



## Roche Diagnostics – Type2 NICE Review PR Campaign 872 x Type2 Diabetes Sufferers- Summary Results

Based on an independent online survey conducted by Research Plus on behalf of Roche Diagnostics. A total of 872 UK Type 2 Diabetes Sufferers, were surveyed between 14<sup>th</sup>- 18<sup>th</sup> May 2008.

Where percentages do not sum to exactly 100%, this is due to decimal rounding or a multi-coded question.

### Sample Structure

These results are based on unweighted data, so the demographic characteristics of the sample have remained in the same proportions as the breakdown of respondents answering the survey, as follows:

<b>Gender</b>	<b>%</b>
1. Male.....	73
2. Female.....	27

<b>Age</b>	<b>%</b>
1. Less than 45 years old .....	5
2. 45-49 years old .....	6
3. 50-54 years old .....	12
4. 55-59 years old .....	17
5. 60-64 years old .....	20
6. 65-69 years old .....	18
7. 70-74 years old .....	13
8. 75 years or older .....	11

<b>Marital Status</b>	<b>%</b>
1. Single - never married and not living with a partner.....	6
2. Living Together - with a partner but not married.....	5
3. Married .....	75
4. Separated .....	1
5. Divorced.....	5
6. Widowed.....	6
7. Prefer not to answer .....	1

<b>Annual Household Income</b>	<b>%</b>
1. Less than £ 5,000.....	2
2. £ 5,000 - £ 10,000 .....	9
3. £ 10,001 - £ 15,000 .....	13
4. £ 15,001 - £ 20,000 .....	12
5. £ 20,001 - £ 25,000 .....	7
6. £ 25,001 - £ 30,000 .....	9
7. £ 30,001 - £ 40,000 .....	11
8. £ 40,001 - £ 50,000 .....	5
9. £ 50,001 - £ 75,000 .....	6
10. £ 75,001 - £ 100,000 .....	2
11. More than £ 100,000 .....	1
12. Prefer not to say.....	23

<b>Region (including base size)</b>	<b>%</b>
East Anglia (55).....	6
East Midlands (111).....	13
Greater London (122).....	14
North (56).....	6
North West (112).....	13
Northern Ireland (7*).....	1
Scotland (39).....	4
South East (167) .....	19
South West (73) .....	8
Wales (28*) .....	3
West Midlands (49) .....	6
Yorkshire & The Humber (53).....	6

\*Caution: small base size – results based on a sample size of <30 have been discounted from this summary.



**Type 2 Diabetes Sufferers behaviours**

ASK ALL / SINGLE CODE

<b>Q2. Approximately, how long ago were you diagnosed with having Type 2 diabetes?</b>	<b>%</b>
1. A year ago or less .....	1
2. 1-2 years ago .....	4
3. 3-5 years ago .....	36
4. 6 or more years ago .....	59
5. Don't know / Can't remember .....	1
<i>Estimated average number of years</i>	<i>7.5</i>

Almost six in ten (59%) Type2 sufferers were diagnosed with the condition six or more years ago and 19 in 20 (95%) were diagnosed three or more years ago. Using a weighted average, Type2 sufferers were diagnosed an estimated average 7.5 years ago. Understandably, those in the older age groups (60+ years old) were diagnosed longer ago than those under 60 years old but there was no real difference in length of time diagnosed for gender, income or marital status. Those in East Anglia were diagnosed the longest ago, with an average of 8.5 years, whilst those in Yorkshire & The Humber were the least amount of time ago, being the only region diagnosed on average under seven years ago (6.9). Those who have experienced any formal education (defined as group or one-to-one sessions lasting multiple days) were diagnosed a shorter amount of time ago (6.8 years) on average than those that haven't.

ASK ALL / SINGLE CODE

<b>Q3. Do you ever take insulin as part of the regular management of your diabetes?</b>	<b>%</b>
1. Yes .....	12
2. No .....	88
3. Don't know .....	*

Just over one in ten (12%) Type2 sufferers have taken insulin as part of the regular management of their diabetes. This rises to almost over one in six (16%) for female sufferers and is skewed towards the younger age groups, with over a quarter (26%) of those under 50 years old having ever taken insulin and only 5% of those over 75 years old. Taking insulin is also more prevalent in those in the highest household income groups (£50,000+), with almost one in five (19%) having done so. In terms of education, those who had attended group courses (14%), one-to-one instruction (15%) or formal multi-day education sessions (15%) exhibit this behaviour slightly more than those he had not attended each form of education.

