

PUBLIC HEALTH POLICY (BMHP5013)

Diabetes

- Group leader: Maryam Malik -1919971
- Magnus Chukwuemeka Amadi -1921681
- George Onyeka -1919241
- Aurora Copae -1919900
- Mirela Bors -1920412
- Lecturer: Laila Surani

Diabetes

- Diabetes is a long term condition in which the blood sugar level increases, constitutes a global health risk across the globs (NHS, 2019).
- The prevalence of diabetes is on arise and is the most typical long-term diseases in the UK (NICE, 2020).
- In 2018 -2019, about 3.9 million people suffer from diabetes in the UK (Diabetes UK, 2019).
- The vision of 1700 people are affected by diabetes in the UK annually (Whicher, O'Neil and Holt, 2020).
- It cost the NHS about 10% of its whole budget on diabetes which estimated to be about 10 billion pounds annually (Hex et al. 2012).

Magnus Chukwuemeka Amadi -1921681

Definition of Diabetes

- Diabetes is a long-term condition in which the blood sugar level increases (NHS, 2019).
- Diabetes type 1, is the failure of the pancreases to produce enough insulin, due to destruction of pancreatic cells (Gregg et, al. 2014).
- Diabetes type 2, is increased sugar level in the blood, due to body cells not responding to insulin or insulin resistant (NHS, 2019).
- Gestational diabetes is an increase in blood sugar level that occurs ,in the course of pregnancy and vanishes after giving birth (NHS, 2019).

Magnus Chukwuemeka Amadi -1921681



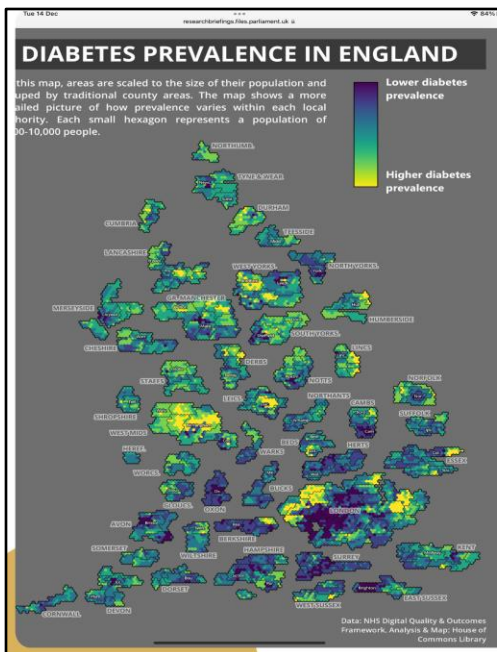
Policies for users of health and social care services

- There are very important policies that are so vital for users of health and social care services in the UK, amongst them are:
- The Health and Social Care Act 2012:
- The Equality Act 2010:
- Social Value Act 2012:
- Health and Safety at Work etc Act (HASWA) 1974:

The impact of social policies on users of health and social care services

- **Social policies:** These are policies that see to the needs of individuals and actions the state can take to meet such needs thereby ensuring that society lives in peace and harmony (Taylor-Gooby, 2019)
- NHS Diabetic Prevention Program (NHS DPP)
- NHS Action for Diabetes 2014:
- The Care Act 2014:
- The National Service Framework for diabetes:
- Work and Diabetes:

George Onyeka -1919241



90% of individuals suffering with diabetes across United Kingdom seem to have Type 2 diabetes

- Family history factors of Type 2 diabetes caused by a combination of genes as well as Ethnicity factor that is up to six times greater risk in Asian followed by Black and Minority Ethnic (BAME) groups cannot be controlled or prevented.
- Environment and lifestyle factors including lower socioeconomic status are closely linked with a high risk of obesity. There is a substantial higher risk of diabetes in overweight individuals compared to the people maintaining the healthy weight (Sutherland, 2019).

Maryam Malik -1919971

Preventing and Controlling Diabetes

A soft drinks industry Levy commits their revenue and raising money to boost the programs and sport facilities in order to help tackle childhood obesity. Funding physical education activities and investing in healthier balanced diet for primary school pupils, supporting breakfast clubs across the country (Public Health England, 2018).

Sugar reduction program challenging retailers and manufacturers of all drinks and food industry in order to minimis sugar portions over the range of products that have direct impact to a families and youngsters sugar intake (Public Health England, 2017).

Diabetes Prevention week campaign raise awareness of Type 2 diabetes within high-risk groups. The campaign encourage members of the public to check their risk factors and educate on healthy lifestyle options (Public Health England, 2018).

'Healthier You' NHS Diabetes Prevention Program aim is to lower the prevalence of kidney, stroke, eye and foot problems related to diabetes as well as tackle health inequalities related to a risk factors of diabetes by supporting and encouraging the lifestyle changes (NHS, 2016).

Maryam Malik -1919971

Role of local bodies, voluntary organizations in prevention of diabetes

The local governing bodies and the voluntary committees' spreads awareness at the remote parts of the countries.

Provides free health check-ups and dietary recommendations.

Forwards relevant information to ease necessary actions of national agencies.



(Samuel *et al.*,2020)

Mirela Bors -1920412

In order to prevent diabetes, the local governing bodies and the voluntary organizations in the United Kingdom has taken steps to spread awareness in the remote parts of the countries and also into the other parts of the world via working with the national agencies. The voluntary organizations provides free health check up to prevent the onset of diabetes much before it affects the population . In case there is any significant information regarding the spread of diabetes in the local areas, they immediately cooperate with the national bodies and explore a genuine solution to the issue(Samuel *et al.*,2020).

