Hidden Epidemic

Why In News

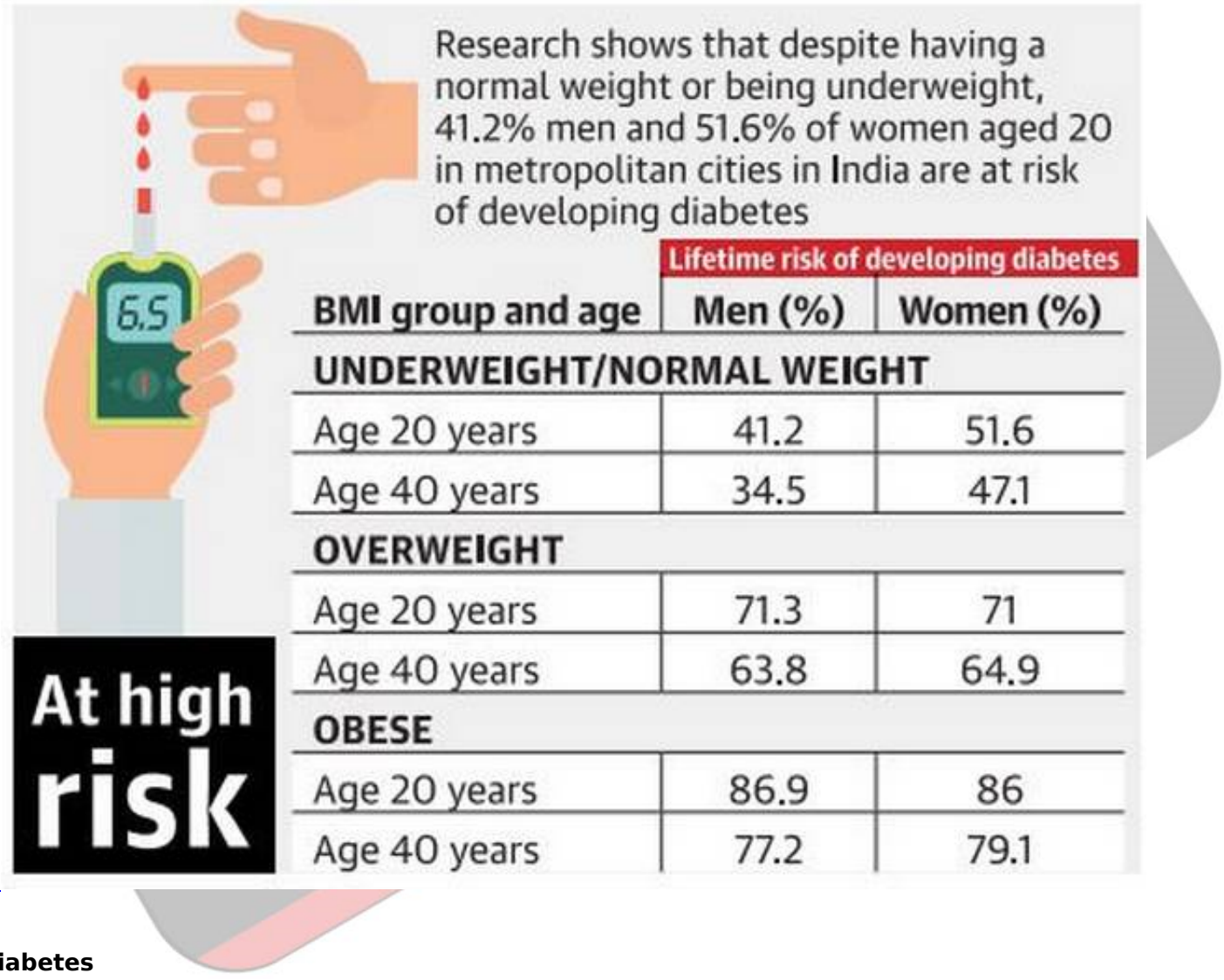
A new research published recently in **Diabetologia** (journal of the European Association for the Study of Diabetes) highlights the **vulnerability of indian youth** towards **diabetes.**

Key Points

- The research titled **"Lifetime risk of diabetes in metropolitan cities in India,''** was done by a team of authors in India, U.K. and U.S., **led by Shammi Luhar, Department of Public Health and Primary Care, University of Cambridge, U.K.**
- **Findings of the study:**
    - More than **half of men** (55%) and **two thirds** (65%) of **women aged 20 years in India** are more likely to develop diabetes, with most of those cases **(around 95%)** likely to be **type 2 diabetes** (T2D) in their lifetime.
        - **Type 2 diabetes:**
            - It affects the way the body uses insulin. While the body still makes insulin, unlike in type I, the **cells in the body do not respond** to it as effectively as they once did.
            - The population with 45 and above age groups is the most affected with it.
            - This is the most common type of diabetes and it has strong links with obesity.
    - Lifetime risk of developing diabetes in 20 year old men and women free of diabetes today is **56% and 65%,** respectively.
    - **Obesity** has a significant impact on vulnerability to diabetes.
        - **86%** higher among 20 year old women and **87%** among men of **metropolitan area.**
    - India currently has **77 million adults who have diabetes** and this number is **expected to almost double to 134 million by 2045.**
    - Women generally **had a higher lifetime risk of developing diabetes** across their lifespan.
    - Remaining lifetime risk of developing diabetes **declined with age.** As per researchers, those **currently aged 60 years and free of diabetes,** are **less likely to develop diabetes** in their remaining life.
- **Sources of data for the study:**
    - **Sex and BMI-specific incidence rates** of diabetes **in urban India** taken from the **Centre for Cardiometabolic Risk Reduction in South Asia (2010–2018);**
    - **age, sex and urban-specific rates of mortality** from period lifetables reported by the **Government of India** (2014);
    - Prevalence of diabetes from the **Indian Council for Medical Research India Diabetes study** (2008–2015).
- **Impact of high probabilities of developing diabetes:**

- Overburdening of already **strained health Infrastructure** of the country.
- Increase **out-of-pocket expenditure** on diabetes treatment by patients.

- **Causes of such high incidences of diabetes:**
  - Urbanisation
  - Decreasing diet quality
  - Decreased levels of physical activity
- **Prevention or postponing diabetes by effective lifestyle modification, such as:**
  - Following a healthy diet
  - Increasing physical activity
  - Reducing body weight in those who are obese or overweight



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Diabetes

- Diabetes is a **Non-Communicable Disease** (NCD) that occurs either when the pancreas **does not produce enough insulin** (a hormone that regulates blood sugar, or glucose), or when the **body cannot effectively use** the insulin it produces.
- Types:
  - **Type I diabetes:** It is also known as **juvenile diabetes** (as it mostly affects children of age 14-16 years), this type occurs when the **body fails to produce sufficient insulin.** People with type I diabetes are **insulin-dependent,** which means they must take artificial insulin daily to stay alive.
  - **Gestational diabetes:** This type occurs in women during pregnancy when the body

sometimes **becomes less sensitive to insulin.** Gestational diabetes does not occur in all women and **usually resolves after giving birth.**

- Diabetes affects the **five major organs** namely, **Kidney, Heart, Blood vessels, Nervous System, and Eyes (retina).**
- The factors responsible for the increase in diabetes are an **unhealthy diet, lack of physical activity, harmful use of alcohol, overweight/obesity, tobacco use, etc.**

Source:TH