

Diabetes Summary Document

Introduction

We are Jack and Liberty, from the European Sugar Watch. Here at the European Sugar Watch, we are dedicated to increasing the quality of life and life expectancy of people with diabetes. Diabetes is one of the most prevalent chronic diseases, impacting millions of people each year and exerting a significant financial burden on the economy. With a more efficient diagnosis, we can dedicate more resources to helping the populace manage their diabetes and lead healthier lives.

While we can not diagnose diabetes without running proper medical tests, we can identify individuals at a higher risk by asking some simple questions.

These are the questions that identify risk factors for Diabetes

1. How would you rate your general health over the last 30 days? (Scale of 1 to 5)
2. Do you have difficulty walking or climbing stairs?
3. Have you had physical activity in the past 30 days? (Not including work)

Where do these questions come from?

We looked at a dataset of over 250k people. The dataset included demographic and health-related factors, such as a participant's education, BMI, and whether or not they smoke. Approximately 13% of the people had diabetes. When comparing the two cohorts we found that certain factors were more likely to be associated with diabetes than others. *These include the following.*

General Health

Participants were asked to report how well they felt. People who have diabetes report their general health to be lower than those without. Entries belonging to diabetics were 3 times more likely to rate their general health as "poor" or "fair" when compared to non-diabetic participants.

Difficulty walking

Participants were asked if they had difficulty walking. People with diabetes are much more likely to have trouble walking. We found that diabetic participants were 24% more likely to report having had trouble walking or climbing stairs within the previous 30 days.

Physical Activity

Participants were asked if (outside of work) they were physically active. Those with diabetes are much more likely to be sedentary. In fact, we found that diabetics were 70% more likely not to have engaged in physical activity in the last 30 days.

Recommendations

Aside from risk factors that can be identified via self-reporting, there are additional considerations that a doctor can assess.

They include the following

- High blood pressure
- High cholesterol
- BMI

Using a questionnaire, we can get people to self-report. Then the cases can be escalated as required. Utilizing these questions to more efficiently find people at risk for diabetes will allow us to utilize our resources more effectively and help more people lead healthier lives.