

Exploring the impact of diabetes amongst elderly adult population in the UK

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Presentation

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1-Prevalence of diabetes:

UK prevalence:

- ❖ 90% of reported cases are type 2 diabetes while 8% are type 1 diabetes (Wise, 2023).
- ❖ In 2023-2024, approximately 4.6 million people were diagnosed with type 2 diabetes (Diabetes UK, 2025).
- ❖ Approximately, there are 400,000 cases of type 1 diabetes (Ng and Soni, 2023).
- ❖ 35,122 children were in care for diabetes in 2023-2024 (NICE, 2026).

Global prevalence:

- ❖ In 2021, there were 529 million people suffering from diabetes (Ong *et al.*, 2023).
- ❖ 462 million cases are type 2 diabetes (Abdul Basith Khan *et al.*, 2020).
- ❖ 8.4 million cases are type 1 diabetes (Ogrotis, Koufakis and Kotsa, 2023).

2-Diabetes related costs:

- ❖ Diabetes directly costs £10.7 billion and indirectly costs £3.3 billion to the NHS in 2012(Hex *et al.*, 2024).
- ❖ Prescribed items costed the NHS £1.92 billion in 2024/2025 (NHS, 2025a).

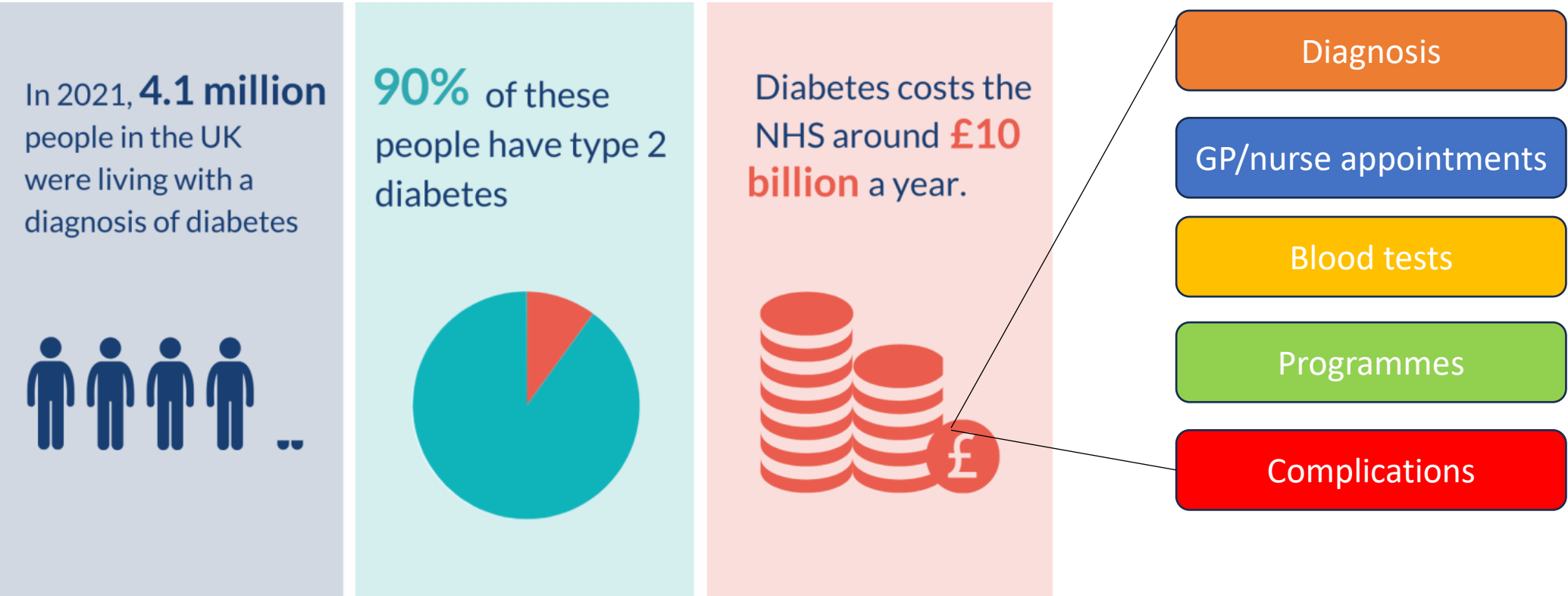


Figure 1: Statistics and diabetes costs. This is an overview of the figures that the NHS deals with every year. However, these number are predicted to increase due to the high number of people at risk of developing type 2 diabetes (Kwint, 2022).

3-Physical impacts of Diabetes

❖ Diabetic patients are more likely to develop other diseases such as:

1-Cardiovascular disease (Farmaki *et al.*, 2020).

2-Kidney failure (NHS, 2025b).

3-Nerve damage (Yang *et al.*, 2025).

4-Vision loss (Kropp *et al.*, 2023).

5-Foot problems (Raja *et al.*, 2023).

