

# The Lancet Commission report on Diabetes

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## In news

Recently, the Lancet released a report on Diabetes

## Key findings & recommendations of the report

- Lancet commission's recommendations to governments across the world are the culmination of four years of extensive work on data curation, synthesis and modelling
- In 2016, 26 experts in public health, clinical care, epidemiology, and health economics were brought together by The Lancet to review the evidence and knowledge gaps in diabetes and to develop strategic and actionable plans.
- The report warns, with evidence, of possible damaging effects of coronavirus 2 on the pancreatic islets, responsible for regulating blood sugar, and thereby, on diabetes.
- Commission has recommended the setting up of a global task force for diabetes and non-communicable diseases (NCDs), consisting of stakeholders from different sectors
- **Key elements in reducing diabetes:** 'Prevention, early detection, prompt diagnosis, and continuing care with regular monitoring and ongoing evaluation' have been outlined as the key elements in reducing the growing burden of diabetes.
- It lists out a detailed path for implementation, including redesigning care settings, work flow, providing inputs for lifestyle restructuring and using metformin to prevent or delay onset of Type 2 diabetes,
- **Increased vulnerability due to COVID-19:** According to

Lancet, amid the COVID-19 pandemic, the vulnerability of people with diabetes during a public health emergency became evident by their at least 2 times increased risk of severe disease or death, especially in individuals with poorly controlled diabetes, co-morbidities, or both.

- The Lancet report outlines that “in 2019, 463 million people had diabetes worldwide, with 80% from low-income and middle-income countries. Over 70% of global deaths are due to non-communicable diseases, including diabetes, cardiovascular disease, cancer, and respiratory disease.”
- **Disparities in access to health care:** Recording existing disparities in access to health care, it argues that if access to essential medications had been ensured and control of blood pressure, HbA1c, and cholesterol had been improved in 70% of diagnosed patients.