



**NDA**

**2020–21**

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

National Diabetes Audit:  
**Are services providing  
effective diabetes care?**

**nda**  
NATIONAL DIABETES AUDIT

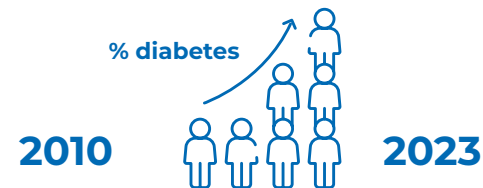
## Summary report 2020-21

The National Diabetes Audit measures the effectiveness of care provided to people with diabetes. The information in the audit is collected and submitted by GP practices and specialist diabetes services in England and Wales.

**This report includes information on over 3.6 million adults with diabetes. This is 7.1% of the population.**



**The percentage of the population with diabetes has increased every year since 2010.**



# Key findings










## What care should people with diabetes receive?

Having diabetes can lead to health complications such as blindness, kidney failure, heart disease and stroke. It is essential that everyone with diabetes receives healthcare checks every year. The results of the checks can show whether someone is at risk of developing health complications.

This is the first year we have been able to include eye screening data and this data still isn't available for Wales. Therefore, we will refer to 8 care processes (excluding eye screening).




## ➔ 8 Care processes results

- 🌐 In England only **27%** of people with type 1 diabetes and **40%** of people with **type 2** diabetes received 8 of their care processes.
- 🌐 In Wales only **12%** of people with **type 1** diabetes and **21%** of people with **type 2** diabetes received 8 of their care processes.
- 🌐 There is a **massive difference in completion of healthcare checks** between different areas of the country. During the COVID-19 pandemic, care process completion declined everywhere but there was greater geographical variation than usual. To find out more about the audit results for your local service please click [here](#).

1		<b>HbA1c</b> test to measure overall blood glucose levels over the past 8 to 12 weeks
2		<b>Blood pressure</b> measurement
3		<b>Cholesterol</b> test to check for levels of harmful fats in the blood
4		<b>Eye screening</b> (retinal screening) using a special, digital camera to look for any changes to the back of the eye (retina)
5		<b>Foot examination</b> – to check the skin, circulation and nerve supply of legs and feet
6		<b>Kidney function</b> (blood creatinine) – a blood test to measure how well the kidneys are working
7		<b>Urinary albumin</b> – a urine test to check for protein, which may be a sign of kidney problems
8		<b>BMI</b> (body mass index) measurement, to see if you are a healthy weight
9		<b>Smoking review</b> , including advice and support if you are a current smoker

## What treatment targets should people with diabetes be supported to achieve?

Guidelines recommend treatment targets for **glucose control**, **blood pressure** and **cardiovascular disease** (CVD) risk reduction.

-  **Having HbA1c of 58 mmol/mol or less.** This reduces the risk of all diabetes complication (eyes, kidney and nerve damage) and reduces cardiovascular risk.
-  **Having blood pressure below 140/80.** This reduces cardiovascular risk and the progression of eye and kidney disease.
-  **Being prescribed statins.** This reduces cholesterol and cardiovascular risk.

In England only **22%** of people with type 1 diabetes and **36%** of people with type 2 diabetes met all three treatment targets.

In Wales only **16%** of people with type 1 diabetes and **28%** of people with type 2 diabetes met all three treatment targets.

## What was the impact of the COVID-19 pandemic on the services people with diabetes received?

The percentage of people **receiving all** their **care processes fell** during the COVID-19 pandemic. The biggest impacts were on foot examination, BMI measurement and eye screening.

The percentage of people meeting **blood glucose control targets increased** in people with type 1 diabetes.

The percentage of people meeting **blood glucose control targets reduced** in people with **type 2** diabetes.

The percentage of people with **type 1** and **type 2** diabetes meeting **blood pressure targets reduced**.

The use of **statins** was relatively **unchanged**.

### FIND OUT MORE

For more information on the National Diabetes Audit 2020–21, you can download the [full report](#).

To find out more about the audit results for your local service please click [here](#).