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STATE OF TYPE 2 REPORT: Global Access and Attitudes to Diabetes Technology – 2026 Edition

Results from a robust study surveying 2,500+ adults living with type 2 diabetes and 880+ healthcare professionals (HCPs) across Germany, Italy, Japan, Poland, Saudi Arabia, Sweden, UK and US

The type 2 diabetes epidemic keeps rising worldwide

Type 2 diabetes remains the most common type of diabetes, accounting for over 90% of all diabetes worldwide,¹ with no signs of slowing down.

1 in 9 people (20–79 years) worldwide are living with type 2 diabetes¹

Over 4 in 10 people are unaware they have the condition¹



**850+
MILLION**

people are
projected to have
diabetes by 2050¹

New results, proven impact: CGM transforms type 2 diabetes care

Continuous glucose monitoring (CGM) remains the essential tool for helping people with type 2 diabetes (PWT2D) follow their treatment plans, enabling behavior change and achieving sustained outcomes. This is consistent with last year's findings, demonstrating that when CGM reaches PWT2D, it fundamentally transforms how they manage diabetes.

Among CGM users:

94% gain greater independence

93% find it easy to use

91% use the data to inform their treatment decisions

CGM use expands alongside global GLP-1 boom

Since 2024, the share of PWT2D who use GLP-1s has nearly doubled across markets we surveyed in both 2024 and 2026, and the current data shows CGM emerging as the natural complement.

58% of GLP-1 users say they pair the medication with CGM

However, many reported being unaware that GLP-1s and CGM can be used together, indicating not just an opportunity for education, but also the potential for greater uptake.

72% of people living with diabetes are still unaware that GLP-1s and CGMs can be used together

65% of people who don't use a CGM or GLP-1 express interest in trying CGM if their HCP recommended a GLP-1 alongside it to help them understand their progress





Challenges with awareness, education and access persist

Despite CGM use expanding across the eight surveyed countries, education and awareness gaps persist.

75% of PWT2D say they knew little or nothing about diabetes when they were diagnosed

>50% of PWT2D surveyed in almost every country did not realize how much of an impact this condition would have on their daily life

33% of PWT2D report knowing what a CGM is and how it can help manage type 2 diabetes

28% of people not on insulin say they do not know what a CGM is (this figure is cut in half among insulin users, indicating an opportunity for clinicians to reach and educate non-insulin users)

CGM is a win-win for PWT2D and HCPs

While the majority (70%) of HCPs cite getting their patients to follow their treatment recommendations as a significant challenge, both HCPs and PWT2D agree that CGM could significantly improve the extent to which PWT2D are able to stay on track with treatment, among several other benefits:

80%

of PWT2D agree that CGM could improve the lives of those living with type 2 diabetes

91%

of PWT2D use CGM data to actively inform their treatment decisions, demonstrating that CGM is not just a monitor, it's a behavior-change tool

89%

of HCPs believe CGM helps assess whether their patients are following their treatment plan between visits



Scan the QR code to check out Dexcom's 2026 State of Type 2 Report and learn more about how CGM is helping advance diabetes management and care.



¹ International Diabetes Federation Diabetes Atlas 2025
All non-referenced information throughout this document is based on the Dexcom State of Type 2 Report survey data. Dexcom Data on File, 2026.

Survey Methodology

Methodology

- The data for this report were collected using a quantitative online survey between April 13, 2026 – April 27, 2026
- Sample was sourced via online panels

Sample definition

- PWT2D – Adults who have been diagnosed with type 2 diabetes
- Health Care Professionals (HCPs) – People who work in healthcare as Primary Care Generalist/Specialist/Nurses/GP/GP with extended role, Community Nurse/Educator, Primary Care Network Business Managers/Pharmacists, Secondary Care Consultant/Consultant Endocrinologists, Diabetes Specialist Nurse/Midwife, Diabetologist or Payors (including: PCN Business Managers, Quality and Improvement Managers, Pharmaceutical Advisers, Prescribing Advisers)

Sample size

- PWT2D – n=2,502 across 8 countries (Germany [n=310], Italy [n=314], Japan [n=310], Poland [n=311], Saudi Arabia [n=310], Sweden [n=311], United Kingdom [n=311], United States [n=325])
- Health Care Professionals – n=888 across same 8 countries (Germany [n=108], Italy [n=114], Japan [n=106], Poland [n=108], Saudi Arabia [n=120], Sweden [n=110], United Kingdom [n=113], United States [n=109])