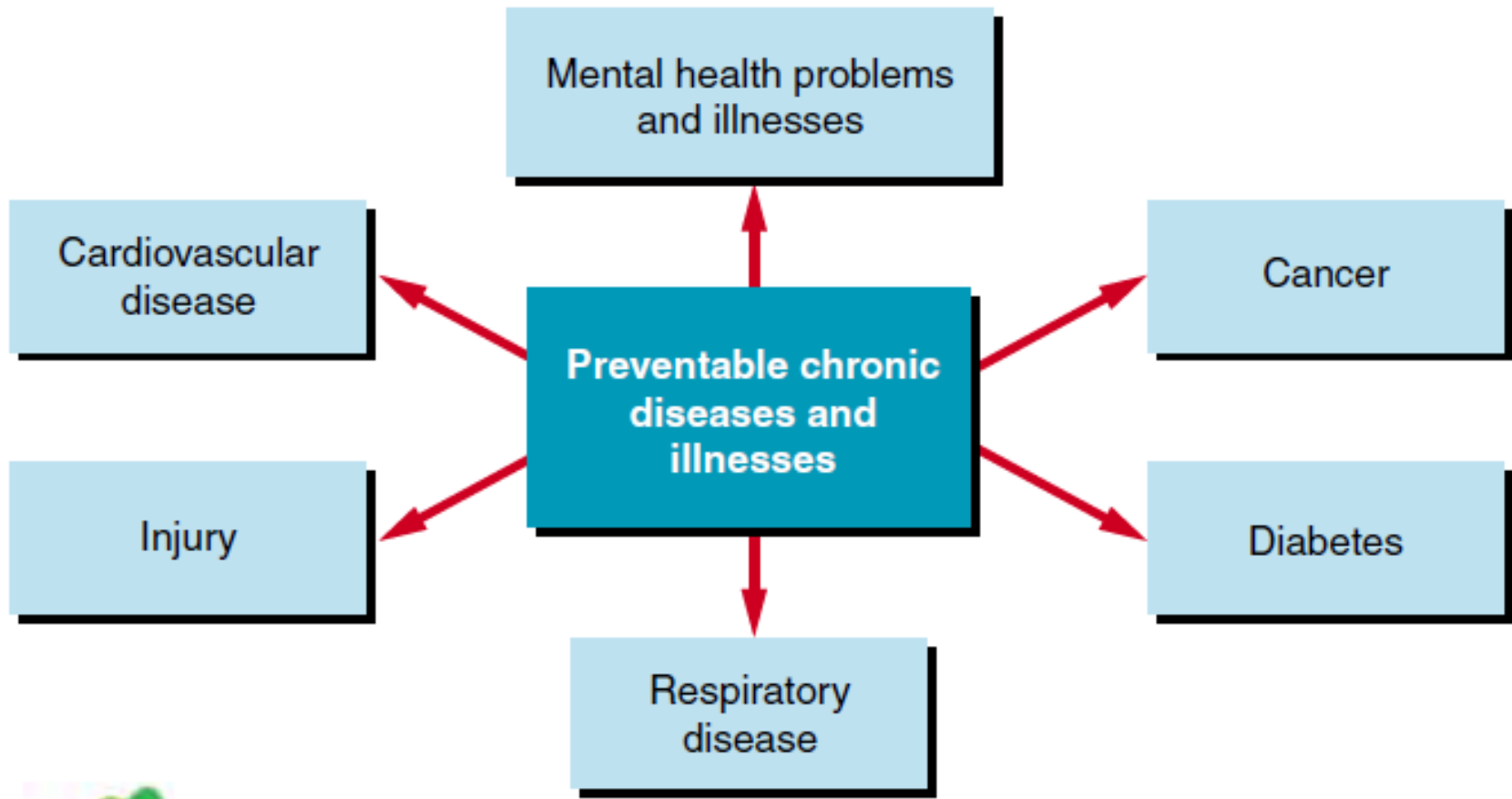


High levels of preventable chronic disease, injury and mental health problems



Diabetes

The nature of the problem

- **Diabetes mellitus** is a condition affecting the body's ability to take glucose from the bloodstream to use it for energy.

- There are 2 types:

Type 1 – body does not produce insulin, controlled by injecting artificial insulin, has a genetic link.

Type 2 – non-insulin dependent and is a lifestyle related disease

<https://www.youtube.com/watch?v=MGL6km1NBWE> (Diabetes made simple 4mins)

<http://www.smh.com.au/nsw/the-diabetes-epidemic-up-to-half-a-million-australians-have-this-deadly-disease-without-realising-it-20160407-go0ns1.html> Article.

Diabetes

Extent of the problem (trends)

- Both mortality and morbidity are increasing.
- Prevalence increases with age and is high compared with other countries.
- Higher for males than females in most age groups
- ATSI people have one of the highest prevalence rates of type 2 diabetes in the world.

Diabetes

Risk factors and protective factors

- Type 1 diabetes is linked to genetics – this is a non-modifiable risk factor
- Type 2 diabetes risk factors:
- Non-modifiable – family history and age (over 55)
- Modifiable – high blood pressure, overweight/obesity, diet high in saturated fat, high alcohol intake
- Protective Factors: maintaining healthy body weight, eating a balanced diet, regular physical activity, limit alcohol intake
- <http://www.sbs.com.au/ondemand/video/623949379758/insight-beating-diabetes> (Insight SBS Beating Diabetes 52mins)

The sociocultural, socioeconomic and environmental determinants

Table 2.7: The sociocultural, socioeconomic and environmental determinants for diabetes

Sociocultural determinants	<ul style="list-style-type: none">• Indigenous Australians are more at risk, compared to other Australians, due to less education about the risk factors and less access to medical services.• Having a Pacific Island, Indian or Chinese cultural background puts one at risk of diabetes.• People with a family history of diabetes are also at risk.• Australia's incidence of type 1 diabetes among those aged 0–14 years is one of the highest among other OECD countries, probably due to the general Australian diet being high in saturated fat and sugar.
Socioeconomic determinant	Those with a low socioeconomic status and who are less educated are more at risk as they are more likely to consume higher levels of alcohol, be physically inactive and consume diets high in fat and sugar.
Environmental determinant	A greater access to technology has led to higher levels of physical inactivity and therefore a greater risk of diabetes.

Diabetes

Groups at risk

- women who had diabetes during pregnancy
- people aged over 55 years
- people with a family history of diabetes
- overweight people
- people who consume a diet high in sugar
- Aboriginal and Torres Strait Islander peoples.