



Rise in the Onset of Diabetes among Young People

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Description

Diabetes is a chronic medical condition characterized by high blood sugar levels due to the body's inability to produce or properly use insulin. It is a leading cause of disability and death worldwide, and its prevalence has been steadily increasing in recent years. The particular concern is the rise in the onset of diabetes among young people, which is a cause for alarm and requires urgent attention. According to recent studies, the incidence of diabetes among children and adolescents has increased dramatically over the past few decades. In the United States alone, the number of children diagnosed with type 2 diabetes has risen by nearly 30% in the past decade. In some parts of the world, the prevalence of diabetes in children has increased by as much as 200% over the same period. There are several factors contributing to the rise in diabetes among young people. One of the primary factors is the increase in childhood obesity. The rise in childhood obesity is a global epidemic, and it is directly linked to the development of type 2 diabetes. When a child is overweight, their body becomes resistant to insulin, which can lead to high blood sugar levels and the development of diabetes. Another contributing factor is the unhealthy lifestyle

habits that many young people are adopting. A sedentary lifestyle, coupled with a diet high in sugar and fat, can increase the risk of developing diabetes. Many young people are spending more time in front of screens and less time engaging in physical activity, which can lead to weight gain and an increased risk of diabetes.

Genetics also play a role in the development of diabetes. Children with a family history of diabetes are more likely to develop the condition themselves. However, genetic factors alone are not enough to cause diabetes. It is often a combination of genetic and environmental factors that lead to the development of the disease. The rise in diabetes among young people is a cause for concern, as the condition can have serious long-term health consequences. Diabetes can lead to complications such as heart disease, kidney disease, nerve damage, and blindness. It can also increase the risk of stroke and amputation. To address the rise in diabetes among young people, it is important to focus on prevention. Encouraging healthy lifestyle habits such as regular exercise and a balanced diet can help prevent the development of diabetes. This can be achieved through public health campaigns, education programs, and policy changes that support healthy eating and active living. It is also important to increase access to healthcare and diabetes screening for young people. Early detection of diabetes can lead to better outcomes and a reduced risk of complications. Screening programs can be implemented in schools and community centers to reach young people who may not have access to regular healthcare.

In conclusion, the rise in the onset of diabetes among young people is a significant public health concern that requires urgent attention. It is essential to address the underlying causes of the condition, such as childhood obesity and unhealthy lifestyle habits, to prevent its development. By implementing prevention strategies and increasing access to healthcare, we can reduce the incidence of diabetes and improve the long-term health outcomes of young people.

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