

## About early-onset type 2 diabetes



FutureNHS

Official resources from NHS England, including shared resources from various delivery sites (sign-up required)

[Link](#)



**How to conduct an extended review for people with early-onset type 2 diabetes**

A checklist of areas to cover in an extended review of type 2 diabetes in adults aged under 40 years

[Link](#)



**At a glance factsheet: Early-onset and youth-onset type 2 diabetes**

A quick guide to the characteristics, implications and management of type 2 diabetes occurring in younger adults, children and adolescents

[Link](#)



**Early-onset type 2 diabetes: Clinical implications, diagnosis and management**

Diagnosis, clinical implications and management of early-onset type 2 diabetes, with a particular focus on adults under 40

[Link](#)



**The NHS T2Day (Type 2 Diabetes in the Young) programme: Addressing unmet need, improving awareness and building evidence**

Chirag Bakhai introduces the T2Day programme in England

[Link](#)



**Engaging with and optimising care for people under age 50 years with type 2 diabetes: The DiaST model of care**

Embedding processes to engage with this hardly reached group leads to improved care process attainment

[Link](#)

## Confirming the diagnosis



**How to correctly diagnose and classify diabetes**

A quick guide for primary care on ensuring that diabetes is diagnosed correctly and accurately

[Link](#)



Exeter Diabetes App

The Exeter Diabetes App provides information on diagnosing and treating subtypes of diabetes, including MODY

[Link](#)

## Confirming the diagnosis *(continued)*



**DiabetesGenes**

**Exeter Blood Sciences Laboratory**

The Exeter Blood Sciences Laboratory can offer this testing if it is not available at your local laboratory

[Link](#)

## Pregnancy and preconception care



**At a glance factsheet: Diabetes before, during and after pregnancy**

Essential information on reducing adverse outcomes in pregnancies complicated by diabetes

[Link](#)



**Diabetes Distilled: Pregnancy outcomes worsen for women with type 2 diabetes**

How can primary care teams contribute to improvement in pregnancy outcomes in women with diabetes?

[Link](#)

## Lifestyle intervention



**Overview of the NHS Type 2 Diabetes Path to Remission Programme**

What primary care needs to know about the NHS type 2 diabetes remission programme, plus tips on improving uptake

[Link](#)



**At a glance factsheet: Lifestyle discussions for people with type 2 diabetes: An overview**

Brief tools to facilitate discussions on nutrition, exercise, stress, risky substances, sleep and relationships

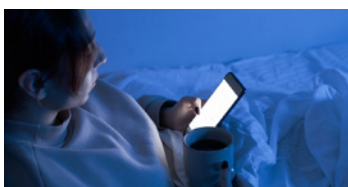
[Link](#)



**At a glance factsheet: Lifestyle discussions: Physical activity and type 2 diabetes**

Practical information on recommending physical activity safely in type 2 diabetes

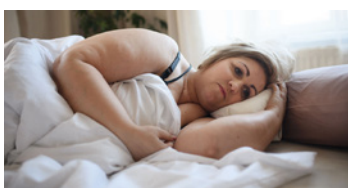
[Link](#)



**At a glance factsheet: Lifestyle discussions: Sleep and type 2 diabetes**

Understanding common sleep problems and their consequences, and providing advice in primary care

[Link](#)



**At a glance factsheet: Lifestyle discussions: Stress and type 2 diabetes**

The causes and effects of stress in people with type 2 diabetes, and what healthcare professionals can do to help

[Link](#)

## Lifestyle intervention *(continued)*



**So what should we recommend to people with diabetes about lifestyle? Updated ADA/EASD advice**

The latest lifestyle advice from the 2022 update of the ADA/EASD Consensus Report

[Link](#)



**How to help people with diabetes stop smoking**

A structured approach to helping people quit

[Link](#)



**How to improve carbohydrate awareness**

All the background information and practical tips needed to discuss carbohydrates with patients

[Link](#)

## Glycaemic management



**How to manage high HbA<sub>1c</sub> in people with type 2 diabetes**

A practical approach to providing efficient and effective support for people with high HbA<sub>1c</sub>

[Link](#)



**How to use SGLT2 inhibitors safely and effectively**

Using sodium–glucose cotransporter 2 inhibitors safely, effectively and in line with the latest NICE guidance

[Link](#)



**How to use GLP-1 receptor agonist therapy safely and effectively**

The latest guidance and practical tips on the safe use of glucagon-like peptide-1 receptor agonists

[Link](#)



**Prescribing Pearls series: Metformin, sulfonylureas and DPP-4 inhibitors**

Insights from experienced prescribers on how to optimise older glucose-lowering drugs

[Link](#)

## Addressing psychosocial needs



**ADA mental health toolkit questionnaires**

Questionnaires include PAID (Problem Areas In Diabetes), DDS-17 (Diabetes Distress Scale) and more

[Link](#)

## Addressing psychosocial needs *(continued)*



### How to help people come to terms with a diabetes diagnosis

Modelling diagnosis conversations, understanding emotional responses and providing ongoing support

[Link](#)



### How to find the ideal words in consultations

Guidance on using the right language for effective, person-centred care

[Link](#)



### Q&A: Breaking the cycle – Empowering healthcare professionals to overcome stigma in diabetes care

How healthcare professionals can reduce the incidence and impact of diabetes-related stigma

[Link](#)



### The Diabetes Multidisciplinary Team: Psychologists in diabetes care

An exploration of the range of support that psychologists can offer primary care professionals that can lead to improved medical outcomes

[Link](#)

## Resources for people with early-onset type 2 diabetes



### NHS Healthy Living

A free, online NHS programme that supports people to live well with type 2 diabetes

[Link](#)



### Diabetes UK: Diabetes and your emotions

Emotional support resources for people living with diabetes

[Link](#)



### Diabetes UK: Young adults

Diabetes resources for young adults

[Link](#)



### T2Digibete

App providing a wide range of clinically approved, age-appropriate resources to help with the self-management of type 2 diabetes

[Link](#)

If you would like to explore how you could support delivery of the T2Day programme to your population, or would like to learn more about the approach being taken in your ICS, please contact your local diabetes lead for more information.