

# IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



## Graphic-e-Health



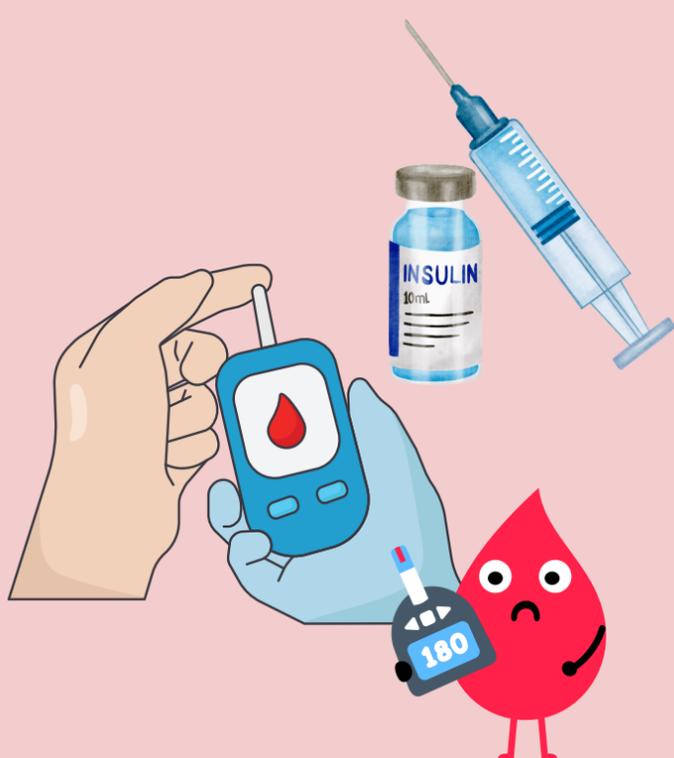
**Edition: 2**



**Issue: 1**



**November  
2025**



## Theme: The Metabolic Trap: Diabetes

### IPHI TEAM:

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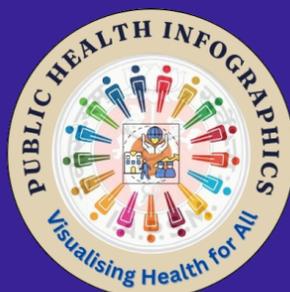
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Channel: IAPSM Public Health Infographic



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for more information



# IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



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5 Dr. Abhijeet Sangade



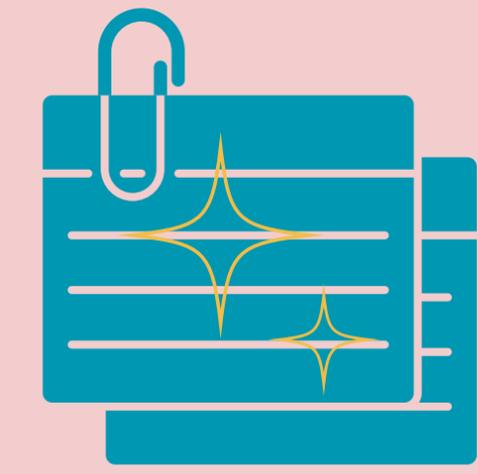
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Dr Revathi TM 10



11 Dr. Amol Dhole

12 Dr. Pranjali Tilwani

13 Dr. Monesh Power (One health)



# DIABETES IN INDIA

## THE GROWING METABOLIC TRAP



*Diabetes doesn't begin with sugar – it begins with lifestyle*

### Adults (20–79 years)

2000 : 32.7 million  
 2011 : 61.3 million  
 2024 : 89.8 million  
 2050 : 156.7 million



### WHAT IS DIABETES?

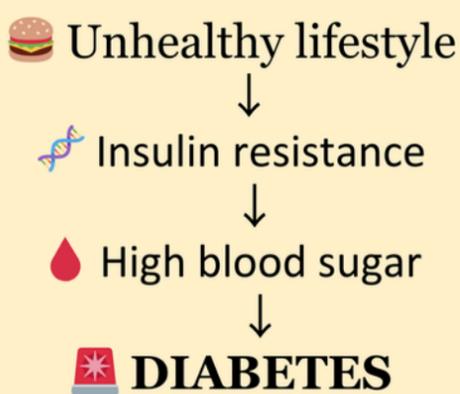
A condition where the body cannot effectively use insulin, leading to high blood sugar levels.

