

Diabetes

Find information about diabetes, including reducing risk, managing the condition and accessing support in Northern Ireland.

Who is this page for?

- People living with diabetes - to provide information and signposting to support self-management of diabetes
- Health and Social Care Professionals - to access regional guidance and shared resources
- Partner organisations - to acknowledge the collaboration and partnership working in addressing diabetes

What is diabetes?

Diabetes is a serious condition that causes too much sugar to build up in the bloodstream. This happens when the body cannot make enough insulin or when the insulin it produces does not work properly.

There are several different types of diabetes. This video explains diabetes in more detail and provides information on ways to manage it. [What is diabetes? \[Spoken in English\]](#)

Looking for support to manage diabetes?

- Diabetes UK, Northern Ireland [Northern Ireland | In your area | Diabetes UK](#)
- Diabetes Network, NI [The Diabetes Network for Northern Ireland](#)

How does the PHA support this work?

The PHA supports the implementation of the Department of Health's (DoH) [Strategic Framework for Diabetes](#) through:

- Strengthening collaborative working as members of The Northern Ireland Diabetes Network [Diabetes Network - Structure and working groups - DOH/HSCNI Strategic Planning and Performance Group \(SPPG\)](#)
- Supporting partners to deliver diabetes prevention and screening programmes [Diabetes Prevention Programme - Northern Ireland - Directory Listing](#)
- Workforce planning
- Educational information – see Resource links currently on the PHA Website

Resources

- [Individual healthcare plan for Type 1 diabetes | HSC Public Health Agency](#)
- [Diabetes Competence Assessment Tools | HSC Public Health Agency](#)
- [Diabetes in pregnancy: are we providing the best care? | HSC Public Health Agency](#)
- [Children's Diabetes Service school log book: insulin pump | HSC Public Health Agency](#)
- [Children's Diabetes Service school log book: insulin injections | HSC Public Health Agency](#)
- [Type 2 Diabetes for people with a Learning Disability | HSC Public Health Agency](#)

Last reviewed
05 October 2026