

What is Type II Diabetes?

Type 2 Diabetes mellitus (T2DM) is caused by impaired insulin secretion and insulin resistance



Type 2 diabetes is an impairment in the way the body regulates and uses sugar (glucose) as a fuel. This long-term (chronic) condition results in too much sugar circulating in the bloodstream. Eventually, high blood sugar levels can lead to pre-diabetes and disorders of the circulatory, nervous and immune systems.

In Type 2 Diabetes, there are primarily two interconnected problems at work. Firstly, your pancreas does not produce enough insulin — a hormone that regulates the movement of sugar into your cells — and secondly, your cells respond poorly to insulin and take in less sugar (1). Exactly why this happens is unknown, but being overweight and inactive are key contributing factors.

UK Statistics

The prevalence of diabetes in the UK in 2018/2019 was almost 4 million, of which about 90% have T2DM, 8% Type 1 Diabetes Mellitus and 2% other, rare forms of diabetes including: rare genetic disorders, latent autoimmune diabetes in adults, and type 3c diabetes in which the pancreas stops producing insulin due to damage caused by another condition. It is estimated that another 1 million people may have undiagnosed T2DM and would therefore not be included in these figures. Together this accounts for 7% of the total UK population. (2) It is estimated that 1/3 of adults in England have prediabetes (3).

Diet & Nutrition

There's no cure for type 2 diabetes, but losing weight, eating well and exercising can help you manage the disease. The foods we eat play an important role in supporting our long-term health and wellbeing. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach.

1. Type 2 diabetes - Symptoms and causes - Mayo Clinic

2. Diabetes Prevalence 2019. [diabetes.org.uk https://www.diabetes.org.uk/professionals/position-statements-reports/statistics/diabetes-prevalence-2019](https://www.diabetes.org.uk/professionals/position-statements-reports/statistics/diabetes-prevalence-2019) (2020).

(3) A third of adults in England have "prediabetes," study says | The BMJ