

**LCHS4008: INTRODUCTION TO PUBLIC HEALTH
CERTIFICATE OF HIGHER EDUCATION SKILLS FOR THE
WORKPLACE (HEALTH AND SOCIAL CARE)
ASSESSMENT 2: REPORT ON A HEALTH ISSUE**

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Introduction

Diabetes type 2 is a significant public health issue in the United Kingdom, and the disease rates are on the increase among the diverse population groups. Being a chronic disease that is characterised by glucose intolerance and insulin resistance, it has a substantial impact on the quality of life, morbidity, and spending in healthcare. The condition has a high level of association with modifiable and non-modifiable factors such as obesity, ethnicity, age, lifestyle behaviours, and family history. According to recent statistics, an increasing percentage of patients remain undiagnosed, which puts them at risk of such complications that can be prevented, including cardiovascular disease, stroke, kidney failure, nerve damage, and decreased life expectancy. In addition to personal health care effects, Type 2 diabetes has significant economic and social costs in terms of hospitalization, long-term care requirements, and productivity loss. Dealing with this health concern needs a well-rounded strategy of public health that will focus on early detection, preventive measures, health promotion, and equal access to treatment and support services to the community.

Main Body

Explain the implications of the Type-2 Diabetes in communities

Type-2 diabetes reflects severe consequences for the community such as reduced quality of life and increased disability due to long-term complications. Additionally, for the NHS considering an estimated “annual financial burden of approximately £10 billion” that accounts for “10% of the total NHS budget” (Au-Yeung *et al.*, 2024). Complications such as cardiovascular disease, stroke as well as kidney failure elevate hospital admissions. Additionally, that requires extensive, costly management for the healthcare system.

“Type 2 diabetes (T2D)” is one of the growing public health concerns in the UK, with high as well as increasing prevalence. Beside this morbidity and mortality rates are also increasing extensively. Besides this, it also carries a substantial social and economic burden. Based on the ideas of Leonardi *et al.* (2024), the 3 P's of public health are “prevention, promotion, and protection” that helps in providing guidance for public health efforts that can be fruitful to prevent disease. Apart from this, it also assists in improving wellness as well as safeguarding the health of the population with organised community efforts.

Prevalence

The reports have revealed that “6.3 million people” in the UK are at an increased risk of “type 2 diabetes” (Diabetes UK, 2025). Apart from this, it is estimated that “1.3 million people” are presently living with “type 2 diabetes” and yet to be diagnosed (Diabetes UK, 2025). Based on this, considering the estimates “12.1 million adults” in the UK are suffering from diabetes or

prediabetes (Diabetes UK, 2025). However, the risk factors of “type 2 diabetes” incorporate age, family history along with ethnicity followed by living with overweight or obesity.

Incidence

Based on the research, it is revealed that the crude incidence rate was stable at “4.13 cases per 1,000 people” in 2021 (Currie *et al.*, 2024). In contrast to this, there is an alarming rise among the young-onset T2D, as there is almost 40% increase in people who are diagnosed under the age of 40 between the time period “2016-17 and 2022-23” (Currie *et al.*, 2024). Based on the above data, it can be revealed that the number of T2D among young-onset is increasing at an extensive rate.

Morbidity and Mortality Rates

Based on the ideas of Zakir *et al.* (2023), T2D can lead to microvascular as well as macrovascular complications incorporating diabetic neuropathy, nephropathy, retinopathy along with cardiovascular disease. The study has also revealed that adults with diabetes are more likely to have “Multiple Long-Term Conditions (MLTCs)” in comparison with the general population. On the other hand, Holt *et al.* (2024), stated that people suffering from T2D die from infections at a higher rate in comparison with others. Beside this, infections are the third highest cause of death in the respective population after cardiovascular disease as well as cancer. Apart from this, diabetes significantly elevates mortality risk in the UK.

Based on the reports, it can be noted that in 2021, there were approximately “141,000 diabetes-related deaths” in the UK (Statista Research Department, 2024). The statistical data helps in justifying that the mortality rate in the UK is increasing at an extensive rate. Considering this, the usage of “prevention, promotion, and protection” can be beneficial in the UK. For instance, promotion regarding protection and prevention methods can be helpful. Apart from this, Poznyak *et al.* (2022), the study has revealed that uncontrolled blood glucose levels might lead to complications such as cardiovascular disease which can be the major causes of death as well as contributing to reduced life expectancy followed by premature death.