Role of national agencies (National Health Service England, National Health Service Scotland, National Health Service Wales, etc.) in prevention of diabetes

- National Health Service has initiated a diabetes prevention program focusing on maintaining a healthy lifestyle.
- The cost of prevention of diabetes will be reduced to at least 8 billion euro in the UK.
- National Health Service Scotland has started implementing the latest health policies not just in Scotland, but the entire UK.

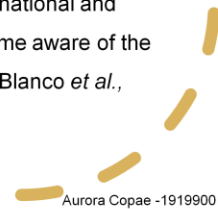
(Ijaz and Hussain, 2020).

Mirela Bors -1920412

When it comes to the role of national agencies, National Health Service England, National Health Service Scotland and National Health Service Wales comes to the fore as they play a pivotal role in analysing the causes and consequences of the disease and take initiatives to curb the spread of the disease. The NHS is pretty active in their action to control diabetes and it is clearly evident as there has been a significant reduction in the cost of preventing the disease. NHS Scotland has also taken steps to implement the latest health policies to curb the disease (Ijaz and Hussain, 2020).

Role of international bodies (World Health Organisation, and International Diabetes Federation) in prevention of diabetes

- They work to achieve an increase in awareness about the complications, prevention and consequences of diabetes everywhere (Carl *et al.*, 2020).
- Providing guidance to the national and local support groups to implement the diabetes health policies and social programs (Milanovic, 2020).
- The World Health Organisation regulated policies helped the countries across the globe implement their policies on curbing diabetes. (Milanovic, 2020).
- The social care services on diabetes at local, national and international level helped the population become aware of the lifestyle diseases that are linked to diabetes (Blanco *et al.*, 2020).



Aurora Copae -1919900

The international bodies, too, have come up with a set of guidelines to curb the spread of the disease. They are working to increase the awareness among the global population regarding the complications of the disease. It is also analysing the complications of developing the disease. Providing the necessary guidance to the local and the support groups is another key responsibility of the international bodies (Milanovic, 2020).

World Health Organization helped regulate the policies and social programs in the countries in order to prevent diabetes. The social care services at the local, national and international level helped the population become much more aware of the lifestyle disease and it brought a lot of clarity in the minds of the people who were living a sedentary lifestyle (Blanco *et al.*, 2020).

Both at a national and at an international level, policies and social programs are helping to work with the retailers and manufacturers to encourage a healthy and active lifestyle (Carl *et al.*, 2020).

References

- Blanco, R. C. et al. (2020) 'Physical activity and sedentary lifestyle in university students: changes during confinement due to the COVID-19 pandemic'. *International Journal of Environmental Research and Public Health*, 17(18), p.6567.
- Carl, J., Sudeck, G. and Pfeifer, K. (2020) 'Competencies for a healthy physically active lifestyle—reflections on the model of physical activity-related health competence'. *Journal of Physical Activity and Health*, 17(7), pp.688-697.
- Diabetes UK (n.d) *Diabetes : the basics*. Available at : <https://www.diabetes.org.uk/diabetes-the-basics> (Accessed: 2 December 2021).
- Diabetes UK (2019) 'Diabetes prevalence 2019', *Diabetes UK*. Available at: <https://www.diabetes.org.uk>. (Accesses: 02 December 2021).
- Gregg, E. et al. (2014) Changes in Diabetes-Related Complications in the United States, 1990–2010. *New England Journal of Medicine*, 370(16), pp.1514-1523.
- Hex, N. et al. (2012). Estimating the current and future costs of Type 1 and Type 2 diabetes in the UK, including direct health costs and indirect societal and productivity costs. *Diabetic Medicine*, 29(7), pp.855-862.

References

Ijaz, M., Ali, I. and Hussain, A. (2020) 'Diabetes mellitus in Pakistan: the past, present, and future', *International Journal of Diabetes in Developing Countries*, 40(1), pp.153-15

Jang, Y.J. et al. (2019) Lactobacillus fermentum species ameliorate dextran sulfate sodium-induced colitis by regulating the immune response and altering gut microbiota. *Gut Microbes*, 10(6), pp.696-71

Milanovic, M. (2020) 'Special Rules of Attribution of Conduct in International Law', *International Law Studies*, 96, p.295.

NICE (2020) Type 2 diabetes in adults :management. National Institute for Health and Care Excellence. Available at: <https://www.nice.org.uk> (Accessed: 02 December 2021).

NHS (2016) *Healthier You*. NHS Diabetes Prevention Program. Available at:

<https://www.england.nhs.uk/wp-content/uploads/2016/08/dpp-faq.pdf> (Accessed: 13 December 2021).

NHS (2019) *Diabetes*. Available at : <https://www.nhs.uk/condition/diabetes> (Accessed: 2 December 2021).

References

Public Health England (2017) *Sugar Reduction: Achieving the 20%*. Available at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/604336/Sugar_reduction_achieving_the_20_.pdf (Accessed: 13 December 2021).

Public Health England (2018) *Health matters: preventing Type 2 Diabetes*. Available at:

<https://www.gov.uk/government/publications/health-matters-preventing-type-2-diabetes/health-matters-preventing-type-2-diabetes> (Accessed: 13 December 2021).

Samuel, S.R., Acharya, S. and Rao, J.C. (2020) 'School Interventions–based Prevention of Early-Childhood Caries among 3–5-year-old children from very low socioeconomic status: Two-year randomized trial'. *Journal of public health dentistry*, 80(1), pp.51-60.

Sutherland, S. B. N. (2019) 'Diabetes', Debate Pack. *House Of Commons Library*. Available at:

<https://researchbriefings.files.parliament.uk/documents/CDP-2019-0001/CDP-2019-0001.pdf> (Accessed: 13 December 2021).

Whicher, C., O'Neill, S. and Holt, R., (2020). Diabetes in the UK: 2019. *Diabetic Medicine*, 37(2), pp.242-247.