### CAUSES

- Unhealthy diet 🍔
- Physical Inactivity 🪑
- Stress and poor sleep 😴
- Urban lifestyle 🏙️
- Family history 🧬



### THE METABOLIC TRAP



*Once started, the cycle becomes difficult to escape*

### SYMPTOMS

Frequent urination

Always hungry

Slow healing

Fatigue

Tingling numbness

Blurred vision

Weight loss

### COMPLICATIONS

Brain Stroke  
Cerebrovascular Disease

Diabetic Retinopathy  
Cataract  
Glaucoma

Cardiovascular Disease

Periodontal Disease

Diabetic Nephropathy

Peripheral vascular disease

Diabetic Neuropathy

Foot damage

### PREVENTION



Healthy diet



Avoid junk food



Avoid Sweet foods



Regular exercise



Quality sleep



Stay Hydrated



No Alcohol

### CARE

<b>C</b>	Check blood sugar regularly
<b>A</b>	Active lifestyle
<b>R</b>	Rational diet & medicines
<b>E</b>	Education & empowerment

### WHO SHOULD GET TESTED FOR DIABETES?

- ✓ Age ≥ 30 years
- ✓ Overweight or obese
- ✓ Family history of diabetes
- ✓ Sedentary lifestyle
- ✓ History of high BP or GDM

#### WHERE TO GET TESTED?

- > Government health centres
- > NCD clinics
- > Health camps

### GOOD NEWS!

- ✓ Healthy lifestyle can delay diabetes
- ✓ Early diagnosis prevents complications
- ✓ Small daily changes make a big difference

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<https://diabetesatlas.org/data-by>

<https://ncdc.mohfw.gov.in/wp-content/uploads/2024/11/Diabetes-Mellitus>





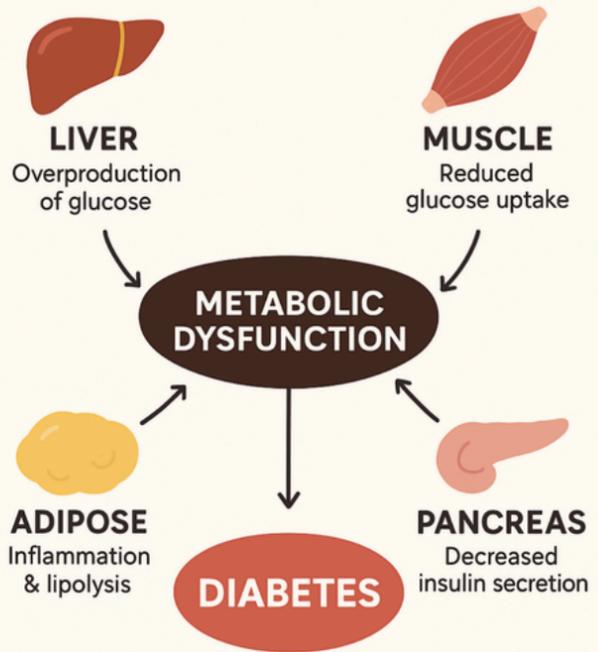
# Diabetes



## “No Room for Grey Areas”

Diabetes is black or white--controlled, or steadily destroying the body. There is no safe middle ground, no pause button, only action or consequence.

It is a chronic metabolic disorder which occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.



## Symptoms



Feeling very Thirsty



Blurred Vision



Increased Urination



Excessive Tiredness



Unintentional Weight Loss

## Preventive Methods



Keep a Healthy Body Weight

Stay Physically Active with at least 150 minutes of moderate exercise each week



Eat a Healthy Diet and Avoid Sugar and Junk Foods



Avoid Smoking and Alcohol



## Diagnosis



Fasting Blood Sugar >126 mg/dl



HbA1C >6.5%



Oral Glucose Tolerance >200mg/dl

## Management



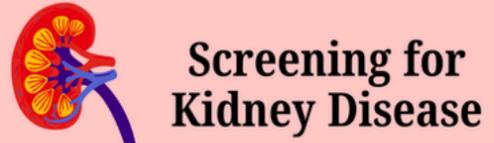
Regular and Timely Medication



Foot care for Ulcer



Regular Eye checkup



Screening for Kidney Disease

### “Break Free from the Metabolic Trap: Prevent Diabetes, Live Well.”

#### References:

1. <https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://www.who.int/news-room/fact-sheets/detail/diabetes&ved=2ahUKEwiK6pGkn8yRAXVx0DQHHQM3D30QFnoECGgQAQ&usg=AOvVaw2FkubZ4zy77-RBg6CHsNjw>

