

Name: Susmita Roy

Student Number:2427490

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Lecturer's name: Caroline Salami

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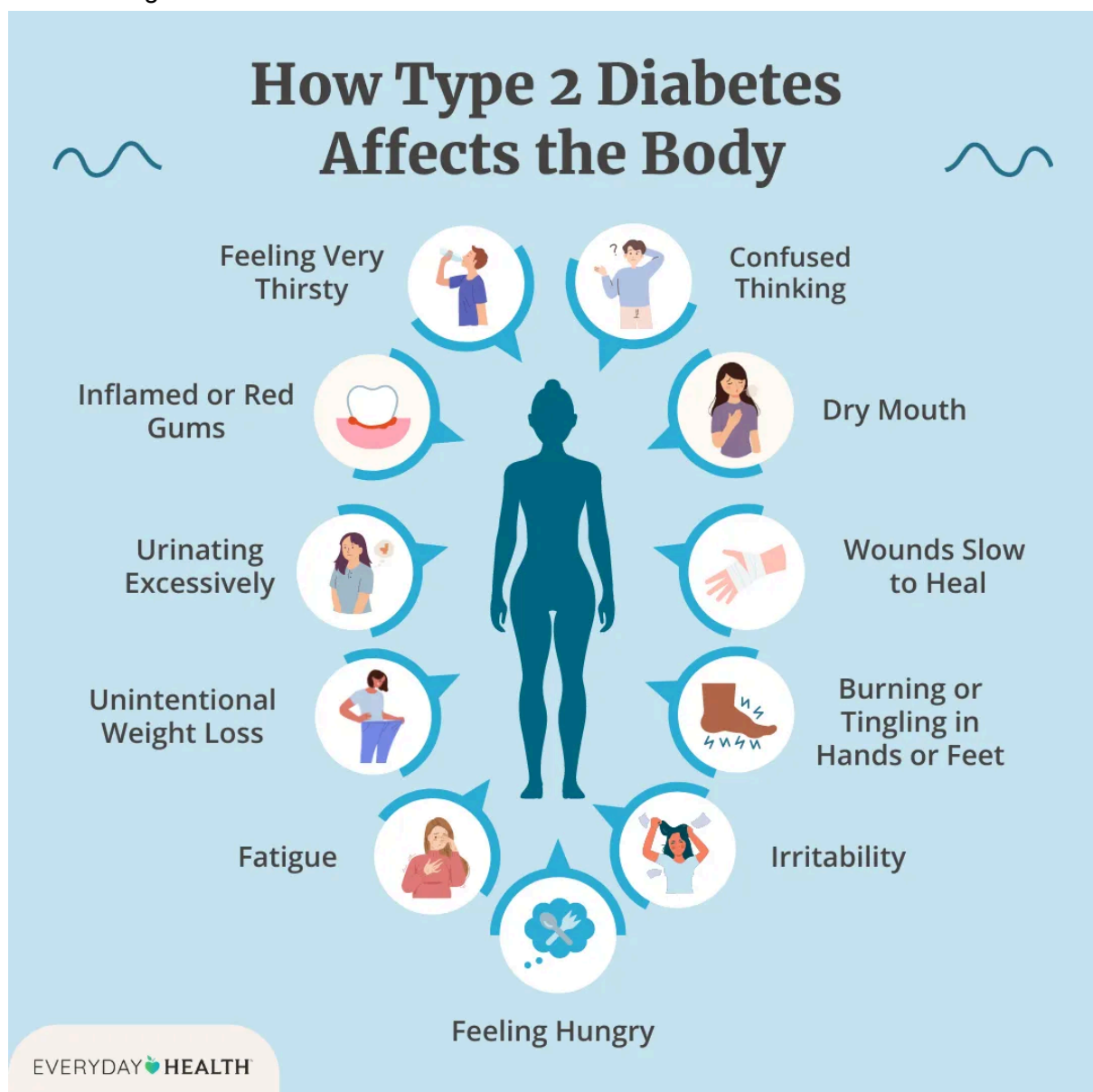
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Type 2 Diabetes

Introduction: Type 2 diabetes is a chronic metabolic situation characterised by high blood glucose levels resulting from the health's insulin resistance and less sufficient insulin production. This is a global health issue and a rapidly growing disease. The problem arises when the pancreas cannot produce enough insulin for health. Also, insulin is a hormone which improves the health of cells using glucose from daily food for energy. Sometimes it can cause serious long-term injuries to nerves, kidneys, eyes and blood vessels. Also, it can increase the risk of strokes and heart attacks.

