

# Health Program of Diabetes In The United States

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## Health Intervention

In the United States, so many chronic diseases are common, such as diabetes, obesity, high blood pressure, and mental disorders. Now, it has become essential to take a few strong steps to help the population of the United States. For this purpose, I have decided to help the nation of the United States in order to fight against their chronic diseases. In this study, the focus of discussion is Diabetes, which has become the most common disease in the United States. This disease is not only common in the aged population of the United States but also is increasing in adults and younger. There are several causes of this disease. It is a genetic disease and is also caused by obesity, stress, and unhealthy lifestyle. This disease has now become a problem for the United States because it has become a leading cause of death.

In this study, I want to discuss the methods by which this great health problem, diabetes, can be overcome. For this purpose, I will introduce a vaccination and guidance plan by which diabetic patients will be able to control their diabetes, and healthy people will become aware of how to do preventions against diabetes. With the help of this vaccination and guidance plan, people will become aware of the causes of diabetes and will try their best to adopt healthy activities, which will help them to stay safe from diabetes. This vaccination program will be started all over the United States, and for this purpose, different teams will be sent to the different parts of the United States which will complete their vaccination program within six months. Once the vaccination program is completed, then, the teams will organize a guidance program via which they will guide the people to adopt a healthy lifestyle and to take proper prevention techniques in order to remain safe from diabetes and other such diseases.

## Introduction Of Disease

This health plan for chronic disease is about Diabetes, which is a very complex disease. Diabetes is not only common in the United States but also has become a problem disease all over the World. There is a wide variety of causes of diabetes. However, the major cause is pancreas disorder. In the human body, Pancreas is responsible for maintaining the sugar level of the human body. It produces insulin, which absorbs the sugar of the human body and then converts this absorbed sugar into any form of energy, which makes humans able to perform their tasks in an active and energetic way. However, in the case of any issue with the pancreas, it stops producing insulin, and this results in an

increase in the sugar level of the body. When the insulin level is lower in the body, then the sugar will not absorb into the blood properly, and so will not produce energy for the human body and will affect human health badly. This disorder of the pancreas causes diabetes. To deal with this disease, the patients are recommended to use medicines or synthetic insulin to reduce the sugar level in the human blood. There are two types of diabetes. Type 1 disease is caused due to the destruction of pancreatic B cells which produces the hormone insulin. Type 2 disease is caused by multiple factors, such as insulin resistance, genetic susceptibility, physical inactivity, and obesity. Scientists are working hard to invent the proper treatment of diabetes for patients who want to get rid of this chronic disease.

## Overview Of Selected Population

As discussed above, diabetes has become a major issue for the population of the United States and has also become the leading death cause. This study will provide a proper intervention plan for the prevention of diabetes, but before starting any intervention plan, it is essential to have a look at the lifestyle of the population of the United States. The overview of the population is very important because sometimes the lifestyle of the community or the selected population becomes the major cause of the disease. That is why, before starting any intervention plan, it is essential to understand the actual reason for the disease.

When we analyze the statistical data then, it is found that diabetes is the seventh leading cause of death in the United States, and approx 1.4 million people are diagnosed with diabetes, either type I or type II, every year. It is also found that the ratio of diabetes patients is higher in the middle-aged population as compared to the aged population or younger. However, it is also found that approx 26% of the older population of the United States has diabetes. Also, it was found that type 2 diabetes is most common in the older population of the United States. According to the records of the Center for Disease Control of America, 1 of the two adults has type 2 diabetes. This proves that diabetes is not only an issue for the older population but also a problem for adults and younger (American Diabetes Association, 2012). Also, it is found that the ratio of diabetes patients is higher in some specific communities rather than among all Americans. According to the records, non-Hispanics, Hispanics, Asian Americans, Chinese, Native Americans, Asian Indians, and Filipinos have a ratio of diabetic patients. Approx 13.2% of non-Hispanic and 12.8% of Hispanics are diagnosed with type 2 diabetes.

