

Facts about Diabetes

How many people in the UK are living with diabetes?

Is it:

- a) 4.6 million
- b) 2.8 million
- c) 3.1 million

How many people in the UK are living with diabetes?

a) 4.6 million

According to Diabetes UK latest figures, 3.7 million people are diagnosed with diabetes, and at least 1 million have undiagnosed diabetes.

What % of the total number of people with diabetes have type 2

Is it:

- a) 70%
- b) 42.5%
- c) 90%

What % of the total number of people with diabetes have type 1

c) 90%

The vast majority of people with diabetes have type 2 - there are other types which account for a small % - gestational (pregnancy diabetes) and MODY (genetic)

How does insulin control the amount of sugar in our blood?

By:

- a) Making the sugar pass out through the kidneys
- b) Acting as a key to our cells so that the sugar can enter
- c) Turning the sugar into energy in our blood

How does insulin control the amount of sugar in our blood?

b) Insulin acts like a key that allows glucose to enter our cells to provide energy. Insulin also controls the release of glucose from the liver back into the bloodstream, and the breakdown of body fat and protein.

What is the normal fasting blood glucose level in people without diabetes? (NICE Guidelines)

Is it:

- a) 3.5 to 6
- b) 4 to 7
- c) 4 to 5.9

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b) 4 to 5.9

What is the greatest risk factor for type 2 diabetes?

Is it:

- a) Weight
- b) Ethnicity
- c) Age
- d) Family history

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- b) Ethnicity
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- d) Family history

All of these things are risk factors, and the more risk factors you have the greater the risk.

What % of the total NHS budget is the amount spent on diabetes?

Is it:

- a) 10%
- b) 8%
- c) 12.5%

What % of the total NHS budget is the amount spent on diabetes?

a) 10% = £10 billion

This works out around £27 million a day, that's over £1 million an hour (£315 per second!)

80% of the money is spent on treating complications.

What does HbA1c stand for? Why is it so important?

Glycated (A1c) haemoglobin (Hb)

Glucose sticks to Hb in the blood, forming glycated Hb. The test gives the average over the previous 8 to 12 weeks. This is very important because glucose also sticks to other parts of our body - organs like the heart, eyes, kidneys, and the blood vessels and nerves. So the HbA1c is a guide to how much glucose has stuck to these parts doing damage to them. The higher it is the more the risk of developing complications.

How many diabetes related amputations are there on average in England each week?

Is it:

- a) 83
- b) 105
- c) 169

How many diabetes related amputations are there on average in England each week?

c) 169

That's 24 each day, 1 every hour.