There are few common signs and symptoms. It includes excessive thirst and frequent urine issues, mostly at night. Also, a few common signs are constant weight loss, fatigue and other problems such as blurred vision or slow-healing infection. Sometimes it can cause nerve damage.



Source: [What Are the Signs and Symptoms of Type 2 Diabetes?](#)

Around 589 million people aged from 20 to 79 were living with diabetes in 2024. Also, it is predicted that the figure will be 853 million by 2050. On the other hand, approximately 5.8 million UK people are estimated to have diabetes.¹

Body

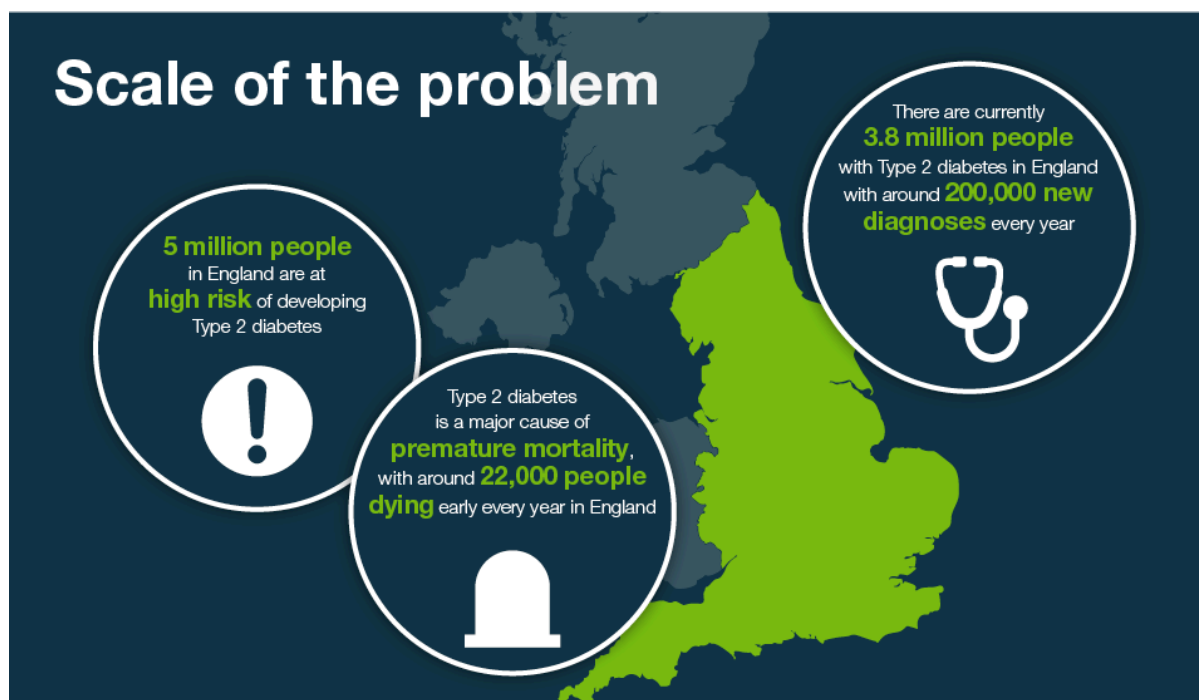
Consequences for type 2 diabetes in the community and for the NHS: It has massive consequences in our society, family and lifestyle. Sometimes this is called the mother of all diseases. Because people face different diseases for this type 2 diabetes. Those are kidney disease, heart disease, eye problems, and amputation for individuals. Also, it places a high economic and service burden on the National Health Service in the UK. It consumes around 10% of the budget due to long-term competition and treatment cost, straining resources and impacting all productivity and public health as well.

