**DIABETES- A GLOBAL PUBLIC HEALTH CONCERN**

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**DIABETES- A GLOBAL PUBLIC HEALTH CONCERN**

# Introduction

Diabetes is classified as a major noncommunicable disease (NCD) by the World Health Organization (WHO) and is included in their international action plan for NCD prevention and control (W.H.O, 2022). No matter the nation, age group, or sex, diabetes is one of the most prevalent causes of fatalities as well as disabilities in the globe. It includes a number of types, with type 2 being the most common (Lancet, 2023). Diabetes that is not under control raises the risk for heart conditions, amputations, kidney disease, damaged nerves, eyesight loss, and pregnancy difficulties (Safiri et al., 2022). Additionally, diabetes places a heavy financial burden on people, families, medical facilities, and national economies (Zawudie et al., 2022). This assessment aims to meet important module learning objectives by presenting a thorough and comprehensive analysis of diabetes, highlighting its significance and effects on public health on a global scale.

# A Global Public Health Concern

Diabetes is a worldwide problem that affects people all over the world and has no geographic boundaries. The worldwide diabetes issue is unquestionably a result of globalization. In our connected globe, there is a rapid movement of goods, concepts, and information, which has changed people's eating habits (Hu, 2011). Even the most remote regions of the world may today easily access processed, high-sugar, high-calorie foods. This globalization-related dietary change has made a significant contribution to the growth in diabetes cases around the world. It serves as a striking illustration of how external factors might affect local health results (Hu, 2011).

Diabetes affected 529 million people worldwide in 2021, with a prevalence of 6.1%. North2Africa and the Middle2East (9.3%) and Oceania (12.3%) had the highest rates (Lancet, 2023). In particular, the prevalence of diabetes among people aged 75–79 in Qatar was the highest in the entire globe at 76.1% (Lancet, 2023). Type 2 diabetes is the main cause of this burden, accounting for 95.4% of diabetes-related disability-adjusted2life years (DALYs) and 96% of cases worldwide (Lancet, 2023). A key contributor to 52.2% of type 2 diabetes DALYs in 2021 was high BMI. Furthermore, from 1990 to 2021, the proportion of high BMI in DALYs with type 2 diabetes grew by 24.3% (Lancet, 2023). Projections indicate there will be 1.31 billion individuals worldwide with diabetes by 2050, with prevalence levels in certain regions surpassing 10%, highlighting the critical need for worldwide diabetes management initiatives (Malesu, 2023).

# Global Health Governance in Diabetes Control

Global health governance, illustrated by institutions like the World Health Organization (WHO), plays a pivotal role in addressing diabetes on a global scale. The WHO has taken substantial steps to combat diabetes notably through the Global Action2Plan for the Prevention2and Control of Noncommunicable2Diseases (NCDs) (W.H.O, 2022). The WHO's diabetes International Action Plan involves the establishment of the Global Diabetes Compact in 2021. The WHO Global Diabetes Compact aims to reduce the possibility of getting diabetes while making certain that anybody who has been identified as having it has access to fair, comprehensive, affordable, and excellent treatment (W.H.O, n.d.). Work carried out under the Compact will also contribute to a decrease in diabetes type 2 associated with variables like weight gain, poor diet, and sedentary (WHO, n.d.).

# Social, Economic, Political, and Environmental Factors

 Social determinants have an influence on diabetes prevalence, and statistics illuminate this impact. Income, for instance, plays a pivotal role. Individuals with lower incomes often face a significantly higher risk of developing diabetes (Sharifirad et al., 2013). According to a study by hill-brings et.al (2020), individuals in low-income brackets are three times more likely to develop diabetes compared to those with higher incomes (40% compared to 101%. This income-based health disparity underscores the significance of socioeconomic factors in diabetes prevalence.

Economic dimensions of diabetes are strikingly impactful. The costs associated with diabetes are not just individual burdens; they also strain healthcare systems and national economies (Zawudie et al., 2022). For instance, the American Diabetes Association (2018) calculated the complete expense of diabetes diagnosis in the USA to be $3272billion in 2017, which included $2372billion in immediate healthcare expenses and $90 billion in decreased productivity. These staggering economic costs highlight the urgency of addressing diabetes as a fiscal challenge alongside a health issue.

Political determinants are pivotal and have quantifiable consequences. Government policies have the power to shape public health responses. For instance, Government policies, exemplified by Mexico's sugar tax, reduced sugary beverage consumption by 7.6% within two years, showcasing policy measures' tangible impact on healthier dietary choices and potentially lowering diabetes risk (Boseley, 2017). Environmental factors such as in urban settings contribute to limited safe spaces for physical activity contribute to a sedentary lifestyle, with nearly 30% of US adults not engaging in leisure-time physical activity, fuelling diabetes prevalence (Park et al., 2020). Moreover, exposure to outdoor air pollution is linked to 3.2 million new global diabetes cases annually, emphasizing the environmental aspect and the necessity of clean air policies to reduce risk (Ao et al., 2022).

# Conclusion

Diabetes stands as a formidable global public health challenge, transcending borders and affecting populations worldwide. The impact of globalization on dietary patterns underscores its global nature. Global health governance, led by institutions like the WHO, is crucial in addressing this epidemic. Socioeconomic factors, high economic costs, policy interventions, and environmental influences all intertwine to shape the diabetes landscape. Recognizing these dimensions is crucial for effective public health responses and the global management of this pressing issue.

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