# Significant Rise in Type 2 Diabetes Cases Among Under 40s in the UK Linked to Poor Diets and Obesity



### Rise in Type 2 Diabetes Among Under 40s in the UK

A report by Diabetes UK reveals a significant increase in type 2 diabetes cases among individuals under 40, who now represent nearly 168,000 diagnosed cases in the UK. Since 2016/17, there has been a 39% rise in the condition for this age group, equating to over 47,000 additional cases.

The surge is attributed primarily to poor diets and obesity, driven by the availability of unhealthy, cost-effective food high in fat, salt, and sugar. Alarmingly, many individuals aged 16 to 44 remain undiagnosed, estimated at around 50% in this age range.

Type 2 diabetes, often termed the ‘silent killer,’ can lead to severe health complications such as heart disease and stroke. However, lifestyle changes can mitigate the risk. Maintaining a healthy BMI, engaging in regular physical activity, managing blood sugar levels, and increasing dietary fiber intake are recommended.

In response to this health crisis, experts are advocating for a broader approach, including the use of semaglutide injections for children as young as six to combat obesity and reduce diabetes risk. The effectiveness of semaglutide, known for controlling blood sugar and aiding weight loss, has been demonstrated in both adults and children. However, the NHS and NICE have not yet approved its use for children under 12 in the UK.

This rise in diabetes underscores the need for systemic changes, including better food industry regulations, enhanced public health education, and comprehensive interventions to address obesity and diet-related health issues.