Key determinants and risk factors of “type 2 diabetes”

The key risk factors for “type 2 diabetes” incorporate overweight as well as obesity specifically around the waist (Hariharan *et al.*, 2022). Besides this, the other noteworthy factors are lack of physical inactivity, an unhealthy diet due to consuming refined sugar, high in processed foods along with this an unmodifiable ethnicity or family history. Apart from this, age, high blood pressure as well as history of gestational diabetes can also increase the risk. The reports have revealed that smoking is one of the leading factors that leads to higher risk of “type 2 diabetes” as well as increases the risk of other health conditions such as cancer and heart disease (Diabetes UK,

2025). On the contrary, Li *et al.* (2022), highlighted that a sedentary lifestyle incorporating long periods of sitting, is also linked to an increased risk of “type 2 diabetes”. Furthermore, increasing consumption of a diet rich in ultra-processed foods, unhealthy fats along with refined sugars can contribute to insulin resistance.

Factors affecting the health and well-being of individuals and communities affected by Type-2 Diabetes

Type-2 diabetes reflects negative impacts on individuals and specifically increases long-term complications such as heart disease, kidney failure, stroke, nerve damage along with increased infection risk that can lead to amputations along with reduced life expectancy (Rosengren and Dikaïou, 2023). Apart from this, in the UK, Type-2 diabetes strains healthcare services as it reflects increasing demand for treatments for different complications as well as requires noteworthy community support for lifestyle management and change that also affects the economy through lack of productivity. Beside this, the overall health service is largely impacted by the increased prevalence of the condition that is estimated at more than 5 million people along with the substantial costs linked with treating complications. In addition to this, the reports have also revealed that “850,000 people” are living with diabetes in the UK who are still yet to be diagnosed (Diabetes Research & Wellness Foundation, 2023). Cocchi *et al.* (2025), mentioned that, factors influencing the health as well as well-being of individuals with “Type 2 Diabetes” incorporates lifestyle choices including diet, sleep, physical activity, biological as well as genetic factors such as obesity, age, ethnicity, family history. Additionally, psychosocial followed by treatment-related factors incorporating social support, mental health, adherence to access to care, treatment. Furthermore, managing these areas is significant for enhancing quality of life as well as preventing complications such as cardiovascular issues in the UK.

Explain how to enhance the well-being of people suffering from Type-2 Diabetes

Strategies to control “Type-2 Diabetes” and improving well-being of people in the UK can be focusing on weight management, healthy eating habits, physical activities, avoiding smoking and others. Based on the ideas of Grant *et al.* (2021), stated that focussing on weight management significantly lowers the risk of “Type-2 Diabetes” as well as help in managing the condition. Besides this, improvement in physical activities with the aim for approximately 150 minutes of moderate aerobic activity such as brisk walking, cycling and swimming per week can be helpful. Beside this, incorporating muscle-strengthening activities at least twice a week as well as reducing long periods of sitting can be a noteworthy strategy to control. Concentrating on a diet rich in fibre as well as lean proteins can also be fruitful. The other recommendation can be establishing “Integrated National Systems” by developing a coordinated national system that can

be beneficial for early detection as well as prevention of diabetes, including in primary care with the community based programs and policies. Furthermore, implementing population-based screening and cost-effective programs and policies can aid in identifying individuals with undiagnosed diabetes or pre-diabetes specifically in high-risk or underserved areas in the UK.

Conclusion

Type 2 diabetes remains a major dynamic health issue affecting both the individuals and the communities in the United Kingdom. The data show that there is a distinct correlation between lifestyle, socioeconomic determinants, genetic predisposition, and disease burden increment. The increased mortality, morbidity, and the related complications demonstrate the urgency of the holistic approach to the population health centered on its prevention and early diagnosis as well as its long-term management. Better outcomes can be facilitated by strengthening the community awareness and encouraging healthier behaviours and better access to screening and treatment. Also, the cooperation between the healthcare providers, policymakers, and the public health services is needed to mitigate the disparities and the financial burden on the healthcare systems. Through the long-term dedication and effective interventions, the condition can be diminished and the overall health, well-being, and the quality of life of those affected and individuals at whatsoever risk of the same can be improved.

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