

# DIABETES UK MANIFESTO FOR LONGER, HEALTHIER LIVES

Transforming diabetes care and prevention will help to tackle health inequality, relieve pressure on the NHS and boost economic productivity in both the short and long term.

**5 million people are now living with diabetes in the UK.  
That's more than 1 in 14 people.**

But some constituencies face an even greater challenge, with a prevalence of 1 in 9. With these numbers only set to increase, the impact of getting diabetes care and prevention right would be huge, helping millions spend more of their life in good health.

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# 1

## PREVENT TYPE 2 AND GESTATIONAL DIABETES

The environments we live in should improve and support our health. Yet the prevalence of diabetes has doubled in 15 years, largely driven by a rise in type 2 diabetes, which is rising fastest in those under 40. Cross-government action is needed to transform the food environment and create communities that promote our health to reduce the future harm from diabetes.

**Enact bold fiscal measures to enable healthier diets via reformulation and reduction of consumption of unhealthy products.** New measures should consider inequalities in access to healthy food and seek to address them by making healthier options more affordable and accessible.

**Implement existing commitments to reduce obesity,** including delayed plans to protect children from junk food advertising on TV and online.

**Bring forward an effective cross-government strategy to reduce health inequalities,** including wide-ranging measures to reduce poverty and recognising diabetes as a major driver of health inequity.

# 2

## SUPPORT EVERYONE WITH DIABETES TO LIVE WELL

High-quality diabetes care and support reduces devastating complications, including heart attacks and strokes, and reduces early mortality. Yet, millions are not getting vital routine checks and other support they need, with those from the most deprived backgrounds more likely to miss out and ultimately experience the worst health outcomes.

**Increase access and uptake of routine diabetes appointments** to reduce diabetes complications, targeting interventions to reach those at greatest risk and to reduce inequity in access.

**Improve the emotional and psychological support available to people with long-term conditions** by improving access to peer support, embedding integrated care models across the NHS and increasing psychological input to diabetes care.

**Create communities in which people living with diabetes can thrive.** This includes ensuring everyone has enough money in their pockets to meet their needs and manage their condition, whether in work or on benefits.

# 3

## INNOVATE, INVEST AND SUPPORT THE NHS

An effective, well-resourced health system is the foundation for improving the lives of everyone impacted by diabetes. The NHS must be equipped to meet the increasingly complex needs of people with long-term conditions and to address the rise in multimorbidity.

**Embed digital technology and systems to integrate diabetes care** across primary, secondary and mental health care to increase efficiency and streamline services.

**Invest in upstream, early interventions, including routine care and faster adoption of new diabetes medications and technology** to prevent more serious long-term harm. Remove barriers to fair and equal access to technology and medication by ensuring Integrated Care Boards have the necessary skills and funding.

**Implement plans to retain and develop the NHS workforce to meet the needs of people with diabetes,** both in specialist services and primary care. This should include regularly publishing independently verified assessments of current and future workforce numbers.