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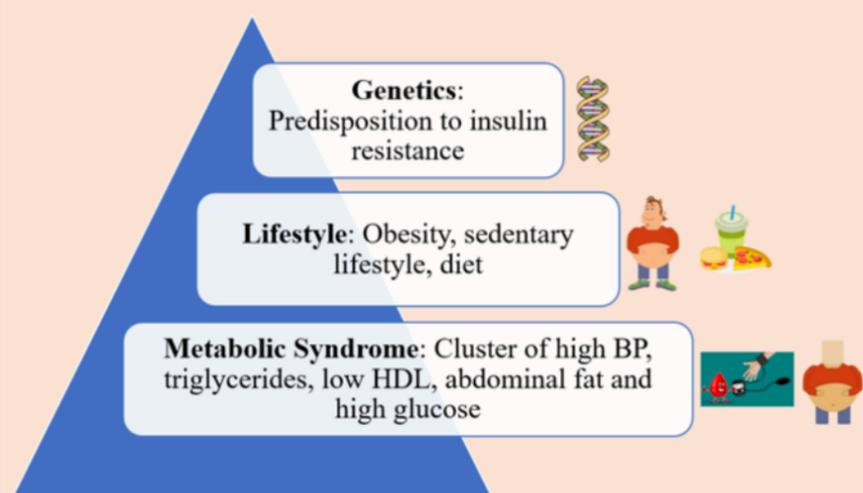
**Type 1:** The body makes little or no insulin. Also known as insulin dependent, juvenile or childhood onset diabetes

**Type 2:** Either the pancreas doesn't make enough insulin or the body's cells do not respond to insulin properly

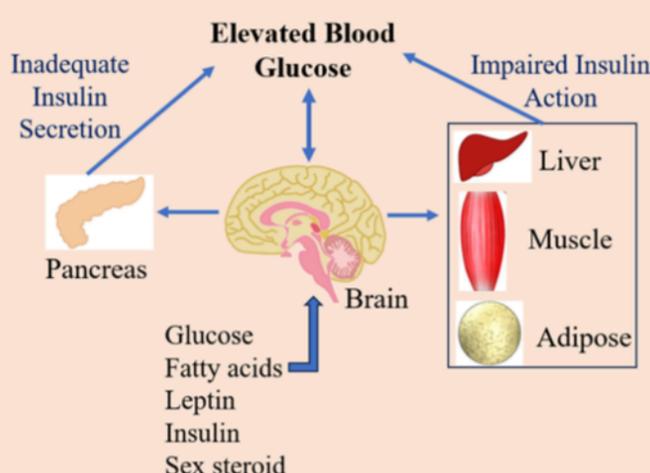
## Diagnostic Criteria

Fasting Blood Glucose	Post-Prandial Blood Glucose	Random Blood Glucose	Glycated Hemoglobin
≥ 126 mg/dl	≥ 200 mg/dl	≥ 200 mg/dl twice (confirm again on different day)	≥ 6.5 %