ASK IF ever taken insulin as part of the regular management of their diabetes / SINGLE CODE

<b>Q4. Approximately, how long ago did you start taking insulin as part of the regular management of your diabetes?</b>	
1. A year ago or less .....	25
2. 1-2 years ago .....	28
3. 3-5 years ago .....	35
4. 6 or more years ago .....	12
5. Don't know / Can't remember .....	1
<i>Estimated average number of years</i>	<i>3.1</i>

Type2 sufferers that have ever taken insulin as part of their regular management (base=104), started taking insulin an estimated average of 3.1 years ago. This is longer ago for men (3.4 years) than women (2.6 years). Base sizes of insulin users in the other sub-groups are too small to make any definitive conclusions.



ASK ALL / SINGLE CODE

**Q5. When you were diagnosed as having diabetes, did your healthcare professional recommend that you should monitor your blood-glucose levels yourself on a daily basis?**

	%
1. Yes .....	75
2. No .....	23
3. Don't know / Can't remember .....	2

Three quarters (75%) of Type2 sufferers were recommended they should self-monitor their blood-glucose levels on a daily basis by their healthcare professional on diagnosis. This increased to almost nine in ten (89%) for those under 50 years old and dropped to just under seven in ten (69%) of those 65+ years old. There are no real differences between groups when considering different genders, marital status or income groups. However, a higher proportion (85%) of those who have ever attended formal multi-day education sessions were recommended to self-monitor blood-glucose levels.

ASK ALL / SINGLE CODE

**Q6. On average, how often, if ever, do you monitor your blood-glucose levels yourself?**

	%
1. 6 or more times a day .....	1
2. 4 to 5 times a day .....	2
3. 2 to 3 times a day .....	18
4. Once a day .....	20
5. 2 to 6 times a week .....	28
6. Once a week .....	15
7. Less often than once a week .....	13
8. I never monitor my blood-glucose levels .....	2
<i>Estimated average number of times / week</i>	<b>6.9</b>

Type2 sufferers monitor their blood-glucose levels on average 6.9 times per week, with over four in ten (41%) doing this once per day or more often. This behaviour is more prevalent in women, who average 7.6 times per week and there is a definite skew towards the younger age groups, especially those under 50 years old monitoring over 10 times per week (10.2) on average, with 57% of them monitoring at least once per day. Those 75+ years old only self-monitor 4.2 times per week, on average. Those who have a HH income of £10,000 or less, monitor the most, with an estimated average of 8.3 times per week. Those who monitor the least are in the South West (5.2 times per week) and the most in Scotland (8.3 times per week). Those who have attended group courses, one-to-one instruction or formal multi-day sessions monitor more often than those that haven't attended those types of education, with those who have attended formal multi-day education sessions monitoring the most (7.3) out of education type (who were also more likely to be recommended to do so by their HCP).

**Education Courses / Instruction**

ASK ALL / SINGLE CODE

**Q7. Has your Health Care Professional ever offered you information about any education course(s) for managing diabetes?**

	%
1. Yes .....	33
2. No .....	65
3. Don't know .....	2

Only a third (33%) of Type2 sufferers have ever been offered information about educational courses for managing diabetes by their healthcare professional and men marginally more than women (35% vs 29%). Those that were less likely to be offered a course by their HCP, and so probably less aware of courses that are available, are the over 75s (25%), those with a HH income of £10,000 or less (22%) and those not married (29%). Regionally, East Anglia (25%) and Scotland (28%) had a lower proportion in this group, whereas East Midlands (40%) had the highest. Unsurprisingly, those who had experienced each of the 3 education types had higher proportions than those not having attended. Interestingly though, almost two-thirds (65%) of those who have experienced any formal multi-day education sessions and almost eight in ten (79%) of those who had experienced single or multi-day group sessions had been offered information, indicating a correlation between HCP providing information and take-up of an education course; or at least awareness of the courses – those not given the information may not even be aware of courses available. Only 42% of those who had attended one-to-one instruction from their HCP had been given information about education courses indicating they are potentially missing out on knowledge and the value of attending the courses.



ASK ALL / SINGLE CODE

**Q8. Have you ever attended an educational course(s) or classes for managing diabetes, as part of a group of people?** %

1. Yes .....	16
2. No.....	84
3. Don't know .....	*

Almost one in six (16%) of Type2 sufferers have attended group educational courses (either single or multi-day sessions). Female sufferers (20%), and those 55-59 (21%) and 70-74 (20%) are marginally more likely to have attended a group course, as are those in East Midlands (20%), Greater London (20%) and the North West (20%). Those in East Anglia (5%) and Scotland (10%) are well below the national proportion. There are no real differences between HH income levels or marital status groups.

ASK IF attended group educational course(s) for managing diabetes / SINGLE CODE

**Q9. Which of these best describes the total length or duration of the educational course(s) you have ever attended to help you manage diabetes?** %

1. A course consisting of multiple days .....	19
2. A course consisting of one day or less.....	81

Over eight in ten (81%) of those who did attend a group educational course (base=141) only attended a course that last a single day or less. Those more likely to attend a multi-day group course are female (28%), have a HH income of £15,000 or less (28%) and are not married (25%). There was no real difference in the proportions of those attending formal multi-day group course(s) compared to one-to-one sessions (19%), indicating that the two forms of education are not being substituted for each other.

