

## Editorial Note on Diabetes and Public Health **Inés Llamas Ramos\***

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Diabetes Health Profile could be a diabetes-specific patient reported outcome measure created to assess the health-related quality of life of individuals living with Type 1 and Type 2 diabetes matured 16 years and older. It has been used in research studies, clinical trials, and instructive mediations both in Europe and completed more than 10,000 patients. As diabetes has become a growing health issue, there is need to address it as a public health issue. It is severely affecting the individual's families and society and hence it has to be treated as a public health issue. A strict action should be taken in these arenas to control the spread of diabetes epidemic. An individual being the basic level, can be helpful for evaluating the factors responsible for causing diabetes, whereas, as we move towards the complexity of family, society the factors for evaluating become more and more complex.

As Glasgow defined a public health approach to diabetes as "a broad, multidisciplinary perspective that is concerned with improving outcomes in all people who have (or are at risk for) diabetes, attentively to equity and therefore the most effective use of resources in ways in which enhance patient and community quality of life", there's a requirement to attend this case considering various factors to aid in successful prevention of diabetes because as we all know prevention is better than cure. The prevention can be done by monitoring the public health systems. Along with that the prevalence and incidence rates should also be calculated. According to a survey, the affected individuals of ages 18-75 showed the factors of improper health care measures sedentary life style.

The increase in deaths of diabetes in developing countries follows the trend of urbanization and lifestyle changes, with less physically demanding work and the global nutrition transition, intake of foods that are rich in high energy-dense but nutrient-poor. And getting type 2 diabetes has been widely found to be associated with lower socio-economic position across countries.

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A lot of prominent health disparities exist in diabetes. To bring this diabetes epidemic to halt, a lot the health disparities should be taken care of and brought to a halt. The diabetes epidemic doesn't just mean the increase in the no. of affected individuals but also means the secondary and tertiary effects caused due to the disease. Hence there is a need to take necessary steps to prevent the secondary and tertiary complications which can be termed as secondary and tertiary complications. by this we can conclude that there is need to treat diabetes as a public health issue with a high priority and prevent the spread of epidemic.

The WHO estimates that diabetes resulted in 1.5 million deaths in 2012, and it is the 8<sup>th</sup> leading cause of death and another 2.2 million deaths were attributable to high blood glucose and increased risks of associated complications like heart disease, stroke, kidney failure which often result in premature death. The Centres for Disease Control and Prevention is called the change of epidemic. Geographically, there is a U.S. diabetes belt with high diabetes prevalence estimates.