### Who's At Higher Risk



### Metabolic Dysfunction



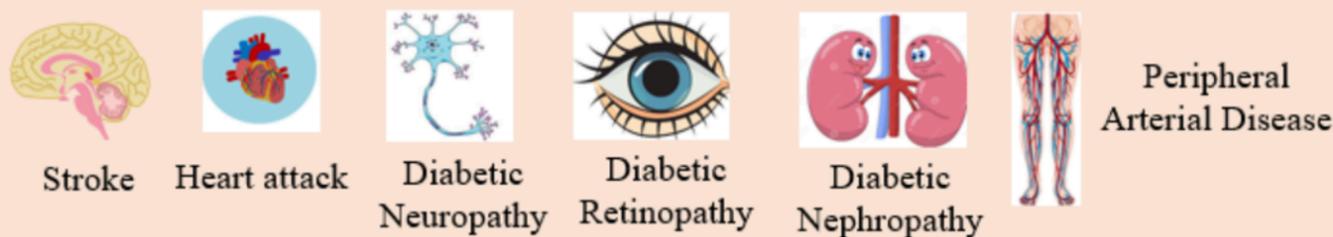
## Signs and Symptoms



## Management: What To Do



## Complications



Eating whole foods and staying active helps keep blood sugar steady

### Sources:

- National Institute of Diabetes and Digestive and Kidney Diseases: <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>
- ADA Diagnosis and Classification of Diabetes: <https://dx.doi.org/10.2337/dc25-S002>
- Diabetes and Metabolism: Unraveling Their Intricate Relationship: <https://www.circufiber.com/blogs/diabetes-resources/diabetes-and-metabolism>

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# COME OUT OF TRAP

## MARCH TOWARD REMISSION

### TYPE 2 DM REMISSION.

01

#### WHAT IS IT?

It is the reversal of symptoms and signs of type 2 diabetes.  
i.e. Lowering of FBS/HbA1C below the diagnosis cut off range. Without the use of medication.



#### CRITERIA:

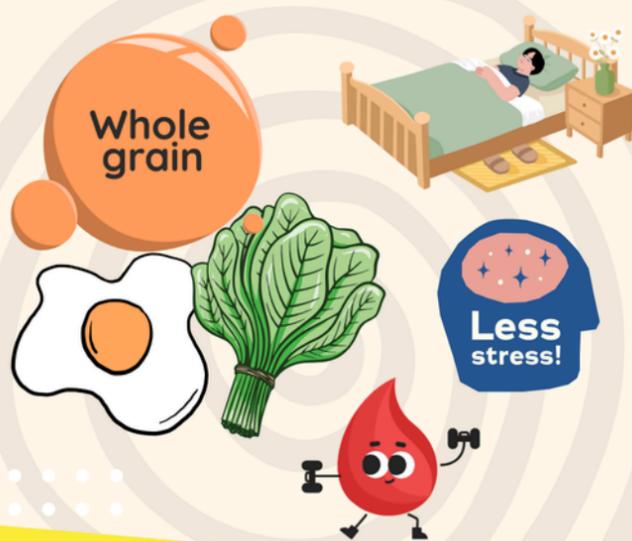
02

1. Fasting blood glucose <7mmol/l or HbA1C <6.5% at 2 occasion 6 months apart.
2. Weight loss
3. Not on anti diabetic drugs

03

#### WHAT SHOULD YOU DO?

1. LOW CALORIE DIET (whole grain, lean protein, vegetables)
2. PHYSICAL ACTIVITY (150 mins/week)
3. ADEQUATE SLEEP
4. STRESS MANAGEMENT
5. WEIGHT LOSS



05

#### BURDEN

	INDIA	GLOBAL
DIABETES type 2	10.5%	11.1%
PREDIABETES	15.3%	7.5-8%



04

#### WHO CAN BE MORE SUCCESSFUL IN REMITTANCE?

1. Younger age
2. short duration of DM (5-6 years)
3. Low HbA1C (<7%)
4. significant weight loss (>10%)



EXERCISE  
DIET

STRESS  
UNHEALTHY  
DIET



Healthy habits  
WIN

Source:  
1. <https://www.bbdnutrition.com/2021/08/30/type-2-diabetes-remission-proposed-defn-intl-experts/>  
2. <https://diabetesatlas.org/>

**BREAK THE METABOLIC TRAP BEFORE IT BREAKS YOU!**

### WHAT IS THE METABOLIC TRAP?



**INDIA IS THE DIABETES CAPITAL – 101 MILLION ADULTS HAVE DIABETES (ICMR-INDIAB, 2023)**

- ✓ 136 MILLION INDIANS HAVE PREDIABETES (ICMR)
- ✓ 1 IN 3 URBAN ADULTS IS METABOLICALLY UNHEALTHY DESPITE “NORMAL WEIGHT”
- ✓ DIABETES CAUSES 1.4 MILLION DEATHS GLOBALLY EVERY YEAR (WHO)

