



# The potential impact of predictive glucose monitoring on life with diabetes

Global

## Diabetes deeply impacts mental wellbeing

Living with diabetes is an emotional toll on everyday life.

66%

say the condition **significantly affects their emotional wellbeing**. This rises to 77% among Type 1 patients.

61%

say they often feel a **mental burden** from daily management, and 70% report **anxiety or worry about the future**.

1 in 2

experience **feelings of loneliness or isolation** due to their diabetes.

## Diabetes management limits spontaneity and quality of life, both day and night

Unpredictable glucose variations disrupt confidence, rest, and daily freedom.

56%

say diabetes negatively impacts their ability to **be out of the house all day**. This rises to 69% among Type 1 patients.

1 in 2

say diabetes negatively affects situations like **being stuck in traffic or long meetings**, rising to 63% among Type 1 patients.

3 in 5

say diabetes negatively impacts their ability to **feel rested in the morning and ready for the day**, rising to 71% among Type 1 patients.



## Current diabetes management doesn't always deliver the control people may need

People with diabetes are looking for smarter technology and foresight into how their glucose levels are shifting.

Just 1 in 3

feel **very confident** in how they **currently manage their diabetes**.

36%

say **smarter technologies** (i.e., predicting blood sugar changes) should be a **top priority** in improving the lives of PwD.

50%

of those who rely solely on blood glucose meters (BGM) say **predictive alerts** before problems arise would most **motivate them to try continuous glucose monitoring (CGM)**.

## Could predictable insights be the future of diabetes care?

The emotional strain and daily challenges outlined above are more pronounced among Type 1 and insulin-treated Type 2 patients, underscoring the urgent need for tools that simplify management and strengthen peace of mind. Smarter tools that predict glucose swings will help people with diabetes feel safer, more confident and more in control.

45%

say **predicting future blood glucose levels** would be their first priority for using an AI-enabled solution.

46%

would feel more in control if they could **see trends before they turn into problems**, and 4 in 10 say **fewer surprises or unexpected spikes or drops** would do the same.

8 in 10

Type 1 patients say **having a tool that helps them predict events** like hypoglycemia or hyperglycemia would be **valuable**.

This infographic is based on bespoke data from a GWI research study commissioned by Roche in September 2025, exploring diabetes perceptions, life with diabetes and management tools. The study surveyed 4,326 people with diabetes (PwD) aged 16+ globally, of which 912 reported having Type 1 diabetes, 3,312 Type 2 diabetes, and 1,928 who solely use blood glucose meters (BGM). All data presented in this report refers to PwD and was part of a wider study among 16,310 internet users aged 16+ across 22 markets. Markets include Australia, Austria, Belgium, Brazil, Chile, Croatia, Czech Republic, Denmark, Germany, Hong Kong, India, Japan, Kuwait, Netherlands, Poland, Portugal, Romania, Saudi Arabia, South Africa, Spain, Turkey, and the UK.