Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death. It is estimated that 285 million people, the equivalent of 6.4% of the world’s adult population, lived with diabetes in the year 2010. “The number is expected to grow to 438 million by 2030, corresponding to 7.8% of the adult population.” In developing countries, less than half of people with diabetes are diagnosed” (World Diabetes Foundation, 2011). Nursing can assist with this crisis.

**IS ALL DIABETES THE SAME?**

- **Type 1:** Insulin dependent
  - Body does not make insulin
  - Must take insulin in order to survive
  - Presence at birth
  - Autoimmune disorder
  - Injury
  - Not as common

- **Type 2:** Usually non-insulin dependent
  - Begins with insulin resistance
  - Cells do not use insulin properly
  - As the need rises, the pancreas gradually loses its ability to produce it
  - Usually avoidable

**HEALTH IMPLICATIONS**

Diabetes can lead to serious complications and premature death.

- Leading cause of death
  - Kidney failure
  - Non-traumatic lower-limb amputations
  - New cases of blindness among adults
  - Major cause of heart disease
  - Stroke
  - 7th leading cause of death

**GLOBALLY**

- In 2007, the US direct cost of diabetes was $116 billion
- The US and other economically rich countries spend over 80% of the money spent on diabetes
- Low and middle-income countries
  - 20% of the global population with diabetes
  - Less than 1% diabetes in developing countries diagnosed

**DEVELOPING COUNTRIES UNDIAGNOSED CASES**

- 85% of those with diabetes in South Africa
- 80% in Cameroon
- 70% in Ghana
- Over 80% in Tanzania

**RECENT TRENDS**

**PREVENTING THE DEVELOPMENT OF TYPE 2 DIABETES**

- Healthy nutrition available for all
- Reducing fats, sugar, and salt in processed food and beverages
- Eliminating trans fats
- Everyday physical activity
- Educating importance of this worldwide

**DIABETES AND GLOBAL HEALTH**

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death. It is estimated that 285 million people, the equivalent of 6.4% of the world’s adult population, lived with diabetes in the year 2010. “The number is expected to grow to 438 million by 2030, corresponding to 7.8% of the adult population. Plus, in developing countries, less than half of people with diabetes are diagnosed” (World Diabetes Foundation, 2011). Nursing can assist with this crisis.

**THE TOP 10 FROM THE WORLD DIABETES FOUNDATION**

| Country                  | Diagnosed | Estimated | Undiagnosed
|--------------------------|-----------|-----------|-------------
| North America and Caribbean | 3.3%      | 4.2%      | 1.9%        |
| South and Central America| 5.8%      | 6.1%      | 4.3%        |
| South-East Asia          | 6.2%      | 6.5%      | 4.1%        |
| Western Pacific          | 6.7%      | 7.0%      | 4.7%        |
| Total                    | 13.0%     | 13.3%     | 7.9%        |

**Megan McClay and Mentor: Judith A. King, MS, RN, CNE**

**ADVANCED NURSING CARE**

- Identify, treat, and monitor people at high-risk of complications
- Include those who are undiagnosed
- Provide self-management education

**CONCLUSION**

Unless addressed, the mortality and disease burden from diabetes will continue to increase.

Most type 2 diabetes is preventable by a change in diet, physical activity programs, and living environment. However, without these changes and perhaps the addition of help from programs to teach and encourage these changes the incidence of this deadly, but preventable disease will continue on its path of rising globally and remain the costliest health problem worldwide.