#### SIGNS YOU'RE ENTERING THE TRAP

- PERSISTENT TIREDNESS
- BELLY FAT (“CENTRAL OBESITY”)
- DARK NECK FOLDS (ACANTHOSIS)
- CRAVINGS AFTER MEALS
- FREQUENT URINATION
- UNEXPLAINED WEIGHT CHANGES

#### WHO IS AT MAXIMUM RISK?

- ANYONE WITH WAIST CIRCUMFERENCE > 90 CM (MEN) / 80 CM (WOMEN)
- URBAN ADULTS WITH SEDENTARY LIFESTYLE
- PEOPLE WITH FAMILY HISTORY
- WOMEN WITH PCOS
- ADULTS WITH DISRUPTED SLEEP

### HOW TO BREAK THE TRAP?

**1**

**THE 5-PLATE RULE**  
50% VEGETABLES,  
25% PROTEIN,  
25% WHOLE GRAINS



**2**

150 MIN/  
WEEK  
EXERCISE



**3**

STRESS CONTROL:  
RELAXATION,  
MEDITATION & 7 HOURS SLEEP



**4**

10-MINUTE  
POST-MEAL  
WALK



**5**

REDUCE  
EATING  
ULTRA-  
PROCESSED  
FOODS



**6**

SCREENING  
TIMELINE:  
ADULTS > 30 YRS: FBS  
ONCE/YEAR  
PREDIABETES: EVERY 6  
MONTHS



**TAKE CHARGE TODAY. SCREEN EARLY, EAT MINDFULLY, BREAK THE METABOLIC TRAP**

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ELECTRONIC VACCINE INTELLIGENCE NETWORK (EVIN) - UNDP INDIA <https://www.undp.org/india>  
NIM PROGRESSIVE ELECTRONIC VACCINE INTELLIGENCE NETWORK (EVIN) - U-WIN IMMUNIZATION PLATFORM - GOVERNMENT OF INDIA <https://uwinindia.org/>  
MCP CARD - MOHFW <https://nim.gov.in/new/updates/308-nim-components-1-immunization/guidelines-for-immunization/mcp-card-english-version.pdf>  
UNIVERSAL IMMUNIZATION PROGRAMME - MOHFW OVERVIEW <https://www.mohfw.gov.in/?q=en-major-programmes-universal-immunization-programme-01p>  
NATIONAL HEALTH PORTAL: UNIVERSAL IMMUNIZATION PROGRAMME <https://www.nhp.gov.in/universal-immunization-programme-01p>

SCAN TO EXPLORE WHO  
DIABETES FACTSHEET



<https://www.who.int/news-room/fact-sheets/detail/diabetes>



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# The Metabolic Trap

## Diabetes

*Common, Costly and Largely Preventable*



589 Million adults was living with Diabetes in 2024

1 in 9 Adults globally

### Symptoms

Polyuria: passing urine frequently



Polydipsia: Feeling very thirsty



Polyphagia: Feeling very hungry



Unintentional weight loss

Marked tiredness or fatigue



Blurred vision

Slow healing cuts or wounds



Numbness, tingling, or burning sensation in hands and feet

### Complications

EYE: Retinopathy

BRAIN: Stroke

HEART: Coronary Artery Disease

KIDNEY: Diabetic Nephropathy

NERVES: Diabetic Foot

### Preventive Strategies



Move more: Regular physical exercise



Know your numbers: HBA1c fasting glucose



Eat Smart: Balanced diet



Abstain from: Tobacco and alcohol

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The metabolic trap is a self-reinforcing cycle in which unhealthy lifestyle factors lead to metabolic dysfunction (especially insulin resistance).

## KEY STATISTICS:

- In India, 77 million people >18 years are suffering from diabetes
- Nearly 25 million are prediabetics
- More than 50% of people are unaware of their diabetic status
- Adults with diabetes have a 2-to-3-fold risk ↑ of heart attacks and strokes



