

- Currently, there is no consensus on which type of insulin should be initiated in insulin naïve patients with Type 2 diabetes (T2D).
- Few studies have examined treatment outcomes following insulin initiation in a publicly funded clinical setting.
- This cross sectional study reviews primary (glycated hemoglobin [HbA1c], weight change at one year, admissions for hypoglycemia in a one year period) and secondary outcomes (HbA1C <55 and medication persistence) in 339 patients with T2D at 12 months post initiation of insulin in a diabetes referral centre in Auckland, New Zealand.
- Only 6% of patients achieved national glycaemic control targets 12 months after initiating insulin.
- Patients on insulin glargine were more likely to achieve national control targets ($P = 0.05$), those on premixed insulin ($P = 0.013$) were more likely to persist with insulin therapy.

This summary slide represents the opinions of the authors. Medical writing assistance for this study was provided by Catherine Rees. For a full list of acknowledgments and conflicts of interest for all authors of this article, please see the full text online. Copyright © The Authors 2015. Creative Commons Attribution Noncommercial License (CC BY-NC).