

# 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. It is the most common form of diabetes. It is considered a long-term (chronic) condition and typically develops over time when circulating blood sugar levels remain elevated, first manifesting as pre-diabetes and later Type 2 Diabetes. Dietary intake, being overweight and physically inactive are known contributing factors. In Type 2 Diabetes, there are two interconnected problems. Firstly, your pancreas does not produce enough insulin — a hormone that regulates the movement of sugar into your cells — and secondly, your cells no longer respond to insulin and take in less sugar (1).

## UK Statistics

More than 4.9 million people in the UK have diabetes and a further 13.6 million people are now at increased risk of type 2 diabetes. Of these, about 90% have Type 2 Diabetes Mellitus (T2DM), 8% Type 1 Diabetes Mellitus and 2% other, rare forms of diabetes including: rare genetic disorders, and damage to the pancreas. 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 7-8% of the total UK population (2).

## 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> (2020).