## UNHEALTHY LIFESTYLE



UNHEALTHY DIET



PHYSICAL INACTIVITY



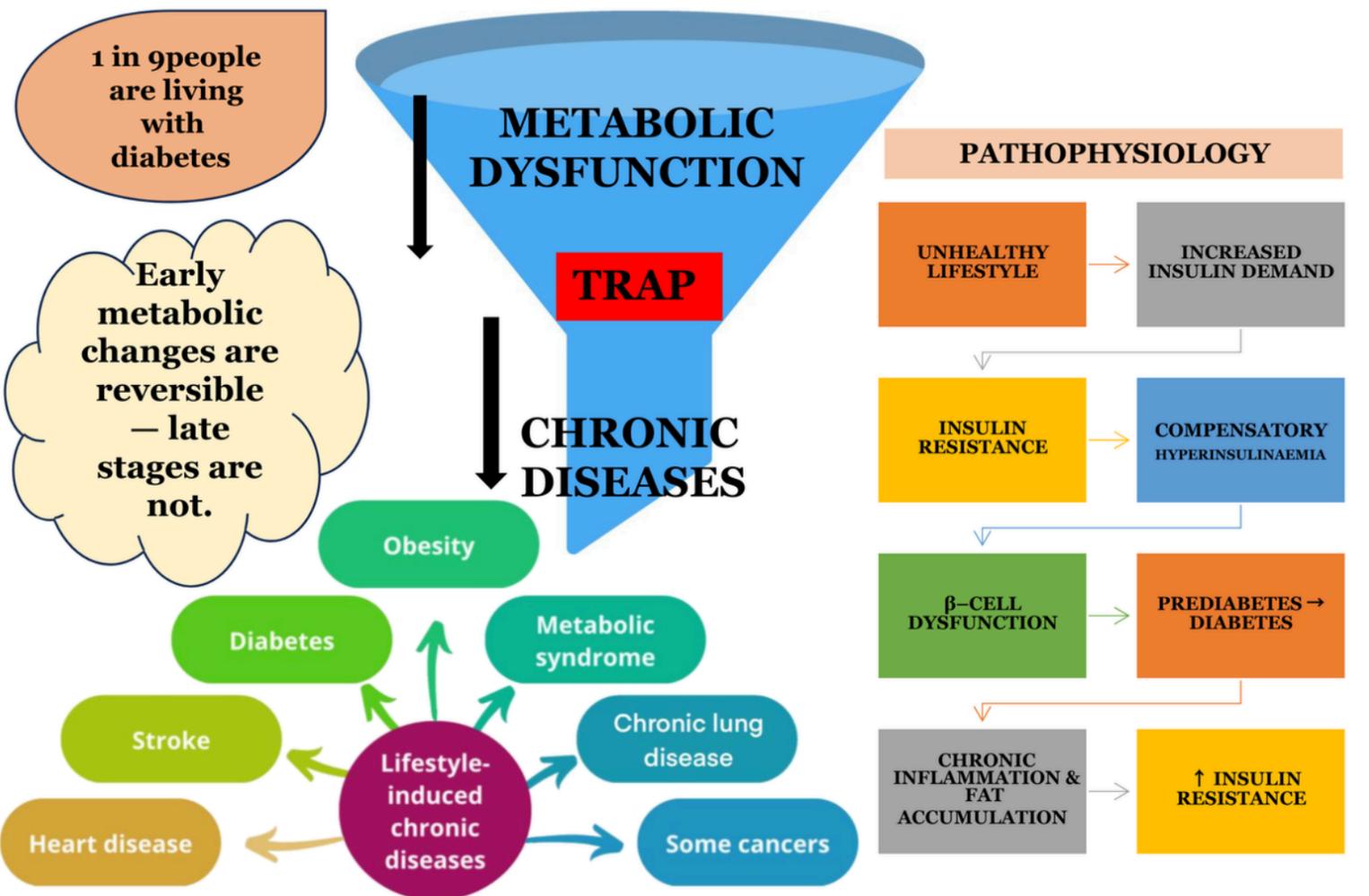
URBANISATION



POOR SLEEP



GENETIC



## SIGNS OF ENTERING THE TRAP

- **Central obesity** (increased waist circumference)
- **Persistent tiredness/energy** or **low energy**
- **Increased hunger** or **cravings** after meals
- **Frequent urination**
- **Unexplained weight changes**
- **Darkened skin** over neck or axillae (*Acanthosis nigricans*)



## ESCAPING THE METABOLIC TRAP

### TERTIARY PREVENTION

- Glycemic control
- Screening for complications
- Long-term follow-up & treatment adherence

### SECONDARY PREVENTION

- Population-based screening (≥18 years)
- Early detection of prediabetes & diabetes
- Lifestyle counselling

### PRIMARY PREVENTION

- Balanced diet & reduced sugar intake
- Regular physical activity
- Weight management
- Stress & sleep hygiene

### PRIMORDIAL PREVENTION

- Healthy urban design
- Physical activity
- Healthy food availability
- School-based lifestyle education

Pls scan to read the IDF report 2025





- Diabetes gradually damages blood vessels and nerves throughout the body.
- When complications are detected early and managed properly, blindness, kidney failure, heart attacks, amputations, and premature deaths can be prevented.



