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Introduction

Diabetes is a common chronic illness that results in the human body due to the body's inability to produce enough insulin or have the available insulin in the body regulate the body's blood sugar (glucose) level. The chronic effect of diabetes over time has been the dire situation that often arises when the body is not receiving enough injected insulin treatment required to keep functioning (WHO, 2021). This occurrence within the human body is known as Hyperglycemia; the inability to regulate this rise in blood sugar oftentimes leads to serious health challenges within the body which could easily result in the weakening of the nerve and blood vessels.

Diabetes as a chronic illness comes in different types, having their level of urgency determined by the type of diabetes a carrier is suffering from. Although there are different types of diabetes with different risk factors requiring different levels of health attention, one thing they all have primarily in common is the excessive presence of glucose within the body's bloodstream (Tayde, 2019). Types of diabetes include.

1. **Type 1 Diabetes:** Type 1 diabetes happens to be the most chronic of all the diabetes types. Its level of medical urgency has gained it the sub-name "insulin-dependent" meaning that people with type 1 are required to take insulin injections every day. This chronic medical condition arises as a result of your body's inability to produce insulin due to the destroyed insulin cells in the pancreas. 10% of diabetes carriers have the type 1 variant.
2. **Type 2 Diabetes:** This Diabetes variant results majorly as the body's cells inability to normally produce enough or respond to insulin. Type 2 is the more common variant present in over 95% of Diabetic patients. This variant has been diagnosed to occur mostly in middle-aged and older people although, in recent times, it has been noted to occur amongst youth and children due to health conditions like obesity. It is equally a serious diabetes condition.
3. **Prediabetes:** This variant occurs a little before type 2, resulting in the body cells glucose level being abnormally high yet not high enough to be diagnosed as a Type 2.
4. **Gestational Diabetes:** This variant occurs majorly in pregnant women during pregnancy and can only be dictated through prenatal screening. In most cases,

gestational diabetes goes away after pregnancy but in some other cases, this variant expose both the pregnant mother and child to Type 2 diabetes in the future if not properly medically handled.

Even though diabetes as a chronic illness has been an age-long illness, there still exists some treatment, management, and medically advised prevention procedures to better manage the illness (Barbara et al, 2017). Management hugely depends on the type. For Type 1, medical treatment requires the daily intake of insulin. Type 2 requires taking both diabetes medications and medications for conditions that are risk factors. For patients diagnosed with prediabetes, treatment plans require that they indulge more in healthy eating and exercising habits. Prenatal screening of gestational diabetes requires that the pregnant mother observes some diet modification if the glucose level is not high, but when it is diagnosed as considerably high, medication and the use of insulin is medically advised to avoid further health complications.

Analysis of Diabetes

Diabetes, as it relates to the health conditions of an individual, does not just have biological determinants but also has some social determinants that contribute to the diagnosis and treatment of the illness. Commonly known, diabetes is either present within the human body from birth, or as an effect of one's lifestyle. These primary determinants of Diabetes play a pivotal part in determining treatment measures that push through towards the proper management of the chronic illness. To understand the treatment and management procedures for Diabetes within the body, there must first be the existing knowledge on the primary and other accompanying sources of this health issue (Christopher, 2002).

This knowledge allows for the classification of the various diabetes variants into types, and it is in knowing these types that better treatment options can be introduced.

Treatment of diabetes isn't one that is not faced with some advantages and challenges. These advantages and disadvantages of diabetes treatment hinge on both social and health care factors. Over time, treatment of diabetes has only focused and concerned itself with biological, environmental, and behavioral factors like genes, diet, physical

activities, and viruses that are primary triggers to this illness (Barbara, 2007). However, treatment of diabetes shouldn't be observed from the surface level as there exist other sociological factors that contribute to the illness and addressing them will help to better manage this illness.

There are medical management techniques for diabetes such as Insulin intake, proper dieting, and regular exercising which all benefit the body cells towards better functioning and blood glucose level regulation. Regardless, there still exist some limiting factors that distance a larger number of diabetic patients from having proper access to the health care required to better manage their chronic illness. One of the major factors that pose this challenge in the treatment of diabetes is income level, financial insecurity, low educational attainment, etc.