Consequences for Individuals & the Community (Human & Societal Cost):

- Minimise quality of life: In England more than 22000 people die every year from type 2 diabetes. It is mostly not type 2 diabetes itself which causes death, but complications of the disease, including cardiovascular disease (CVD).²
- Severe Health Complications: Type 2 diabetes increases the risk of heart attacks, strokes, kidney failure, nerve damage (neuropathy), blindness (retinopathy), foot ulcers, limb amputations and many more diseases.

¹ Bupa (2023). Type 2 diabetes (reviewed by Paul McArdle, registered dietitian) [Online]. Bupa. Available at: <https://www.bupa.co.uk/health-information/type-2-diabetes> [Accessed: 08 December 2025].

² Public Health England. (2018). Health matters: preventing type 2 diabetes. [Online]. Available at: <https://www.gov.uk/government/publications/health-matters-preventing-type-2-diabetes> (Accessed: 10 December 2025).



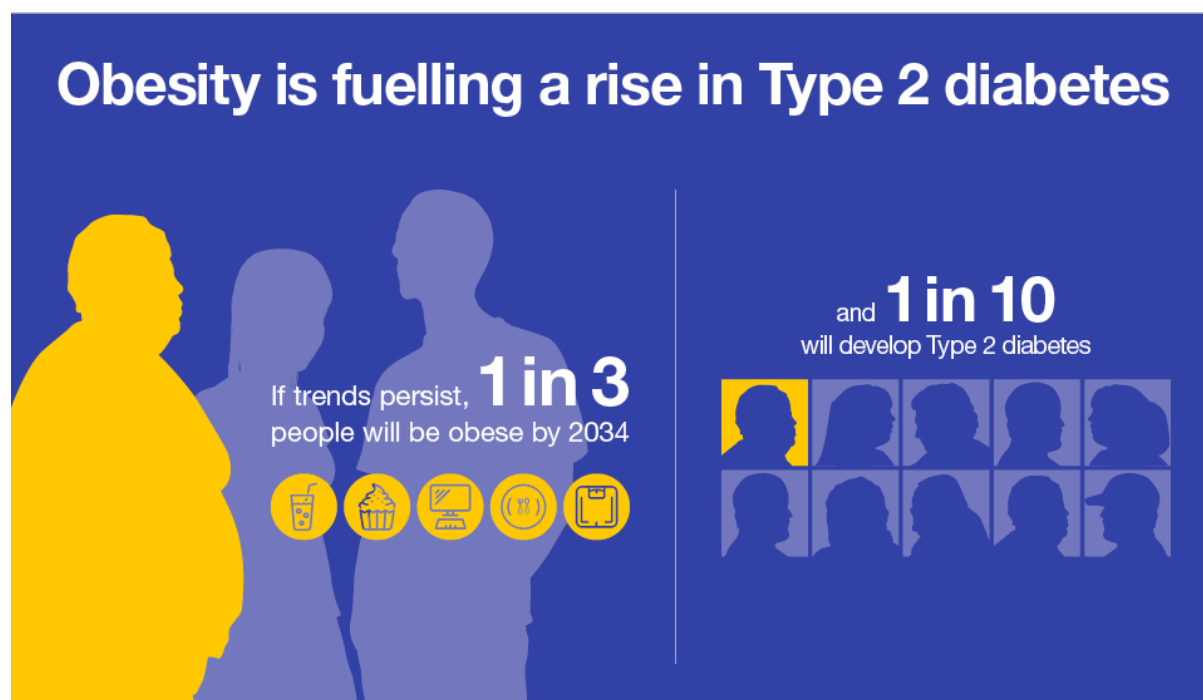
Source: Health matters: preventing Type 2 Diabetes - GOV.UK

