
POSTER ABSTRACT**Living Life to The Full, keeping smiling for Type 2 Diabetes through Self-management**

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This paper aims to address the comorbidity effect of type 2 diabetes (T2D) and poor mental health and wellbeing. According to the International Diabetes Federation, 463 million people worldwide (adults 20-79 years old) were living with T2D in 2019, this number is expected to increase to 700 million by 2045 (Inmaculada et al, 2020). 1 in 10 people over the age of 40 have a diagnosis of diabetes (Diabetes UK, 2019). The Scottish Public Health Observatory has estimated that almost half of T2D can be attributed to obesity (Scottish Gov, 2018). The World Health Organization considers depression to be one of the leading causes of health deterioration and progression towards disability. This condition has been associated with a higher risk of diabetes complications and increased health care utilization among patients with T2D. The prevalence rate of depression is more than twice as high in people with T2D (19.1%, range 6.5–33% vs. 10.7%, range 3.8–19.4%) compared to those without (Tapash et al, 2012). T2D patients are also at risk of developing eating disorders (Raevuori et al., 2014). T2D can be improved by healthy lifestyle choices, such as maintaining a balanced diet, daily exercise such as walking, and maintaining a healthy BMI (NHS, 2017). To develop a healthy self-management pattern, this paper advocates for positive mental health in order to improve general well-being to live life to the fullest.