



Experiences of Diabetes Management with FreeStyle Libre 2 among Adults with Type 2 Diabetes in Québec: A Focus Group Study

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BACKGROUND

- Diabetes is a major health burden in Canada, affecting approximately 3.9 million people (9.7% of the population).¹
- Continuous glucose monitoring (CGM) has been shown to reduce hypoglycemia and enhance glycemic control.^{2,3}
- Behavioral impact of CGM, in patients living with type 2 diabetes (T2D), remains under explored.

PURPOSE

- To understand the lived experiences and behavior changes associated with FreeStyle Libre 2 system use among people living with T2D.

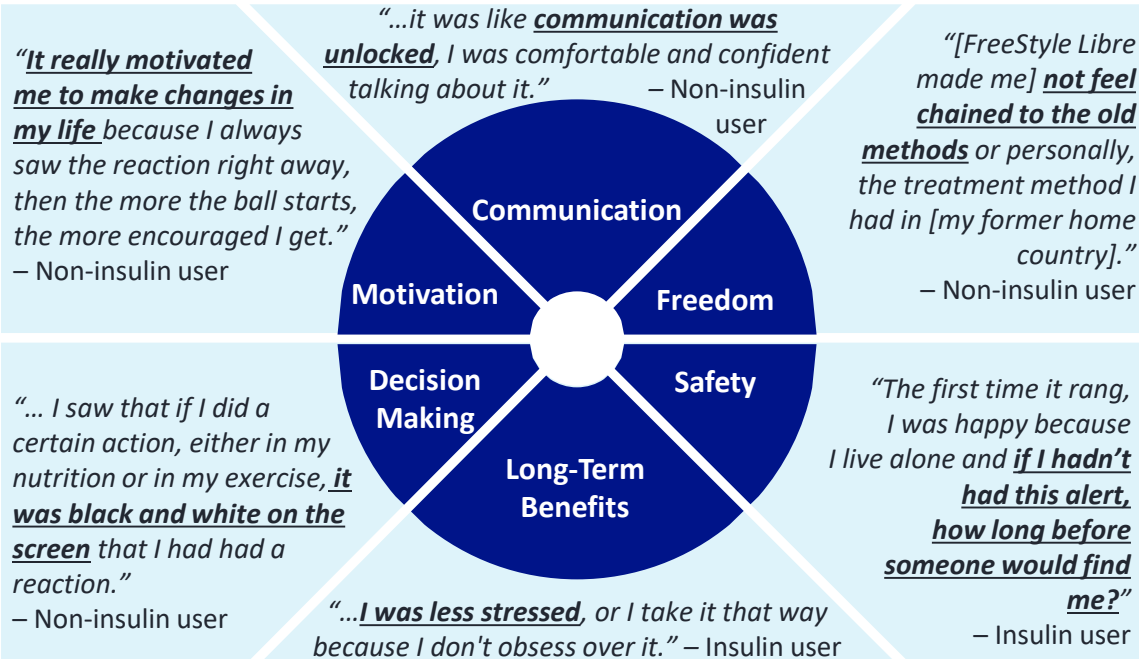
METHODS

- 2 Qualitative focus groups with a semi-structure interview format led by experienced facilitators.
- Inclusion criteria: (1) ≥18 years old (2) Québec resident (3) Diagnosed with T2D (4) ≥6 months FreeStyle Libre 2 use
- Thematic analysis to identify key themes.

RESULTS

- Non-insulin group: 9 participants (6 women, 3 men)
- Basal-insulin group: 7 participants (2 women, 5 men)
- Most participants (n=13) used system for ≥1 year
- **6 key themes identified:** Motivation, Freedom, Safety, Communication, Decision-making, Long-term benefits

RESULTS



CONCLUSIONS

- Long-term FreeStyle Libre 2 system users reported that the system helped them make healthy behavior changes and maintain improvements over time.
- These results support FreeStyle Libre 2 system as a long-term diabetes management tool.

¹Health Infobase. Diabetes in Canada. Updated Nov 20, 2025. Available from: <https://health-infobase.canada.ca/diabetes/>

²Diabetes Ther. 2017 Jun;8(3):573-586. doi: 10.1007/s13300-017-0255-6. Epub 2017 Apr 11.

³Diabetes Ther. 2022 Jun;13(6):1175-1185. doi: 10.1007/s13300-022-01253-9. Epub 2022 Apr 27.