# Are people living with type 2 diabetes in the UK reaching guideline-recommended treatment targets two years after diagnosis?

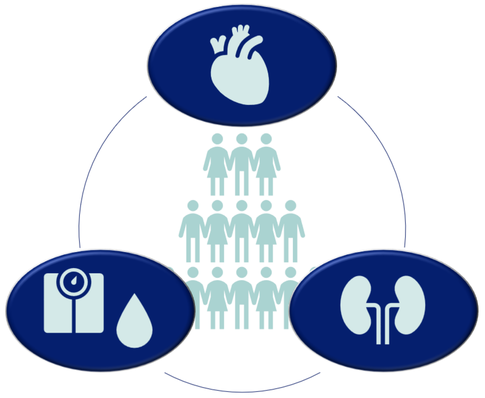
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## BACKGROUND & AIM

Early attainment of cardiovascular, kidney, and metabolic (CKM) treatment targets after type 2 diabetes diagnosis is critical to reducing long-term complications.

Real-world attainment of these targets in primary care is not well understood.



Quantify attainment of key CKM targets 2 years after type 2 diabetes diagnosis in UK primary care.

## STUDY DESIGN

- Retrospective cohort study using UK primary care data from CPRD Aurum
- CKM treatment targets adapted from UK National Institute of Health and Care Excellence (NICE) guidelines

**COHORT**
Adults (18–80 years) with incident type 2 diabetes[a] recorded in 2017–2020

**INDEX**
Date of type 2 diabetes diagnosis

**FOLLOW UP**
2 years from index, accepting values within ±7 months[b]

**OUTCOMES[c]**
- **$HbA_{1c}$** ≤6.5% or ≤48 mmol/mol[d]
- ≥5% **weight loss**
- ≥40% reduction from highest ever recorded value in **non-HDL cholesterol**[e]
- **SBP** <140 mmHg
- **DBP** <90 mmHg
- **UACR** <30 mg/mmol

[a]Individuals with a record of type 1 diabetes were excluded.

[b]For those diagnosed in year 2018, the assessment window was extended to ±10 months to mitigate COVID-19-related reduced monitoring.

[c]Proportions meeting either composite or individual targets were summarised descriptively among individuals with complete data.

[d]$HbA_{1c}$ ≤7.0% or ≤53 mmol/mol if on sulfonylureas.

[e]Non-HDL cholesterol ≤2.6 mmol/L if established CVD.

## COHORT

**387,932 individuals** with incident type 2 diabetes diagnosis in 2017-2020

**232,516 individuals** met follow-up requirements

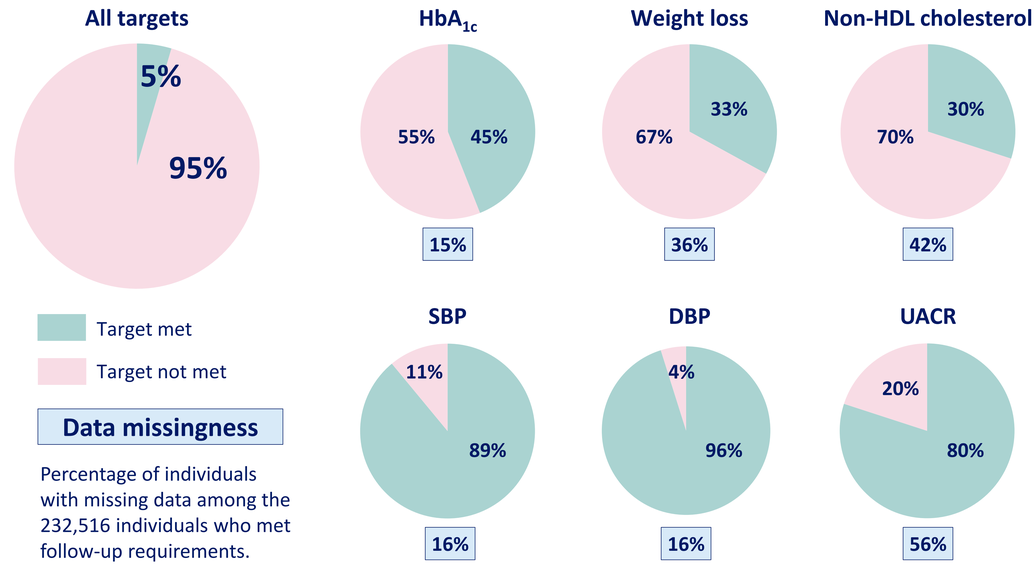
**60,093 individuals** had measurements for all biomarkers at year 2

**Cohort characteristics** at 2 years after type 2 diabetes diagnosis (N=60,093)

| | |
|---|---|
| Age, mean ± SD | 59 ± 12 years |
| Female | 42.0% |
| Asian | 8.3% |
| Black | 5.3% |
| White | 55.4% |
| $HbA_{1c}$, mean ± SD | 6.8 ± 1.0 %<br>51 ± 11 mmol/mol |
| BMI, mean ± SD | 32 ± 6.9 kg/m$^2$ |

## TARGET ATTAINMENT

at 2 years after type 2 diabetes diagnosis




**Data missingness**

Percentage of individuals with missing data among the 232,516 individuals who met follow-up requirements.

## CONCLUSIONS

- Only ~1 in 20 individuals attained all recommended CKM targets within 2 years of type 2 diabetes diagnosis.
- Variation across treatment targets: blood pressure targets were often met, whereas glycaemic, lipid, and weight-loss targets were frequently not met.
- Monitoring gaps were common, particularly for renal and lipid measures.
- Early, integrated CKM management remains an important unmet need in individuals with newly diagnosed type 2 diabetes.

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*CKM, cardiovascular, kidney, and metabolic; COVID-19, coronavirus disease 2019; CPRD, Clinical Practice Research Datalink; CVD, cardiovascular disease; DBP, diastolic blood pressure; $HbA_{1c}$, glycated haemoglobin; HDL, high-density lipoprotein; NICE, National Institute for Health and Care Excellence; SBP, systolic blood pressure; UACR, urine albumin-to-creatinine ratio*