Diabetes mellitus as a cause of disability in Mexico from 1998 to 2020.

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Introduction:

Diabetes Mellitus (DM) is a chronic disease where genetic, environmental, and immunological factors are involved and which conditions insulin deficiency or resistance. Social factors of lifestyle have also been associated.

Globally, 463 million people over the age of 18 suffered from DM in 2019, in Mexico a prevalence of DM of 9.4% was reported for adults. Affecting people of working age and economically active, causing deaths and high costs of medical care and represents a public health problem.

Objective:

Estimate the magnitude of the state of disability secondary to DM reported by the Coordination of Health at Work in Mexico (Mexican Social Security Institute) from 1998-2020.

Methods:

Descriptive, observational, and retrospective study (Pearson's correlation, Student's “t” test, r anova).

Results:

Between 1998 and 2020, 440,300 states of disability were generated in Mexico for the Social Security Institute, of which 71,686 were secondary to DM (16%).

Exists a significant increase in reports of disability secondary to DM over the years. The greatest increase in disability due to DM occurs in the years 2016-2020, which was almost double compared to 1998. A strong, positive, linear association was determined between the years elapsed and the number of cases of disability due to DM (Pearson's r = 0.873). A linear, positive association was established in both groups with respect to the passage of time (r = 0.86 for men, r = 0.85 for women), men represented 81.92% and women 18.08%.

During 22 years of study 1,009,123 years of potentially lost productive life were found, since 2016 the number of years almost quadrupled compared to 1998, the cases of disability due to DM expected at 20 years will be 119,675.20.

Conclusions:

Disability secondary to DM has significantly increased the years of life potentially lost, reducing the life-quality and generates inequality (security access). It is necessary to implement new preventive policies by the health authorities focus on prediabetic patients, incorporate in basic education the lifestyle’s importance, companies and health institutions are obliged to do annual medical exams to the population and use the media and social networks to promote self-care campaigns and wellness actions.
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