

millie's manifesto



2015

Give a fairer future to people with type 1 diabetes

jdrf.org.uk/millie



JDRF

IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.

#CountMeIn

1. Improving awareness

People often confuse type 1 and type 2 diabetes. Headlines that link diabetes with lifestyle choices can be very hurtful to people diagnosed with type 1 – an autoimmune condition with no clear cause.

I think that improving awareness of type 1 – with GPs, schools, journalists, MPs and other decision-makers – will help people to be diagnosed earlier so that they can get the insulin that they need.

What you can do



Please get to know the differences and help to raise awareness of type 1 diabetes. I've included a table overleaf to help you to communicate the differences when you are talking to people about type 1 or type 2 diabetes.

Hi, my name is Millie and I am twelve years old. I have a life threatening health condition.

I am one of the 400,000 people in the UK with type 1 diabetes.

I've written this manifesto to ask for your help in three areas:

Type 1 and type 2 diabetes... ...what's the difference?

Type 1

Symptoms

Common symptoms include: blurred vision, being thirsty, tired, thinner and needing the toilet more. Type 1 makes people very ill very quickly but misdiagnosis is too common.

Diagnosis

Peak age of diagnosis is 10-14 but it can occur at any age from six months old. 97% of children with diabetes have type 1.

Treatment

Multiple daily insulin injections or an insulin pump. Regular blood glucose testing is also necessary.

Cause and Cure

Caused by an autoimmune process where the body mistakenly destroys beta cells. What starts the process is still unclear. The condition is irreversible.

Type 2

Symptoms

Symptoms are similar to type 1 but usually less extreme as they typically develop over a number of years. There are almost a million people with undiagnosed type 2 in the UK.

Diagnosis

Type 2 usually occurs in people over the age of 40 but is increasing in younger people.

Treatment

Often treated by diet and exercise but medication can be required.

Cause and Cure

Around 80 per cent of cases of type 2 diabetes can be prevented or delayed by maintaining a healthy weight, eating well and being active.

2. Living with type 1

Type 1 diabetes research has done brilliant things to help people live with type 1, but I still have to monitor everything I eat and drink and stick myself with a needle more than ten times a day, for the rest of my life.

Insulin pumps can massively help people with type 1. At the moment only 7% of people in the UK have a pump (much lower than other countries) and getting one depends on where you live and who your doctor is.

People also need education courses to help them better manage type 1 and learn how to use different technology. But most people with type 1 aren't offered a course.

That isn't fair.

What you can do



Please talk to your local healthcare authorities to ensure that everyone with type 1 in the local area has access to insulin pumps and type 1 diabetes education courses.



Together we can make a huge difference to the lives of people living with type 1 diabetes.

3. The future of type 1

Research has led to big improvements in how type 1 is treated but there's still a long way to go. Currently the UK Government spends only £6.5m on research into the condition, but it costs the NHS more than £1bn each year to treat people with type 1.

The maths just doesn't add up.

For every person in the UK we spend less than half the amount on type 1 diabetes research as that spent in the USA and Australia.

What you can do



Please write or speak to Government Ministers and your party's policy team to ask them to increase our contribution to type 1 research.

Join the conversation #CountMeIn

 @JDRFUK

 JDRFUK

Know the difference

- 1 Get to know the different types of diabetes and raise awareness of type 1 with GPs, in schools, with MPs and other decision-makers.

Make the difference

- 2 Ensure everyone with type 1 has access to insulin pumps and diabetes education.
- 3 Speak to Government Ministers and your party's policy team to ask them to increase our contribution to type 1 research.

Please tell all your friends and families about the campaign and show your support on Twitter for @JDRFUK using the #CountMeIn hashtag.

For more information see: jdrf.org.uk/millie