

The global burden of diabetes

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The researchers from the University of Sheffield appreciate the importance of diabetes prevention in reducing morbidity and mortality, and in this study, they collect data from national policy documents in the UK to determine the persons charged with preventing diabetes. The evidence found to point out at community level intervention as more effective than individual-based approach with many synergies observed for diabetes prevention and other major public health priorities, just as indicated in the previous research by Dieren et al. (2010), including obesity prevention, socioeconomic inequality, reducing chronic diseases and climate change. Even though the study was confined within the UK hence unreliable to imply to the whole global population as contrasted to the previous article, it gives an important insight that prevention programs should be aimed at the larger population other than at individuals.

Malkawi, A. M. (2012). The effectiveness of physical activity in preventing type 2 diabetes in high-risk individuals using well-structured interventions: a systematic review. *Journal of Diabetology*, 2(1), 1 – 18.

This research acknowledges the burden of type 2 diabetes as articulated in the previous two research studies and as such evaluates the effectiveness of physical activity in curbing diabetes spread. It aims at evaluating the effectiveness of the interventions that promote physical activity among individuals with a high risk of type 2 diabetes. It adopts snowball sampling to come up with 19 articles from the UK, USA, Finland, Australia, Brazil, China, India, and the Netherlands. The findings ascertain the effectiveness of physical activity in preventing type 2 diabetes through the study fails to indicate the effectiveness between an individual and a communal approach. According to the researchers, with well-structured interventions, glucose

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measures would be restored to the required quantities by supplementing this with dietary interventions that would yield even better results. The limitation to English articles limits the research to a particular population making the findings unreliable in inference to the wider population.