346 W12 Cultural Diversity and Values

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Deserving and Undeserving Population Regarding Type 2 Diabetes

**Introduction**

A critical consideration is required to determine the deserving and undeserving population regarding health care services. In the modern world, determining vulnerable population is becoming difficult for healthcare officials. Limited resources and services are needed to be used in an effective manner to provide efficient health care services for a community. A vulnerable population is referred as poor, chronically ill, mentally retarded, medically underserved, and the one with disabilities (Ferguson, 2007). It is important to find out the difference between deserving and undeserving population regarding type 2 diabetes. Critical consideration of both populations will provide better insight to develop healthcare policies for the deserving and undeserving population. Here, the focus is to critically determine the deserving population regarding type 2 diabetes to provide them with effective treatment.

**Discussion**

Distinguish deserving population from undeserving population is necessary for health officials to provide suitable health care services for the deserving population. The deserving population is the one with premature birth, cancer, and mental disability etc. The prevalence of type 2 diabetes is high in such a population, which needs to be catered. It is important to mention that the deserving population is genetically suffering from various health complications. Deserving population in the case of type 2 diabetes includes population who has inheritance disorders and impaired glucose tolerance. It is evident that gene mutations are linked with type 2 diabetes. Family history of type 2 diabetes is more likely to influence newborns due to gene mutation (Gloyn & McCarthy, 2001). In the considered case of type 2 diabetes, the deserving population also includes people with impaired glucose tolerance. Naturally, some individuals have a higher blood glucose level which results in type 2 diabetes. Population with impaired glucose tolerance is highly susceptible to type 2 diabetes. Therefore, it is safe to say that deserving population in the considered case of type 2 diabetes include the one with inheritance disorders and impaired glucose tolerance.

On the other hand, it is essential to determine the undeserving population regarding type 2 diabetes to make a proper healthcare assessment in this regard. Type 2 diabetes in the United States is highly associated with physical inactivity and dietary choices. It is important to mention that the prevalence of type 2 diabetes is increasing at an alarming rate in physically inactive individuals. Lifestyle choices play a significant role in controlling the prevalence of type 2 diabetes. Lack of exercise is a serious issue regarding type 2 diabetes as it increases the cholesterol level in individual if they are unable to digestion their diet through adequate exercise. In addition, inadequate dietary choices are also responsible to increase the susceptibility of type 2 diabetes in an individual. The consumption of sugar-sweetened beverages often increases the BMI of an individual. Individuals with BMI 25 and higher are more vulnerable to type 2 diabetes as compared to those with less BMI. Inadequate diet choices can lead to obesity, which can increase the chances of type 2 diabetes. Healthcare officials need to establish a screening process to determine the reason behind type 2 diabetes in an individual. Chromosomal genetic tests and molecular test provide reliable data to determine the cause of type 2 diabetes in an individual.

**Conclusion**

In a nutshell, it is critical to establish that identification of the deserving and underserving populations need to identify to ensure the proper implications of all the available resources. The healthcare sector is responsible to timely determine about the prospects of deserving and undeserving populations to effectively implement healthcare structure. Application of prior screening is one useful practical measure to make inferences about the population that requires healthcare services on a priority basis.

**References**

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