- Impact on family and career: It also creates a big impact on family and individual life. So every family member and friend should be more supportive so that they can recover from this critical disease.
- Financial Impact: It also decreased workforce productivity and participation due to their disability and sickness.
- Physical Inequality: Sometimes it makes an impact on certain ethnic groups, such as Black and Hispanic populations, and those who face heavy risk and negative feedback.³

Consequences for Type 2 Diabetes in the NHS: Following an examination, it was discovered that the yearly rate of type 2 diabetes incidence by DPP wave is descriptive. Weighted-mean incidence rates for practices in each of the three waves are also calculated annually. This uses the size of the risk population in each practice as weights and displays them graphically. It used Poisson regression models to calculate cross-sectional, unadjusted Incidence Rate Ratios (IRRs) for average differences between waves in each year. These simple descriptive statistics demonstrate how the raw differences in type 2 diabetes incidence rates between the groups have changed over time. It then used a

³ Williams, E.W. (2023). How diabetes reached epidemic proportions, and what we can do about it. [Online]. UT Southwestern Medical Center MedBlog. Available at: <https://utswmed.org/medblog/diabetes-testing-a1c-prevention/> (Accessed: 11 December 2025).

difference-in-differences approach to estimate the impact of introducing the DPP on incidence rates of type 2 diabetes across England⁴.



Source: Matters: Preventing Type 2 diabetes – UK Health Security Agency

Type 2 diabetes has severe, costly consequences for the NHS, resulting in increased spending (estimated at £16.9 billion) and significant patient health burdens, such as increased risks of heart attacks, strokes, blindness (retinopathy), kidney failure, nerve damage (neuropathy), and limb amputations, all of which necessitate extensive, long-term management and specialist care within the health service.

How to control type 2 Diabetes

A comprehensive plan that emphasises medication, lifestyle modifications, and routine health monitoring is used to manage type 2 diabetes, a chronic illness. To avoid major long-term issues, the main objective is to keep blood glucose (sugar) levels within a target range.

Lifestyle Modifications: Our lifestyle is very important to adjust to type 2 diabetes. There are things that need to change in our daily life. Those are given below:

- **Healthy diet:** First of all, everyone has to be more focused on their healthy diet. People should eat more vegetables, fresh fruits and so on. Also a registered dietitian

⁴ Dimick, J.B. and Ryan, A.M. (2014). Methods for evaluating changes in health care policy: the difference-in-differences approach. *JAMA*, 312(23), pp.2401-2402.

do help to make a personalized diet plan, often using methods such as the American Diabetes Association's Plate Method to make sure of daily protein size⁵.

- **Physical Activity:** There are different types of physical activities, such as walking and swimming. Every generation from different ages can walk so that it helps to decrease blood sugar and increase the health's sensitivity to insulin.
- **Weight Management:** When someone is overweight, then the best thing is losing weight so it can help to control body fat. Also, losing approximately 5% to 7% of healthy weight can offer substantial benefits⁶.
- **Other factors:** Sometimes smoking and drinking alcohol intake are the cause of type 2 diabetes. Also, it can cause huge stress and less sleep. So it is important to sleep timely and avoid smoking and consuming alcohol.

Type-2 Diabetes Prevention

The prevention of type 2 diabetes mellitus can be achieved by following:

- Maintain normal body mass index
- Regular exercise
- A diet rich in fibre and protein and low in fats (saturated)
- Intake of low glycaemic index fruits and vegetables

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⁵ [Understanding Type 2 Diabetes | ADA](#)

⁶ Mayo Clinic Staff. (2024). Diabetes management: How lifestyle and daily routine affect blood sugar. [Online]. Mayo Clinic. Available at: <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/art-20047963> (Accessed: 13 December 2025).

Source: Type 2 Diabetes Symptoms, Causes, Risk Factors & Prevention

Treatments and Medication: Healthcare professionals may recommend medication if lifestyle modifications are insufficient to maintain desired blood glucose levels.

