



Covid-19 Blow to Diabetes Care

Why in News

Recently, the [World Health Organization \(WHO\)](#) warned that the **number of diabetes cases in Africa is predicted to rise to 55 million by 2045**, an increase of 134% from 2021.

- The **rate of deaths due to the [novel coronavirus disease \(Covid-19\)](#) in the continent is significantly higher** in patients with diabetes.
- **World Diabetes Day** is celebrated every year on **14th November**.

Key Points

▪ Diabetes:

- Diabetes is a **Non-Communicable Disease (NCD)** that occurs either when the **pancreas does not produce enough insulin or when the body cannot effectively use the insulin** it produces.

- **Insulin is a peptide hormone secreted by Pancreas** which helps in maintaining normal blood glucose levels by facilitating cellular glucose uptake, regulating carbohydrate, lipid and protein metabolism and promoting cell division and growth.

▪ It is classified into two types:

- **Type 1 Diabetes:** It occurs when the **pancreas fails to produce sufficient insulin**.
- **Type 2 Diabetes:** Type 2 diabetes is the **most common type of diabetes**. In this condition the body does not use insulin properly. This is **called insulin resistance**. The main reason for the occurrence of type 2 diabetes is **due to obesity and lack of exercise**.

▪ Diabetes Burden:

◦ In India:

- Diabetes is a growing challenge in India with an estimated **8.7% diabetic population** in the age group of 20 and 70 years.
- The **International Diabetes Federation Diabetes Atlas**, in 2019, placed India among the top 10 countries for people with diabetes.
- The **rising prevalence of diabetes** and other noncommunicable diseases is driven by a combination of factors - rapid urbanization, sedentary lifestyles, unhealthy diets, tobacco use, and increasing life expectancy.

◦ Around the World:

- Today, **approximately 6% of the world's population** - more than 420 million people - live with either [type 1 or type 2 diabetes](#).
- It is the **only major non-communicable disease** for which the risk of dying early is going up, rather than down.
- It has emerged as **one of the major comorbid conditions** linked to severe Covid-19 infections.

- An estimated **24 million people** are living with diabetes **in Africa** in 2021.

▪ **Related Initiatives:**

- The [World Health Organization \(WHO\)](#) launched the [Global Diabetes Compact](#), which has the vision of reducing the risk of diabetes, and ensuring that all people who are diagnosed with diabetes have access to equitable, comprehensive, affordable and quality treatment and care.
- **India's National Non-Communicable Disease (NCD)** Target is to prevent the rise in obesity and diabetes prevalence.
- Launched in 2010, **National Programme for Prevention and Control of Cancers, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS)** aims to provide support for diagnosis and cost-effective treatment at various levels of health care.

[Source: DTE](#)

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