 2 diabetes, the focus has always been on holistic care to ensure the prevention and, where required, optimal management of any diabetes-related complications, but the advent of diabetes therapies with beneficial cardiorenal and metabolic outcomes means that it has never been so relevant to avoid being purely glucocentric in diabetes care. New pharmacological agents and dietary interventions mean that significant weight loss, potentially preventing type 2 diabetes development and even inducing type 2 diabetes remission, is now an option in primary care.

Recognising these developments and the need to, where appropriate, make weight management the cornerstone of the treatment of type 2 diabetes and its associated comorbidities, the PCDS too is evolving. On 4 March 2025, and marking World Obesity Day, we are officially becoming the **Primary Care Diabetes & Obesity (PCDO) Society**.

Our mission remains essentially the same:

*“The aim of the Society is to support primary care professionals to deliver high-quality, clinically effective care, in order to improve the lives of people living with diabetes or obesity and associated long-term conditions.”*

The PCDO Society represents all healthcare professionals involved in primary care diabetes and weight management, including GPs, practice and community nurses, pharmacists, diabetes specialist nurses, dietitians and podiatrists.

In addition to its key role in providing high-quality, evidence-based education to enhance care delivery, the PCDO Society acts as a key point of contact for government and other policy-making organisations for discussions that can make vital differences to those in our care. Together as a Society, we will:

- Share best practice in delivering quality care of diabetes, obesity and associated long-term conditions.
- Be a unique voice for all healthcare professionals working in primary care intent on improving standards in the care of diabetes, obesity and associated long-term conditions.
- Show leadership at local, national and international levels, collaborating with all organisations involved in promoting optimal weight management and diabetes care across the UK and Ireland.
- Promote and participate in high-quality research and audit.

Today, the healthcare system faces a host of challenges, and the people we see have ever more complex needs. It is primary care that has the knowledge, experience and relationships to provide the holistic care that will truly help the people we are supporting. The PCDS has been assisting us in this endeavour for 20 years, and I hope you will continue on this journey with us as the PCDO Society. ■



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### Reference

Khunti K, Chudasama YV, Gregg EW et al (2023) Diabetes and multiple long-term conditions: A review of our current global health challenge. *Diabetes Care* **46**: 2092–101