

We surveyed 704 people with type 1 and insulin-treated type 2 diabetes and found out their

# GLUCOSE MONITORING BEHAVIOURS AND ATTITUDES



1 in 3 feel like robots with their current blood glucose monitoring method

**TYPE 1**

**TYPE 2**

## PEOPLE WITH DIABETES CHECK THEIR BLOOD GLUCOSE LEVELS, ON AVERAGE



6 times a day



3 times a day

## HAVE HAD A HYPOGLYCAEMIC EPISODE (LOW BLOOD GLUCOSE) IN THE PAST WEEK

**82%**

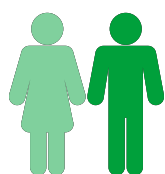
**50%**

## TOP 3 REASONS FOR CHECKING BLOOD GLUCOSE:

- |                                   |  |
|-----------------------------------|--|
| “To adjust my insulin” — <b>1</b> | — “When I feel unwell”                       |
| “When I feel unwell” — <b>2</b>   | — “For my own peace of mind”                 |
| “To avoid hypers” — <b>3</b>      | — “My healthcare professional recommends it” |



**However...** 2 in 3 people do not always check their blood glucose as recommended by their GP



Only half of people feel that their current method of glucose monitoring gives them freedom in life

## LESS THAN HALF FEEL THEIR GLUCOSE MONITORING SYSTEM IS DISCREET

**38%**



**49%**

## “I GET TIRED OF HAVING TO CHECK MY BLOOD GLUCOSE” IS A BARRIER TO MONITORING

**74%**



**62%**

## “I WISH I COULD TAKE TIME OFF FROM MONITORING”

**79%**



**60%**

## AN ‘IDEAL’ GLUCOSE MONITORING DEVICE WOULD OFFER MORE FREEDOM/FLEXIBILITY AND:



“Allow me to always maintain a good blood glucose level”



“Not require me to carry testing supplies”



“Mean I no longer have to interrupt my activities to do a check”



“Mean I no longer have to prick myself with a needle”