To better manage the issue of Diabetes, there must be a sustainable solution to identify people at high risk of the illness and to proffer proactive means of connecting them to the health care services they require. Social issues have a lasting effect on people's response to Diabetes and its treatment. The unavailability of health reform measures that provide policies that cater health resources for people at risk of Diabetes exacerbates the health level of people with this chronic condition (Saudek, 2002). Interestingly, both the social factors and health factors of diabetes become linked, as the inability to meet the social requirements for treating diabetes, in turn, exacerbates the health issues associated with the illness.

While Diabetes has been notable overtime to have acquired a lasting and viable treatment plan for sustenance, taking cognizance of not just biological and environmental factors but also how the social and economic factors contribute to the treatment of this chronic illness helps in understanding ways through which health resources could be extended and channeled towards bridging this social divide that results in lasting health challenges for diabetic patients.

Evaluation of Policies in Diabetes

Over time, questionnaires have become the most efficient means of handing out surveys and gathering important information based on people's responses to carefully constructed questions.

Here, I look into responses from questionnaires, how they relate to Diabetes, and how the answers derived could help in providing a healthy response to managing lifestyles that are resulting in risk factors to the issue of Diabetes.

I interviewed patient A who identifies as a smoker, smoking a little over 39 sticks of cigarette a day. From this observation, it's noteworthy that patient A, who was born in 1976 within the age bracket of 45-50 is unknowingly exposing themselves to Diabetes. What this excessive intake of the nicotine content of cigarettes every day could easily result in is the presence of type 2 diabetes, a resulting factor of the inability of the insulin content within the body to regulate blood sugar level and function effectively as it's being restricted from smooth functioning due to the spread of inflammation across the body. From my observations of patient A's smoking habit and their blood pressure level which records as 140/90, it can be deduced that patient A is experiencing early signs of stage 2 high blood pressure which can be classified as an indicator of a possible diabetes outcome in the future.

Additionally, patient A who is 5.2 feet tall, weighs 80kg, and only seldom indulges in exercise is also risking their health as 80kg for a person of their height is overweight and should indulge more in exercise to reduce compiling health risk factors.

On the other hand, I've also noted that Patient A needs some alcohol education due to their daily alcohol consumption level of 2 units of wine per day. Too much alcohol intake could expose them to diabetes as there could be an inflammation of the pancreas impairing its ability to generate insulin in the body.

Observations gathered from answers from patient A shows a high risk of diabetes lurking around due to their poor health habits. To better manage this situation and not risk encountering type 2 diabetes (which is common for this habit), Patient A will be required to undergo some healthy changes to avoid possible diabetic scars.

For prevention, I recommend that this patient reduces their daily cigarette intake or possibly curtail the habit of consuming cigarettes as their body is already saturated with enough nicotine which could be the source of their high blood pressure. Patient A needs to regulate their blood pressure back to 120/80 and relieving themselves from smoking will enable that.

On the other hand, patient A needs to indulge more in exercises like sports and cycling to regulate their weight, reduce their intake of fast food and junk as this contributes to their weight, as well as moderate their daily alcohol intake.

Following through with these prevention methods will not only improve their health but also distance them a lot farther from diabetes risk factors.

Recommendation of Policies

One of the dominant widening gaps in the treatment of diabetes is the treatment divide between low and middle-class-income countries/neighborhoods and high-income countries and neighborhoods (Mutiyambizi et al, 2019). As a chronic metabolic illness, diabetes has been recorded to have been one of the major causes of mortality over time. The disease's high score level of mortality has caused there to be actions to curb the widespread. But, to sustain the control of diabetes, more attention needs to be paid to low and middle-income countries and neighborhoods as they are largely at more risk of diabetes due to poor sensitisation and available treatment plan.

Some of the major factors that are causing this treatment gap in diabetes include limited or no health budget plan, poor health sensitisation, limited facilities and operating personnel, lack of health insurance to cover health costs, and including the high healthcare cost that keeps patients from outsourcing healthcare services for diabetes (Felicia et al, 2021).

So much knowledge and experiment have shown how sustainable the medication process for the treatment of diabetes is. But not enough attention and heed has been paid to addressing social and economic factors which hinder populations from accessing these very medical resources that have been made available for the treatment of this chronic ailment. To intervene and promote health, proper attention needs to be paid to ways through which people can have access to health care resources for this condition regardless of their income level and country.

