

Diabetes

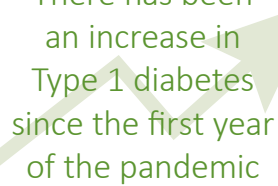
Type 1 diabetes affects around

1 in 400

young people under 20

COVID-19

There has been an increase in Type 1 diabetes since the first year of the pandemic



Managing Type 1 diabetes may be more difficult for children and young people in communities more likely to face marginalisation.

We spoke to **47** children and young people with Type 1 diabetes from a wide age range, a range of geographical locations and a number of different communities. They told us:



Some groups of children and young people face **more stigma and cultural pressures** which can affect self-management and ability to follow clinic advice.



More awareness is needed among peers, family, teachers and other professionals.

Understanding, **communication and building trust** are vital to engaging young people and their families who experience marginalisation.



Young people want **holistic and accessible care** that recognises their independence & **supports their wellbeing**.

More could be done to support young people with **accessible tools and simple technology**.



Extra effort from services is needed to ensure children and young people experiencing marginalisation feel that services are for them.

Find out more about our findings in the **scoping and engagement** reports including recommendations for action.