

NICE National Institute for
Health and Care Excellence



Type 2 diabetes in adults: management

Type 2 diabetes is a chronic metabolic condition characterised by insulin resistance (that is, the body's inability to effectively use insulin) and insufficient pancreatic insulin production, resulting in high blood glucose levels (hyperglycaemia). **Type 2 diabetes** is commonly associated with obesity, physical inactivity, raised blood pressure, periodontitis, disturbed blood lipid levels and a tendency to develop thrombosis, and is therefore recognised to have an increased cardiovascular risk. **It is associated with long-term microvascular and macrovascular complications, together with reduced quality of life and life expectancy.**

In 2019, approximately 3.2 million adults in the UK had diagnosed diabetes. About 90% of these people had type 2 diabetes. Type 2 diabetes is more common in people of African, African-Caribbean and South Asian family background. It can occur in all age groups and is increasingly being diagnosed in adolescents and young adults.

Multiple vascular risk factors and wide-ranging complications make diabetes care complex and time-consuming, and many areas of healthcare services must be involved for optimal management. Necessary lifestyle changes, and the complexities and possible side effects of therapy, make structured education and self-management important aspects of

Continuous glucose monitoring

This covers both real-time continuous glucose monitoring (rtCGM) and intermittently scanned continuous glucose monitoring (isCGM, commonly referred to as 'flash').

A continuous glucose monitor is a device that measures blood glucose levels and sends the readings to a display device or smartphone.

High risk of developing cardiovascular disease

Adults with type 2 diabetes who have:

- QRISK2 more than 10% in adults aged 40 and over or
- an elevated lifetime risk of cardiovascular disease (defined as the presence of 1 or more cardiovascular risk factors in someone under 40).

Cardiovascular disease risk factors: hypertension, dyslipidaemia, smoking, obesity, and family history (in a first-degree relative) of premature cardiovascular disease.