On the other hand, another intervention method is to enable effective sensitization that educates people on the issue of diabetes and how some of our lifestyles contribute to the growth of this illness. Not every diabetes is generic, it also develops through poor health

management. There needs to be a bridge in the knowledge that can familiarise people with the possible causes and consequences of this ailment.

Of all the management options available for patients with diabetes, all of them remain relevant. Especially for type 1 diabetic patients, to better manage the illness, every focus should be paid to regulating the daily habit of insulin injection. For type 2 diabetic patients, following through with medications and regulating those risk factors will help to control the effect of the sickness. It's advised that patients who have been diagnosed with prediabetes should desist from lifestyle habits that are possibly triggering diabetes and for gestational diabetes patients, properly managing the sickness requires you to stay in touch with medication and insulin injection depending on how severe the case becomes. There are no known cures for diabetes currently, it can only be controlled, and to ensure this, patients have to adhere to treatment plans (Speight, 2013).

Conclusion

Diabetes as a chronic illness comes in different types, determined by the type of diabetes a carrier is suffering from. Treatment of diabetes is not one that is not faced with some advantages and challenges. These advantages and disadvantages of diabetes treatment hinge on both social and health care factors. Diabetes poses challenges. To promote healthcare and reduce the risk of diabetic scars and diabetes in general, emphasis should be placed on sensitisation and health welfare provision, and free health care for people who are living with these health diseases but cannot afford to treat them.

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Appendix

Case Study –

LIFESTYLE QUESTIONNAIRE

Introduction: In order to help us focus our Health Promotion activities on the practice, we would be grateful if you could fill in this short questionnaire. If you have already completed one on a previous visit, please return this questionnaire to the receptionist.

Name: Patient A **Date of Birth:** 01 Jan 1976

Do you smoke? **Yes** [x] **No** []

If Yes, do you –

smoke less than 1 cigarette/day []

1-9 cigarettes/day []

10-19 cigarettes/day []

20-39 cigarettes/day [x]

more than 40 cigarettes/day []

smoke a pipe []

smoke cigars []

If No, have you –

never ever smoked []

given up smoking in the last year []

not smoked for more than 1 year []

Do you have high blood pressure? Yes [x] No []

Have you ever had a heart attack or suffered from angina? Yes [] No [x]

Have you ever had a stroke, “shock” or any weakness down one side? Yes [] No [x]

Have any of the following – mother, father, brothers or sisters had –

a heart attack below the age of 60 Yes [x] No []

a heart attack above the age of 60 Yes [] No []

a stroke Yes [] No []

trouble with very high cholesterol Yes [x] No [] (hyperlipidaemia)

Practice Use Only

Health Education Smoking

BP 140 / 90 **Height** 5.2 feet **Weight** 80kg

EXERCISE

Healthy exercise usually involves activity that lasts for at least 20 minutes, raises your pulse and produces hard breathing. In younger people this might be running, cycling or sport, or brisk walking for older people.

Do you take this type of exercise -?

daily []

3 times weekly []

once weekly []

once monthly []

seldom [x]

I cannot take exercise because of disability []

DIET

Please tick the one category which is closest to your usual eating pattern.

I eat no meat, fish or dairy produce []

I eat no meat []

I eat a mixture including daily fruit and vegetables []

I eat a mixture including regular chips and fries [x] Patient A diet is more on fast food, which could be one of the reasons she is overweight.

I eat frozen meals (e.g. TV dinners) 3 or 4 times/week []

I eat mainly snacks []

I eat a special medical diet []

Please specify

ALCOHOL

Please tick the statement which most closely describes your usual average alcohol intake. (1 unit is 1 glass wine, ½ pint beer or a single measure of spirit.)

I never drink alcohol []

I drink less than 1 unit per day []

I drink between 1 and 2 units a day [x]

I drink between 3 and 6 units a day []

I drink between 7 and 9 units a day []

I drink more than 9 units a day on average []

Patient A consumes too much alcohol, therefore I would recommend alcohol education.....

Practice Use Only

Health Education Alcohol [x]

Alcohol Brief Intervention [x]

