



DEVELOPMENT AND IMPLEMENTATION OF COMPREHENSIVE MEASURES TO REDUCE THE RISK OF DIABETES AMONG VULNERABLE GROUPS OF THE POPULATION

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Annotation

The study aims to develop and implement comprehensive measures to reduce the risk of diabetes among vulnerable groups of the population. Increasing the incidence of diabetes requires the creation of effective prevention programs that take into account the characteristics of vulnerable groups, including the elderly, overweight people and people with hereditary predispositions. The paper suggests measures aimed at increasing the availability of information, regular screening, and the use of digital technologies for health monitoring. The results demonstrate that such approaches contribute to reducing the risk of diabetes and increasing public awareness.

Key words: diabetes mellitus, prevention, vulnerable groups, risk, comprehensive measures, health.

Relevance

Diabetes mellitus is one of the most acute health problems affecting millions of people around the world. Certain groups of the population are particularly vulnerable to the risk of developing diabetes: the elderly, overweight people, members of socially disadvantaged groups, and those who have a hereditary predisposition to the disease. The increasing number of cases of diabetes requires the development and implementation of effective comprehensive prevention measures aimed at reducing the risk among these groups.

Timely identification and awareness of risk factors, as well as access to modern prevention methods, can significantly reduce the number of new cases of diabetes and reduce the prevalence of the disease. The implementation of such measures will help prevent the development of serious complications of diabetes and reduce the financial burden on the health system.

The aim of the work is to develop and implement measures to reduce the risk of diabetes among vulnerable groups of the population.



Materials and methods included analysis of statistical data on the prevalence of diabetes among vulnerable groups, study of risk factors, and review of existing prevention programs. To assess the effectiveness of the proposed measures, we used questionnaires and surveys in vulnerable groups, as well as an analysis of digital tools used in prevention programs. The methodology made it possible to identify the needs of vulnerable groups and formulate recommendations to increase their awareness and access to preventive measures.

Results

The study found that among vulnerable groups, there is a low level of awareness of diabetes risk factors, as well as insufficient availability of screening tests and prevention programs. The introduction of information campaigns and digital platforms for health self-monitoring has demonstrated effectiveness in raising awareness. Additional measures proposed, such as mobile clinics and regular surveys, have improved coverage of vulnerable groups. The survey showed that 68% of participants considered regular checkups important for diabetes prevention, and 74% of respondents supported the introduction of online health monitoring platforms.

Conclusion

The development and implementation of comprehensive diabetes prevention measures among vulnerable populations has a positive impact on reducing the risk of the disease and increasing public awareness of risk factors. The use of digital technologies, conducting regular examinations and informing the population help to achieve high rates of prevention and early diagnosis of diabetes. The results of the study show that if properly organized, such measures can significantly reduce the prevalence of diabetes, reduce the burden on the health system and improve the quality of life of vulnerable groups. Optimization of measures and their integration into the health system contribute to improving the effectiveness of prevention programs.

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