## MICROVASCULAR COMPLICATIONS

### 1. Diabetic Retinopathy

- Damage to retinal vessels
- Can lead to blindness if untreated



### 2. Diabetic Nephropathy

- Progressive kidney damage
- May progress to chronic kidney disease or renal failure



### 3. Diabetic Neuropathy

- Nerve damage causing numbness, burning, tingling
- Increases risk of foot injuries and ulcers



## DIABETIC FOOT COMPLICATIONS

\*A combination of neuropathy & poor circulation leads to:

- Foot ulcers
- Infections
- Gangrene
- Amputation risk



## MACROVASCULAR COMPLICATIONS

### 1. Coronary Artery Disease

- Coronary artery disease
  - Heart attack
  - Heart failure



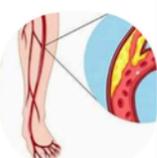
### 2. Stroke

- Reduced or blocked blood supply to brain



### 3. Peripheral Arterial Disease

- Reduced blood flow to legs



## SCREENING

Complication	Screening Method
*Eye damage	Dilated fundus exam
*Kidney disease	Urine albumin & creatinine
*Nerve damage	Foot & sensation exam
*Heart risk	BP, lipids, ECG
*Foot ulcers	Physical foot exam



## KEY PREVENTION STRATEGIES

- Control blood sugar
- Treat BP & cholesterol
- Avoid tobacco
- Eat healthy
- Stay active
- Take medicines on time
- Regular check-ups



## SOURCES

\*National Programme for Prevention & Control of Non-Communicable Diseases

\*National Health Portal – Diabetes

\*ICMR – Diabetes & NCD Resources

\*WHO Diabetes Fact Sheet

\*National Institute of Nutrition – Diet Guidelines

\*Park's Textbook of Preventive & Social Medicine

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Healthy Choices Today, Diabetes-Free Tomorrow

GUARD YOUR GLUCOSE. GUARD YOUR LIFE

Diabetes: Know it. Fight it. Control it



## CAUSES

## MANAGEMENT

- Autoimmune destruction of pancreatic  $\beta$ -cells
- Genetic predisposition
- Insulin resistance
- Decreased insulin secretion
- Obesity (especially central obesity)
- Physical inactivity
- Unhealthy diet
- Family history of diabetes
- Hormonal changes in pregnancy
- Pancreatic diseases (pancreatitis, trauma, cancer)
- Endocrine disorders (Cushing's, acromegaly, hyperthyroidism)
- Drugs: steroids, thiazides, antipsychotics
- Infections (viral triggers for Type 1)

- Diet modification
- Weight reduction
- Regular exercise
- Smoking & alcohol control
- Metformin
- SGLT-2 inhibitors
- DPP-4 inhibitors
- GLP-1 agonists
- Sulfonylureas
- Thiazolidinediones
- Insulin therapy
- Regular blood glucose monitoring
- HbA1c monitoring
- Blood pressure & lipid control
- Screening for complications (eye, kidney, foot)
- Patient education

