

Latest news: Diabetes UK's 10-year vision and Healthier You success

Stay abreast of the latest news that could impact diabetes nursing.

Diabetes UK releases vision for diabetes care

Diabetes UK, the country's biggest diabetes charity, has made public its 10-year vision for transforming diabetes prevention, care and treatment in the UK. Its report was presented at the House of Commons, just weeks before the UK Government is due to publish its *10 Year Health Plan for England*.

The report highlights that more than 12 million people in the UK have diabetes or pre-diabetes, and that the number is rising. Diabetes care costs £10.7 bn each year, which is set to rise to £18 bn by 2035. It presents some startling statistics, including that diabetes leads to 812 strokes, 568 heart attacks and 2909 cases of heart failure each week. The risk of death from cardiovascular disease (CVD) is 4.2 times higher in people with diabetes, and people with diabetes account for almost 30% of all CVD deaths.

It also points out that much of this harm can be prevented, and sets out a plan for how the Government can improve health outcomes and inequalities by 2035. The report calls on the Government to commit to reducing death and disability from CVD by a quarter, and to set clear measures on how this will be achieved.

This vision includes stemming the rise in type 2 diabetes prevalence. It recommends creating a healthier food environment and increasing the availability of high-quality support for everyone at high risk of developing the condition.

The early and accurate diagnosis of diabetes is also highlighted. Those diagnosed need to receive the right support and treatment to manage their condition, but this will require improved uptake, more health information and for inequalities in access to be addressed.

Another recommendation is to transform diabetes care and treatment. It outlines that most diabetes complications can be prevented with simple interventions, such as annual checks and access to the right treatments and technologies. A focus on reducing health inequalities is also a priority.

The report also recommends targeted investment in research of technologies and medications that could improve lives.

Diabetes UK hopes that by continuing to make its case, the Government will place improved diabetes care and treatment at the heart of its long-term health planning.

Diabetes UK's *10 Year Vision: for diabetes prevention, care and treatment*, can be read [here](#).

Healthier You programme goes from strength to strength

New data show that the Healthier You: NHS Diabetes Prevention Programme is supporting more people than ever to lose weight and make lifestyle changes. Healthier You is successful in delaying or preventing the onset of type 2 diabetes in people at risk.

The analysis shows that more than 900 000 adults in England have used the

programme since its launch in 2016. In 2024, a record 166 360 adults at high risk of developing type 2 diabetes began receiving support from the initiative.

Type 2 diabetes is a complex condition with multiple risk factors, the greatest of which is living with obesity. It is the leading cause of preventable sight loss in people of working age, and is a major contributor to kidney failure, limb amputation, heart attack, nerve damage, stroke and many of the commonest types of cancer. As well as the devastating impact that diabetes can have on people's health, the NHS spends billions of pounds each year identifying and treating it.

Healthier You is a nine-month, evidence-based lifestyle-change programme. It provides personalised support on healthier eating, maintaining a healthy weight and keeping physically active. Participants can choose either a face-to-face or digital service.

Referrals can be made from primary care, if the eligibility criteria are met. Alternatively, patients can self-register, if they have been identified through a blood test as being at risk of developing type 2 diabetes. Research by The University of Manchester found that completing the programme reduces an individual's chance of developing type 2 diabetes by 37%, and participants achieve an average weight loss of 3.3 kg.

Stemming the rise of type 2 diabetes is an urgent health priority nationally. As an initial step for identifying those who

might benefit from the programme, NICE recommends the use in primary care of Diabetes UK's [Know Your Risk](#) tool. This simple, evidence-based system identifies

if a person is at low, increased, moderate or high risk of developing type 2 diabetes within the next ten years.

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