This study is about the prevention of diabetes, and the selected population is the United States. That is why the study will first analyze the major issues in the lifestyle of the population of the United States, which can be the leading cause of increasing diabetes. When analyzing the lifestyle of any population, then few things should be under consideration, such as how they eat, what they eat, what their sleeping times of the population, what their diet plan of the population, are they have a [healthy diet](#) at the right time or not, do they have any physical activity or not, what are the mental conditions of the people, what about the supportive behavior of the family with each other, and what are the concerns of people towards health issues. These questions will help to examine what can be the major

cause of diabetes because diabetes may be caused by obesity, which is either due to an unhealthy diet plan or due to a lack of physical activities. Diabetes can be due to genetic transformation of the disease, then it should be evaluated how people have preventive methods and how they control their diabetes levels.

When having an overview of the United States population then, it is found that most of the population of the United States indulged in drug activities. The adults of the United States are addicted to smoking and other drug activities. Due to these drug activities, the population of the United States becomes unable to continue their physical activities, which causes obesity, and it is found that obesity is the leading cause of diabetes. Also, the population of the United States does not take a meal at the proper time, which also causes obesity. Lack of physical activity also causes obesity and diabetes. Now, to overcome the issues of diabetes, it is essential to first guide the people of the United States about a healthy lifestyle. Once the lifestyle is healthier, then the preventive measures against diabetes will become easier.

To discuss any chronic disease, it is very important to analyze the lifestyle of the people first. When analyzing the lifestyle of Americans then, many factors contribute to the cause of diabetes. Type 2 diabetes is especially common in America, in which genetics and lifestyle play a very important role. Most of the people of America indulge in smoking, drinking, and other drug-taking activities, which not only cause an increase in blood pressure of the people but also cause obesity. Obesity is the major cause of diabetes. Especially smoking is the major cause of insulin resistance in the human body, and 20-30% of smokers are diagnosed with diabetes due to their smoking habit.

However, diabetes is also caused by genetics, so if someone has diabetes in the family history, then there are more chances that he will have diabetes. The other cause of this common disease is less physical activity. The people of America also do not take part in physical activities due to which they gain weight. Being overweight is also a major cause of resistance in insulin production in the human body, which causes diabetes. However, to protect from diabetes, an individual must take part in proper physical activities by which the sugar level of the individual's body will remain normal and must not take any drugs that cause obesity. Stress is everywhere, and so Americans are also facing stress and anxiety issues due to family issues, financial issues, or other personal tensions. These tensions, stress, and anxiety also play a critical role in causing diabetes. When the individual gets too stressed, then this causes a disturbance in the sugar level of the human body, and so it causes diabetes. In short, drugs, obesity, less physical activity, family history, age, stress, anxiety, and overweight are the major causes of diabetes.

Diabetes is a dangerous disease, and its prevention is very important; otherwise, it may cause cardiovascular diseases, high blood pressure, Neuropathy, Alzheimer's disease, kidney failure, and Retinopathy. For this prevention, a proper health care staff is required who must be able to check the glucose level of the diabetes patient and to suggest the medicines or insulate dosage according to the requirement of the body. The health care staff will first analyze whether the diabetes is type 1 or type 2, and then the staff will not only advise the medication according to the glucose level of the patient

but also will be responsible for the diet plan of the sugar patient. When the person is diagnosed with sugar, then he/she cannot take any food which is having excess calories or sugar. That is why the health care staff or the dietitian will suggest a proper diet plan to the diabetic patient according to which the patient will take measured calories per day and will not take any food like date, milkshake, sugar cake, or any other food which contains sugar in it (Joanne Gallivan, 2008). The Government of the United States spends billions of dollars on the treatment of diabetes and the supply of medicines for diabetes. According to estimates, approx \$40 million per year is required for diabetes treatment and prevention in one state (America, 2011).

From this study, it is concluded that diabetes is a chronic disease that is caused due to high glucose levels in the human blood, smoking habits, family history, overweight, obesity, and pancreas disorder. This can be only prevented by a proper diet plan, artificial insulin, and proper medicines that reduce glucose levels in human blood. This is the most common disease in the United States for which the state is spending billions of dollars per year.

## Work Cited

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