

Diabetes

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Diabetes The last decade has seen a renewed interest in the epidemiology of diabetes in the United s. Diabetes is generally described as a group of diseases marked by high levels of glucose resulting from defects in insulin production, insulin action or both (ndep. nih. gov). Diabetes is categorized into either type-1 or type-2. Type1, formerly called juvenile diabetes, results when the bodys immune system cannot produce its own insulin-producing beta cells in the pancreas. This limits the ability of the body to regulate its sugar levels thus resulting to higher blood sugar level. On the other hand, Type-2 diabetes, formerly called adult onset diabetes, occurs when the body does not make enough insulin or cannot use the insulin it makes effectively (ndep. nih. gov).

Cases of diabetes have been reported with an ever increasing magnitude within the last two decade. This is in fact the single reason why many researchers have focussed their studies on probable causes of this deadly condition and how it can be minimized. According to the National Diabetes Statistics report, 2014, 29. 1 million people or 9. 3% of the U. S population have diabetes (cdc. gov). Fast facts of 2012 on Diabetes reports that of all ages, 21. 0 million people are diagnosed and 8. 1 million or 27. 8% are undiagnosed (cdc. gov). However, the Epidemiologic estimation methods reports from various data systems of the Centers for Disease Control and Prevention use surveys, fasting glucose or haemoglobin A1C levels, and self-report among survey respondents and by diagnostic codes were used to diagnosis diabetes vary in who they identified as having diabetes or pre-diabetes (cdc. gov). Generally, increased public awareness of the conditions through campaigns as well as enhanced screening have all contributed to making diabetes appear as though it is an epidemic.

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There are several descriptive epidemiological factors that can be considered when it comes to accounting for the differences in diabetes occurrence. One of these factors relates to lifestyle and brings together aspects such as eating habits and physical activities. Essentially, diabetes is linked with consumption of food products with high sugar contents. This has the effect of overpowering the gland responsible for the production of insulin which regulates blood sugar. The case is further worsened when the concerned individual hardly engages in physical activities. It may be argued that white collar jobs that leave people with little time for exercise is increasingly becoming a factor for the high cases of diabetes. Also, people preferences to use their cars for movement even for short distances hardly allow them to exercise their bodies. This eventually leads to obese condition that has almost a direct correlation with the diabetic cases (Friis & Sellers, 2014). Taking into account descriptive epidemiological factors, cases of diabetes have been widely reported among minority groups such as blacks and Hispanics in the United States. A significant number of epidemiologic studies indicate that type-2 diabetes has extended to epidemic proportions, more so amongst minority populations in the U. S. Changes in the lifestyle linked with immigration, urbanization, and westernization have been cited as among the probable reasons for the development of type-2 diabetes in minority groups. Western lifestyle is generally characterised with decreased physical exercise and the consumption of fast foods with higher fat content. This has the effect of increasing body weight and, as suggested by many, contributes to diabetes.

In conclusion, epidemiological studies of diabetes reveal that it is a condition that is on a general rise. It is more prevalent amongst minority groups in

America as compared to the majority groups. The reason for this is because a significant proportion of minority group members adapt to western lifestyle which includes consumption of fatty foods with decline in physical exercises. Uncontrolled usage of such products could inadvertently lead to diabetes.

References

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Diabetes Epidemic Among Hispanic/Latinos [www. ndep. nih. gov](http://www.ndep.nih.gov)