

# Past and Future is belong to Countries that Control Diabetes



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## Introduction:

If see the statistics ,it may seems that Two wings of diabetes are ageing and obesity, in fact the third important part for diabetes rate increment is ignorance about healthy life, The world is going to ageing and our experience show obesity is not related to countries development , Nauru is an example : a poor , small island in south pacific area , the first rank of obesity in the world , the rate of obesity in Naura is over 60% . The western food (fried chicken and cola) has been blamed as the reason for such high rate of obesity in such poor country [1] the rate of diabetes is also high in Nauru; 22% in 2004 and 22.7% in 2006 [2]. USA is another country that its statistic can be referred , the rate of diabetes in united states is increasing from 1958 through 2015, the prevalence of diabetes increased from 0.93% in 1958 to 7.4 % in 2015, 23.4 million people had diagnosed diabetes compared to only 1.6 million in 1958 [3] many reasons suggested for increased diabetes over the years but obesity is the main contributor . but agening, ethnicity, lifestyle and other factors can play role [4]. The prevalence of obesity in the United States has risen gradually over the past few decades. As of 2018, almost 32 percent of the population aged 20 years and older was obese [5]. WHO hints that the number of people with diabetes rose from 108 million in 1980 to 422 million in 2014 and its prevalence in adults over age 18 rose from 4.7 in 1980 to 8.5% in 2014 this prevalence has been rising more rapidly in low- and middle-income countries than in high-income countries [6].

The statistics in countries USA , Japan , NAURA , and Pakistan show that except in Naura the prevalence of diabetes has been increased (Table 1) [7-9] in fact strong health system such as japan and USA solely cannot predictable for successful diabetes control but the government encourage like as NAURU by legislation some simple rules such as implemented national walk every Friday and sugar tax of 30 percent on imported sugar and other harmful foods and drinks , Olympic day run as an attempt to promote fitness, and public desire to change were the key of promotion in spite of all ineffective efforts to curb obesity on the island have y

[10] BMI has not decreased anywhere, and it is not strange because between 2010 to 2014 no country experienced a decline in adult overweight (BMI>25) [11]. The statistics show ominous events for future and show diabetes has grown rapidly in most of the world especially low income except in euro zone that its decrement is trivial [9].

**Table 1:** Changes of diabetes ratio and factors that may effect on such rate.

Problem	Diabetes rate [8]		BMI [9]	Mean Age [7]
Year	2010 & 2019		2014 (rank-ing)	2018
Japan	%5	%12	22.6 (166)	47.3
USA	%10.3	%10.8	28.8 (16)	38.1
Pakistan	%9.1	%19.9	23.8 (145)	23.8
Naura	%31	%12	34 (1)	26.4

## Summary

Ageing and worsening of economy and sedentary lifestyle and unhealthy diet can herald of diabetic storms. poor countries should be feared more because the mortality and morbidity of diabetes will be more destructive for them , median values of BMI has not changed in any country in a period of surveillance and the only way to control of diabetes is fearing of diabetes and national determination like as NAURU. strict surveillance of ageing, social behaviours and rate of diabetes and prediabetes in a society can be informative that how much we ignored in past and the cost we should pay in future for diabetes and its complications.

## Key notes

1. Diabetes rate grows rapidly in near all parts of the world.
2. Obesity as an important cause of diabetes and result of urbanization.
3. Diabetes prevalence and cost of its complication is more

prominent in low income countries.

4. The studies show ageing is inevitable and BMI cannot decrease in countries significantly based on recent experience.

5. The only way that remained to control of diabetes is changing of lifestyle and screening and government support.

6. If COVID - 19 catch the western country recently from Asia, the risk factors of diabetes have been transferred from Western and wealthy area to low income countries for decades.

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