ASK IF attended a multi-day group educational course(s) / MULTI CODE

**Q10. What was the name of the education course(s) for managing diabetes, you have attended?%**

1. DESMOND .....	0
2. EXPERT .....	7
3. Other (please specify) .....	41
4. Don't know / Can't remember .....	56

Of those who attended multi-day group educational course(s) (base=27\*) over half (56%) couldn't remember the name of it and only 7% had attended either DESMOND or EXPERT courses. Other answers included, courses run by NHS / general hospitals or Diabetes UK.

\*Caution small base size – directional results only.

ASK ALL / SINGLE CODE

**Q11. Have you ever received one-to-one educational instruction for managing diabetes, from your healthcare professional?** %

1. Yes .....	56
2. No.....	43
3. Don't know .....	1

Over half (56%) of Type2 sufferers have received one-to-one educational instruction (either multi or single day sessions) from their HCP. They are less likely to be female (52%) and in the lowest HH income group (45%). They are more likely to be over 70 years old (60%), married (58%), tend to have a HH income of over £40,000 (60%) and live in the North (64%), Yorkshire & The Humber (68%) or East Anglia (60%).

ASK IF Q11=1 / SINGLE CODE

**Q12. Which of these best describes the total length or duration of the one-on-one educational instruction you have ever attended to help you manage diabetes?** %

1. A single course or session(s) that lasted less than half a day i.e. 0 to 4 hours.....	85
2. A single course or session(s) that lasted between half a day and a day i.e 4 to 8 hours .....	2
3. A course of sessions consisting of multiple days.....	5
4. Don't know .....	8

Of those who attended one-to-one sessions (base=484), the majority (85%) attended just a single session that lasted less than half a day. Only 5% attended multiple day one-to-one sessions, making those who have experienced any formal education course(s) (defined as group or one-to-one sessions lasting multiple days) just over one in twenty (6%) of Type2 diabetes sufferers.



ASK ALL / SINGLE CODE

**Q13. On average, how often, if ever, do you experience hypoglycaemic episodes of low blood sugars, with symptoms that might include trembling, dizziness, moodiness, confusion, blurred vision and hunger?**

	%
1. Twice a month or more often .....	10
2. Once a month .....	9
3. Every two months.....	5
4. Every three months .....	4
5. Three times a year .....	4
6. Once or twice a year .....	15
7. Less than once a year .....	9
8. Never .....	37
9. Don't know .....	7
<i>Estimated average number of times / year</i>	<i>4.7</i>

Type2 sufferers experience low blood sugar episodes an estimated average of almost five times (4.7) per year and over a quarter (28%) experience them at least once every three months. Only just over a third (37%) never experience these episodes. Those that experience these episodes tend to be female (5.8 times per year), under 50 years old (6.5 times per year), have a HH income of £10,000 or less (5.8 times per year) and are more likely to be married (4.9 times per year). Those over 64 years old experience these episodes less (3.4 to 3.9 times per year), and interestingly are also those who monitor their blood-glucose levels less often, perhaps relying on their own experience more. Those in Greater London (3.7 times per year) experience these episodes less often whereas those in Yorkshire & The Humber (5.5 times per year) and East & West Midlands (5.3 times per year) experience them more. Those who have attended formal multi-day education course(s) (6.2 times per year) and either group courses (5.4 times per year) or one-to-one instruction (4.9 times per year) tend to experience these episodes more often; this could indicate a greater need to improve their knowledge in the first place – they are less adept at controlling blood sugar levels so were more motivated to find out about and attend education courses / one-to-one instruction.

ASK ALL / SINGLE CODE

**Q14. On average, how often, if ever, do you experience hyperglycaemic episodes of high blood sugars, with symptoms that might include thirst, frequent urination and fatigue?**

	%
1. Twice a month or more often .....	19
2. Once a month .....	8
3. Every two months.....	4
4. Every three months .....	4
5. Three times a year .....	2
6. Once or twice a year .....	12
7. Less than once a year .....	10
8. Never .....	32
9. Don't know .....	9
<i>Estimated average number of times / year</i>	<i>6.9</i>

Type2 sufferers experience high blood sugar episodes significantly more often (6.9 times per year) than low blood sugar episodes (4.7 times per year) and over a third (35%) experience high blood sugar episodes at least once every three months. Only just less than a third (32%) never experience these episodes. This may be a result of the symptoms being less severe and possibly attributable to other causes, resulting in a misinterpretation of symptoms on behalf of the sufferer themselves. Again, these tend to be female (7.7 times per year), under 50 years old (10.0 times per year), have a HH income of £10,000 or less (10.6 times per year) but also tend to be not married (8.3 times per year). Those in East Midlands (8.3 times per year), the North (8.7 times per year) and North West (8.3 times per year) experience these episodes more often, whilst those in the South West (4.9 times per year) and Greater London (5.4 times per year) experience high blood sugars less often. Those who have attended formal multi-day education course(s) (7.9 times per year) and group courses in general (7.1 times per year) tend to experience these episodes more often than non-attendees; although those who attended one-to-one instruction (6.5 times per year) experience them less often.

