

## MEASURES TO PREVENT THE SPREAD OF DIABETES AMONG YOUNG PEOPLE

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**Abstract:** Today, diabetes is one of the most common chronic diseases worldwide. World Health Save Organization to the data according to, young people between this of the disease spread year gradually increasing. This is happening. type 1 in the article and 2nd round sugary diabetes youth between meeting causes, clinical symptoms, complications and prevent to take to the measures attention. Research results this. It turns out that it is wrong. Nutrition, physical activity decrease, genetic tendency and stress cases youth between diabetes development main are factors. Prevention measures as healthy marriage style shaping, physical activity increase, healthy food culture develop and sports with to engage in necessary.

**Keywords:** diabetes, youth health, insulin, healthy lifestyle, prevention, metabolic disease, statistical analysis.

### Introduction

Today, diabetes has become not only a medical problem, but also a global social problem. According to the World Health Organization (WHO), by 2024, more than 550 million people in the world will be living with diabetes, and millions of them will be children and young people. In particular, type 2 diabetes, which used to occur mainly in adults, is now becoming widespread among young people.

### TYPES OF DIABETES AND ITS PRESENTATION IN YOUNG PEOPLE

- 1. Type 1 diabetes (Insulin- dependent ):** The pancreas cannot produce insulin. It usually develops rapidly. It requires insulin injections throughout life.
- 2. Type 2 diabetes (non-insulin -dependent ):** Previously seen only in adults. Today, it is also widespread in young people aged 10–25. The body produces insulin, but the cells do not recognize it (insulin resistance). It can be controlled with a healthy lifestyle.
- 3. Gestational diabetes:** A temporary type of diabetes that occurs during pregnancy. However, there is a higher risk of the mother or baby developing diabetes later.

### DIABETES PREVALENCE STATISTICS IN YOUNG PEOPLE

Area	Annual new cases (1st round)	Type 2 diabetes prevalence increases
Worldwide	98,000+ (0–19 years old)	Increased by 30% in the last 10 years
USA	18,000 new type 1 cases each year	Type 2 diabetes has increased 5-fold in young people



Area	Annual new cases (1st round)	Type 2 diabetes prevalence increases
Uzbekistan	Accurate statistics are scarce.	WHO forecast: the number of overweight children has doubled

in Uzbekistan , but doctors and medical institutions are reporting an increasing number of young people presenting with symptoms of obesity and diabetes.

### Causes

**Causes of type 1 diabetes:** **Autoimmune reaction** : the body attacks its own insulin-producing cells. It is also related to genetics, if a parent has diabetes , the child is at risk. It is also caused by enteroviruses or Coxsackie viruses. In addition, polluted air and unhealthy foods also have a small effect.

**Causes of type 2 diabetes:** Excess weight and obesity result in an increase in adipose tissue, especially in the abdominal area, which reduces the sensitivity of cells to insulin. Unhealthy eating habits, i.e. excessive consumption of high-calorie products such as ready meals, sweet drinks, white bread, French fries, and chips, also cause type 2 diabetes. Lack of physical activity, lack of exercise , and spending more time in front of a computer or phone also lead to insulin resistance. Genetic predisposition (heredity) to diabetes is observed in children if one of the parents or close relatives has type 2 diabetes. Type 2 diabetes usually occurs after the age of 40 , but is now also being diagnosed in young people due to an unhealthy lifestyle. Stress and sleep disorders, not getting enough sleep at night, also disrupt the balance of hormones and create conditions for the development of diabetes. In addition, smoking and excessive alcohol consumption also increase the risk of the disease.

### Signs

**1st round in diabetes** very many water drink , often urine release , weight destruction , permanent fatigue , q seed mouth , blurred see signs is observed

**2nd round in diabetes** symptoms slow develops , between slowly infection , rapid infection diseases with sick , skin darkening and excess weight is observed

### Complications

The onset of diabetes at a young age increases the risk of complications because it affects the body **for many years**.

**Short Term:** Hypoglycemia sugar amount very low was in cases will be and unconscious to leave and contractions Hyperglycemia is observed . sugar amount high when is observed thirst, headache pain and heart beat change signs our view possible .

**Long-term:** Blindness (retinopathy), kidney failure (nephropathy), neuropathy, heart disease, psychological problems – depression, anxiety and reproductive problems are observed.

### Before get ways



**Hello food that is natural** , home-cooked meals, low sugar, low fat, low salt Consumption of fruits, vegetables and whole grains and every 3–4 hours small portions with nutrition.

At least 150 minutes of physical activity per week, including sports clubs, walking, dancing, and running, helps prevent excess weight.

**Creating a healthy environment is the most important thing.** Limiting fast food, sweets, chips, and carbonated drinks. Creating a healthy environment is achieved through healthy sleep (8 hours), stress management techniques.

**Regular medical check-ups can help prevent or detect disease early. It is important to monitor** glucose levels and A1C (average blood sugar over the past 3 months ) and consult with your family doctor or endocrinologist.

## Conclusion

Diabetes is a modern disease that is becoming increasingly common among young people. It can disrupt not only physical health , but also psychological and social well-being. However, this disease can and should be prevented. The main thing is that every young person should choose a healthy lifestyle, and parents and educators should guide them in this.

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