

Invited Editorial

Current prevalence of Type 1 and Type 2 diabetes in adults and children in the UK

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Last year we published a statement of diabetes prevalence in the UK [1]. Accurate information on the number of people with diabetes is essential for the management of diabetes and to understand the epidemiology of the disease and its complications. New data are now published, which allows our data to be updated, and sources of data have been combined to estimate the split of diabetes by type.

In autumn 2014 the Quality and Outcomes Framework [2], a financial incentive scheme for general practice based on

indicators of the level of care received by patients, provided data on the number of people aged ≥ 17 years with diagnosed diabetes across all four nations of the UK at the end of March 2014. This showed that across the UK there were 3 333 069 people aged ≥ 17 years with a recorded diagnosis of diabetes, which equates to a prevalence of 6.2% in this age group. This is up from the equivalent figure of 6% last year [1]. The number of children and young people with diagnosed diabetes aged ≤ 16 years (and therefore not

Table 1 Prevalence of diagnosed diabetes

	Aged 0–16 years		Aged ≥ 17 years		All ages	
	Number of people	%	Number of people	%	Number of people	%
England	22 277	0.2	2 814 004	6.2	2 836 281	5.0
Wales	1409	0.2	177 212	6.9	178 621	5.6
Scotland	2651	0.3	259 986	5.9	262 637	4.8
Great Britain	26 337	0.2	3 251 202	6.2	3 277 539	5.0
Northern Ireland	803*	0.2*	81,867	5.3	82 670	4.3
UK	27 140	0.2	3 333 069	6.2	3 360 209	5.0

*Estimated based on the prevalence of diagnosed diabetes in Great Britain.

Table 2 Breakdown of diagnosed diabetes by type

	Type 1 diabetes			Type 2 diabetes			'Other' types of diabetes		
	Number of people	% people with diabetes	Prevalence, %	Number of people	% people with diabetes	Prevalence, %	Number of people	% people with diabetes	Prevalence, %
England	235 163	8.3	0.4	2 567 439	90.5	4.6	33 679	1.2	0.06
Wales	13 926	7.8	0.4	162 738	91.1	5.1	1957	1.1	0.06
Scotland	28 319	10.8	0.5	231 871	88.3	4.3	2447	0.9	0.05
Great Britain	277 408	8.5	0.4	2 962 049	90.4	4.6	38 082	1.2	0.06
Northern Ireland*	6997	8.5	0.4	74 712	90.4	3.9	961	1.2	0.05
UK	284 405	8.5	0.4	3 036 761	90.4	4.5	39 043	1.2	0.06

*Estimated based on the breakdown of types of diagnosed diabetes in Great Britain.

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included in the Quality and Outcomes Framework data) can be estimated from the National Paediatric Diabetes Audit for England and Wales [3] and the Scottish Diabetes Survey (J. McKnight, personal communication). There are 26 337 children and young people aged 0–16 years with diagnosed diabetes recorded in these sources. There is no measure of the prevalence of diagnosed diabetes in children and young people in Northern Ireland but it is assumed that it is similar. Combining these data sources indicates that there are 3 360 209 people (5.0% of the total population) with diagnosed diabetes in the UK. A breakdown for each nation is provided in Table 1.

The various types of diabetes have different causes, require specific approaches to management and have differing short- and long-term outcomes. Data from the National Diabetes Audit in England and Wales and the Scottish Diabetes Survey provide a breakdown of the diagnosed diabetes by type, which can be combined with the data presented above on the total prevalence of diagnosed diabetes. There is no source of data on the breakdown of diagnosed diabetes by type for Northern Ireland. The figures presented below assume that

the split between types of diabetes in Northern Ireland is the same as across Great Britain. These data show that, in the UK, 8.5% of people with diagnosed diabetes have Type 1 diabetes, 90.4% have Type 2 diabetes and 1.2% have ‘other’ types of diabetes including specific monogenic types of diabetes (Table 2). Throughout the UK approximately one in 250 people (0.4%) have Type 1 diabetes, one in 22 have diagnosed Type 2 diabetes (4.5%) and one in 1670 have an ‘other’ type of diabetes.

References

- 1 Holman N, Young B, Gadsby R. What is the current prevalence of diagnosed and yet to be diagnosed diabetes in the UK. *Diabet Med* 2014; 31: 510–511.
- 2 Quality and Outcomes Framework (QoF) 2013–2014 published on 28 Oct 2014 HSCIC Leeds UK. Available at <http://www.hscic.gov.uk/catalogue/PUB15751>. Last accessed 29 April 2015.
- 3 National Paediatric Diabetes Audit report 2013/14 Royal College of Paediatrics and Child Health London. Available at <http://www.rcpch.ac.uk/system/files/protected/page/2014%20NPDA%20Report%201%202014%20FINAL.pdf>. Last accessed 12 May 2015.