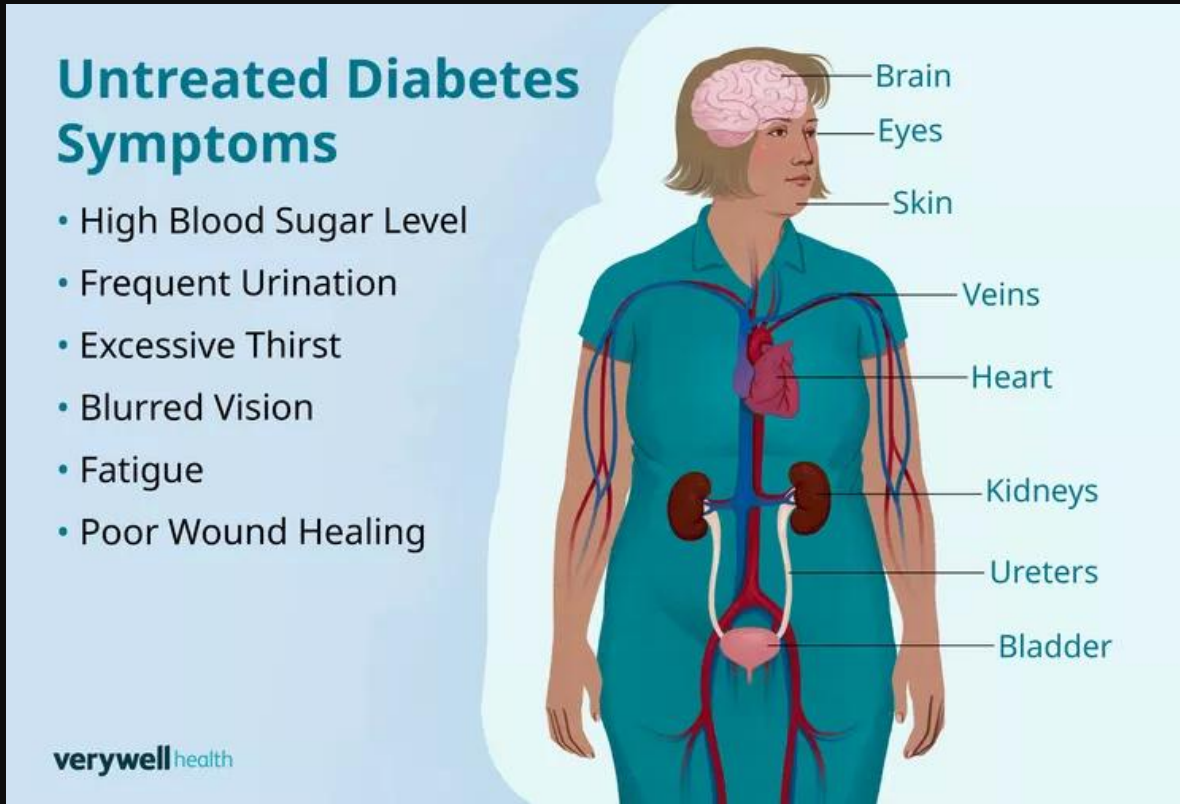
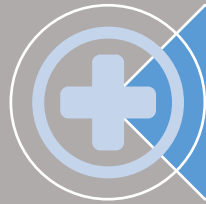


Figure 2: Untreated symptoms of diabetes.

This shows the organs affected by diabetes and their correspondent symptoms (Etudo, 2026).

4-Social and financial impacts



Diabetic and high-risk patients from deprived areas face **health inequalities**:



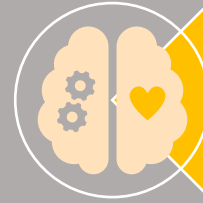
-11% of patients cannot afford to travel to medical appointments (Diabetes UK, no date).



-Socioeconomic inequalities increases risk of developing type 2 diabetes (Bush *et al.*, 2023).



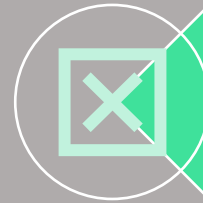
-This increases the burden of disease.



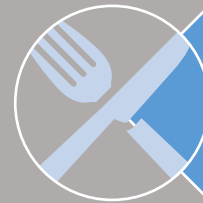
Patients' **mental health** is negatively affected:



-Isolation occurs due to stigma (Speight *et al.*, 2024).



-Decrease in social interactions decrease due to fear created by stigma about diabetic patients.



-This increases the chances of sedentarism and comfort eating aggravating the disease.

5-Rationale

Diabetes is a chronic disease where the body does not produce insulin or develops resistance (Antar *et al.*, 2022).

It is important to research impacts of diabetes research because:



1-Cases within children and adult populations are on the rise in the UK and worldwide (Chen *et al.*, 2025) .



2-Diabetes has a high global mortality rate (Galicia-Garcia *et al.*, 2020).



3-There are social, economic and environmental factors that require the increase of awareness



4-There are cultural barriers leading to increase of the disease due to poor care outcomes



6-Research **Question:**

What are the impacts of diabetes in the UK within the elderly adult population?

7-Research aim and Objectives

Aim: To explore impact of diabetes in elderly groups and investigate interventions aimed at preventing.

Objectives:

- 1- To define diabetes in the UK.
- 2- To identify impact of diabetes in older adults to other health conditions.
- 3- To analyse the policies, methods available to address diabetes.
- 4- To recommend best practices for managing impact of diabetes in elderly adults in the UK.



8-Research impact

This research
will assist in:

Raising
awareness to
control and
reduce the
incidence of
diabetes.

Promoting
early
diagnosis and
prophylaxis
approach to
type 2
diabetes.

Improving
communities'
wellbeing and
access to
healthcare.

Making
policies more
inclusive for
older adults
living in
deprived
areas.

Raising
awareness of
risk groups
and how to
care for them.

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