- ❖ **Injectable Drugs:** If oral drugs are not enough, insulin or other injectable drugs (like GLP-1 agonists like semaglutide or tirzepatide) may be needed. An essential hormone that facilitates the transport of glucose into body cells for energy is insulin.
- ❖ **Oral Medication:** Metformin is the first drug that is prescribed. It helps the body use insulin more efficiently and reduces the amount of glucose the liver produces. It is also possible to use other oral medications in combination.
- ❖ **Surgery for weight loss:** For aged people, type 2 diabetes and a BMI (Body Mass Index) of more than 35 years may be approached for weight loss surgery. So that someone can fit by doing this surgery.

Ongoing and Monitoring Care: Daily check-ups are very important for type 2 diabetes patients.

- **Regular physical checkup:** Type 2 Diabetes should regularly have an A1C test and a blood pressure checkup. Cholesterol checkups and other screenings for potential complications connected to physical organs such as kidneys, eyes and feet as well.

How type 2 diabetes influences the health and well-being of people affected by the disease/condition and people around them.

Diabetes patients can influence their own lifestyle and others' as well. It creates a huge impact on social, economic, physical and psychological factors.

To live in this condition, the primary physical burden comes from the demanding need for exercise, diet and meditation and the constant problem of severe complications. Life-altering diseases like cardiovascular disease, kidney failure, blindness, and nerve damage that significantly impair physical function and quality of life can result from uncontrolled blood sugar levels⁷.

In addition to physical health, mental and emotional health are severely impaired. A significant portion of patients suffer from anxiety, depression, and diabetes-related distress, which is a deep annoyance with the day-to-day challenges of the condition. Persistent psychological stress is brought on by the ongoing attention to detail needed for blood sugar monitoring, as well as the fear of acute episodes (hypoglycemia) or long-term harm.

Due to dietary restrictions, people may experience social stigma or find it difficult to engage in everyday activities like eating out, which can result in feelings of loneliness. The cost of continuing care, prescription drugs, and possible lost productivity can put a significant

⁷ Liu, X. (2023) 'Advances in Psychological and Social Aetiology of Patients with Diabetes', *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*, 16, pp. 4187–4194. DOI: 10.2147/DMSO.S439767.

financial burden on one's ability to receive essential medical care and maintain general wellbeing.

There is a significant knock-on effect on carers and family members. They frequently share the emotional burden, feeling anxious and fearful about their loved one's health and potential emergencies. Carers, in particular, may experience significant physical and emotional strain, resulting in decreased well-being⁸.

Family dynamics frequently change as the entire household adjusts to lifestyle changes, such as starting a new diet. While this can promote unity, it can also cause conflict if family members oppose the changes or the patient feels overly controlled. A lack of education among relatives can further impede effective support, posing barriers to communication and collaboration.

Type 2 diabetes management is essentially a family journey. To effectively navigate the challenges, the health and well-being of all parties involved must be considered holistically, which includes robust educational resources, psychological support, and social accommodations. Understanding these interconnected factors is critical for improving health outcomes for both patients and their support systems⁹.

Conclusion

In conclusion type 2 Diabetes is an important and overwhelming public health issue which affects patients, society, community and healthcare system in all over the world including the United Kingdom. Within the community, type 2 diabetes can limit individuals' ability to work, maintain independence, and participate fully in daily activities, while also impacting families and carers both emotionally and financially. It is very important for all patients. This is not only a duty for patients but also the Government can play a vital role for this. Overall improving prevention strategies, community based support and patient education are vital parts to reduce the pressure of type 2 diabetes and increase feedback for those affected.

⁸ Kotlaric, V., Rahelic, V. and Sakic, Z. (2023) 'The Quality of Life of Caregivers of People with Type 2 Diabetes Estimated Using the WHOQOL-BREF Questionnaire', *Diabetology*, 4(4), pp. 430–439. Available at: <https://doi.org/10.3390/diabetology4040037>.

⁹ Mangoulia, P., Milionis, C., Vlachou, E. and Ilias, I. (2024) 'The Interrelationship between Diabetes Mellitus and Emotional Well-Being: Current Concepts and Future Prospects', *Healthcare (Basel)*, 12(14):1457. Available at: <https://doi.org/10.3390/healthcare12141457>.

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