

Module: (LChS4008) Introduction to public health

Assignment title: Written Report

Lecturers name: Gillian Weaver

Student name: Banso Kang

Student number: 2441756

This report will discuss Type-2 diabetes, this is a chronic condition where the body resists insulin causing high blood sugar that damages long term health. Signs and symptoms, include excessive thirst, frequent urination, extreme fatigue, blurred vision, and slow healing of wounds, caused by high blood sugar levels. The global severity, one in nine adults, 589 million people live with diabetes. This global pandemic causes 3 million annual deaths. The severity in the UK, one in five adults over 12 million people are affected by diabetes or prediabetes with 4.6 million confirmed diagnoses. The condition represents an unprecedented and growing strain on the National Health.

The consequences of this disease in the community and for the National Health Service. Also, how this disease is controlled, and how the factors are influencing the health and well-being of people affected by this disease, and the individuals and communities. Over 800 million adults globally are now living with diabetes. There has been an 14% increase since 1990. In the UK, the situation is that over 5.6 million people are affected. Whilst another 1.2 million individuals remain undiagnosed. One in five adults now live with diabetes or prediabetes in the U.K. Diabetes Uk (2025) This highlights that this is one of the fastest health challenges of the 21st century. (WHO,2025)

The consequences of type 2 diabetes on the community and the National Health Service.

The impact of type 2 diabetes on the individuals, families, and the community.

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- Employment and finances

Even with the National Health Service, diabetes cost a family money and time. Due to feeling unwell type 2 diabetes people take a lot of time off work, because of doctors or hospital appointments. This can lead to families having less money, and employers and reducing workforce and productivity.

-Family Life

Members of family may have to become carers and unpaid carers. This means they spend a lot of time looking after their ones, which can be incredibly stressful and tiring for the whole family. The caregiver could be an older child or a spouse taking role of the health of the individual. Tracking appointments, watching what the patient eats. This This requires a lot of dedication and a lot of patience. (O'Donnell,2024)

-Fairness

People living in poorer areas are more likely to get type 2 diabetes. This now is because they eat unhealthy food. Because healthy food is more expensive.

NHS services

Currently, type –2 diabetes, consumes approximately 10% of the entire National Health Service budget.

-Hospital Capacity One in six hospital beds is occupied by a patient with diabetes.

. - Cardiovascular and kidney risk management

Type 2 diabetes significant increases the risk of heart and kidney disease. Current guidance therefore emphasises, cholesterol management, blood pressure control issues, and assessing cardiovascular and kidney disease risk before choosing medication.

It leads to 1000 cases of heart failure, strokes, and heart attacks every week.

- Disability.

It is the leading cause of kidney failure, blindness, and low limb amputations.

- Prescription costs/NHS budget

Treatments now account for 15% of all National Health prescription spending. The prescription costs are one of the most significant, rapidly rising parts of the National Health

Service, according to the latest NHSBSA, 2025 report. (NHSBSA,2025)

The total bill: £1.92 billion. The total cost of diabetes prescriptions has doubled over the last 10 years. Diabetes and drugs now account for 15% of an entire National Health Service bill. For all primary care prescriptions. Two types of new medication, (Expensive drugs), Dapagliflozin and

Tirzepatide spikes the budget, costing 33 million a year. It is used to protect the heart and kidneys in type 2 diabetes. They are aboard the 34900 more patients, even diabetes prescriptions in the UK, most deprived, most in deprived areas compared to the wealthiest areas. This means poor communities carry a much higher prescription burden. (NHSBSA,2025)

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How type 2 deep diabetes is controlled.

-Medication

The most common medication. For type 2 diabetes is metformin. Richard, reduce the amount of sugar the liver releases. If Blood glucose targets are not met. Additional medications may be added.

- Regular monitoring.

Regular checks with the nurse and the doctor. Including blood tests. Long term control, screenings for the eyes, feet, and kidney function to catch any complications early.

-Lifestyle changes

Lifestyle changes are central to controlling type 2 diabetes. Guidelines from NICE, updated February (2026)

An individual with type 2 diabetes, should make changes in their diet and include exercise. Eating high fibre foods, like vegetables and whole grains, reducing sugary and processed snacks. Taking regular physical exercise, such as walking, running, and swimming, helps the body use insulin more effectively. Also, by losing weight, even a 5-10% reduction in the body weight can significantly improve blood glucose levels.

-Education and self-management support.

The Factors influencing the health and well-being of people affected by type 2 disease and the people around them.

- Type 2 diabetes effects more than just physical health. It changes daily life for everyone involved. The individual must constantly, keep a track on their food, medication, monitor, and blood sugars. Ankle cause diabetes burnout leading to stress, anxiety, and exhaustion. Physical complications such as poor vision or foot pain can limit independence, stop people from enjoying hobbies or work.

- So how does he affect family and friends? Meals must be carefully planned. Social outings can be stressful, due to certain members of families being caregivers. It can cause also be worrying, and an emotional strain. Family meals, the person feels restricted on their diet and other family members are enjoying their meals. The household might have to adapt mealtimes and days out, impacting everyone's emotional and social well-being. Family members often worry about hypos low blood sugar, or long-term complications like heart trouble. High or low blood sugars can make a person irritable or tired, which can lead to small arguments or tension at home.

Strategies to monitor, control disease in a community

-Finding the facts:

Hospitals track incidences, which is the number of new cases. They do this by looking at hospital record, screen testing to find people who are sick. This helps them to see which areas or groups are at most risk.

-Monitoring.

Keeping an eye on health data. If in a particular area or city. There is a rise in type 2 diabetes. This allows the National Health to send extra resources like. Mobile clinics where and when they are needed most.

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-Taking action

To stop the disease from spreading, starting in communities, 2 main strategies.

-Prevention.

For individuals to have free access. 2 leisure centres or health clubs.

Accessible support

Prevention is better than cure. Setting up programmes like prediabetes classes, catch people who are at risk and help them change their habits before the disease is fully developed.

By using data to guide his actions, the community works together to lower the number of new cases.

Conclusion

In conclusion, managing type 2 diabetes is a major challenge that requires the National Health Service, individuals, and the wider community to work together. This disease is not just a medical issue; it is a financial and social one. That puts a burden on the healthcare budget and impacts the quality of life for many individuals and families. The most effective way to control the rising number of cases is through early intervention and accessible support. Regular blood tests, individuals would be able to help diagnose with prediabetes.

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