ASK ALL / GRID + ROTATE ORDER OF QUESTIONS

**Q15. How much do you agree or disagree with the following statements about your diabetes? %**  
**Please use the scale: 'Strongly Agree – Strongly Disagree'**

	Strongly / Tend to Agree	Neither Agree nor Disagree	Strongly / Tend to Disagree	Don't Know
I am concerned about whether I'm managing my diabetes correctly	49	20	31	1
I am very confident about my knowledge of how to self-manage diabetes	67	18	15	1
I feel in complete control of my diabetes (i.e. treating & monitoring it effectively)	59	21	18	1
There is not enough education or formal courses available to sufferers of diabetes	48	27	19	5
I wish there was more information available to me about managing and treating my diabetes	45	35	19	1

**Concern about managing diabetes correctly**

Almost half (49%) Type2 sufferers are concerned about whether they are managing their diabetes correctly. These tend to be male (51% vs 42% for women), under 60 years old (53%) and have < £10,000 HH income (59%). They also tend to be in East Anglia (56%), West Midlands (55%), Greater London (54%) and Scotland (54%). They are less likely to be in the South West (38%). In terms of education, slightly less (44%) of those receiving formal multi-day education, compared to any group course(s) (49%) and one-to-one instruction (47%) feel concerned, suggesting the value of attending this form of education over the single day sessions.

**Confidence about self-managing diabetes knowledge**

Two-thirds (67%) of Type2 sufferers indicated they were confident about their knowledge of how to self-manage. These tend to be men (68% vs 62% for women) and over 64 years old, with three-quarters (75%) of those 65-74 years old feeling confident, dropping to 68% for those 75+ years old. Those under 65 years old express this view less (62%). There are no real differences in terms of income but married sufferers (68%) are more likely to feel confident about their knowledge than unmarried sufferers (60%). More confident sufferers tend to be in the North (75%), Scotland (72%), South West (71%) and West Midlands (71%) and those who have attended some type of education: group courses (70%), one-to-one instruction (75%), formal multi-day education course(s) (71%), indicating the perceived benefit of any form of education.

**Feeling in control of their diabetes**

Almost six in ten (59%) of Type2 sufferers indicated they felt in complete control of their condition. These sufferers tend to be over 65 years old (70%), spread across various income ranges and are more likely to be in the North (63%), North West (65%) and South West (67%). Those under 50 years old (who are also those who were diagnosed less time ago) are less likely to feel in control, with less than half (45%) agreeing, and are less likely to be in Scotland (51%). They are also more likely to have received some type of education: group courses (64%), one-to-one instruction (66%), formal multi-day education course(s) (69%), again indicating the value of any form of education, especially formal courses.

**Perception of availability of diabetes education/formal course(s)**

Almost half (48%) of Type2 sufferers indicated they felt there is not enough education or formal courses available, with less than one in five (19%) disagreeing and only 5% selecting 'Don't know'. There are no real differences in gender or marital status agreeing, although those 60-64 years old (56%) and those with a HH income < £10,000 (66%) are more likely feel this way, the latter group also being more likely to suffer a high or low blood sugar episode and being less likely to be informed about educational courses by their HCP. They are also more likely to be in the North (57%) or Scotland (56%) and less likely to be in the South West (40%) or North West (41%). Those more likely to have already attended any type of education are unsurprisingly more likely to disagree there is not enough education available: attended group courses (33%), attended one-to-one instruction (26%), attended formal multi-day education course(s) (35%), although interestingly an equal proportion of formal education attendees also agree (35%) with the statement.

**Wish for more of information on managing/treating their diabetes**

Almost half (45%) of Type2 sufferers wish for more information available for managing their diabetes, with less than one in five (19%) disagreeing. Again, those with a HH income < £10,000 (66%) are more likely feel this way, although there is a clearer skew toward younger sufferers, with 55% of those under 50 years old agreeing and only 39% of those 65 or over agreeing. They are again more likely to be in Scotland (51%) and less likely to be in the South West (37%) or North West (39%). A quarter (25%) of those who have already attended some type of education are more likely to disagree, with only a third (33%) those attending formal multi-day education course(s) agreeing they wish for more information, compared to almost half (46%) of formal multi-day education non-attendees, illustrating the benefit of formal education.