SMALL CHANGES BIG IMPACT ON DIABETES

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TAKE CHARGE STOP DIABETES



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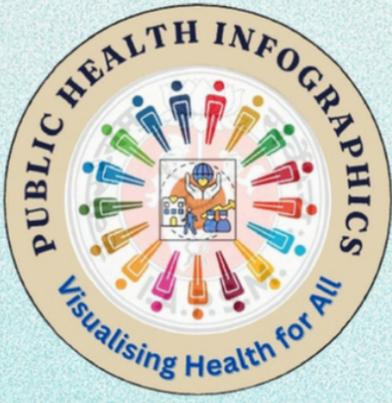
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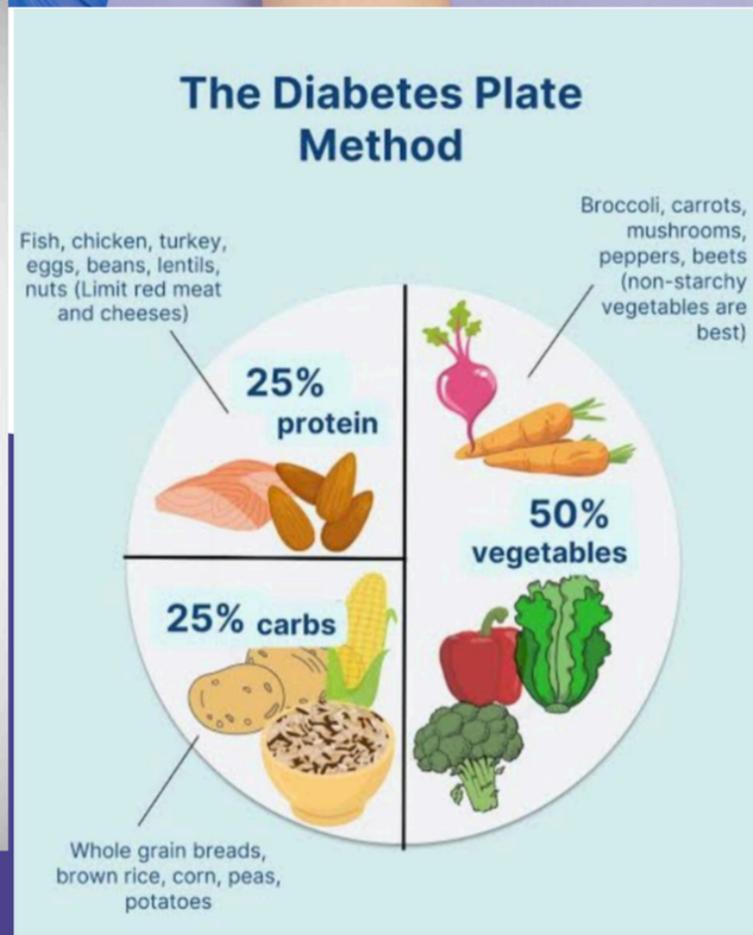
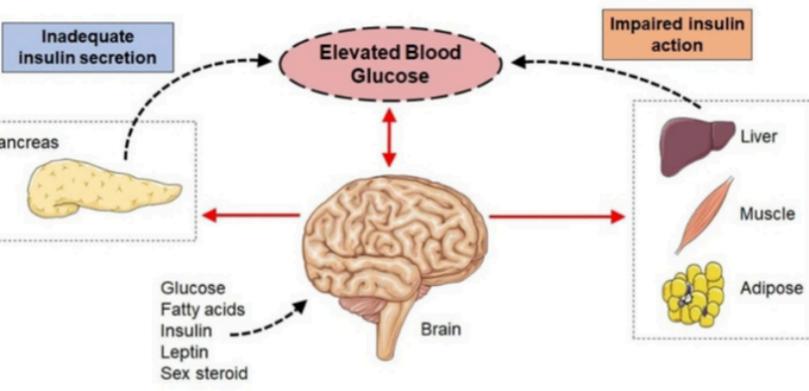
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- "Diagnosis and classification of diabetes: standards of care in diabetes—2024." *Diabetes care* 47, no. Supplement\_1 (2024): S20-S42.
- "Prevention or delay of diabetes and associated comorbidities: standards of care in diabetes—2024." *Diabetes Care* 47, no. Supplement\_1 (2024): S43-S51.



# The Metabolic trap of Diabetes

## Regulation of Blood Glucose Levels



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[https://www.circufiber.com/blogs/diabetes-resources/diabetes-and-metabolism?srsId=AfmBOooRsODEOTqPAIb2zeju\\_zEclasc5zLFLMGbgcB2CX01TfK-k6R](https://www.circufiber.com/blogs/diabetes-resources/diabetes-and-metabolism?srsId=AfmBOooRsODEOTqPAIb2zeju_zEclasc5zLFLMGbgcB2CX01TfK-k6R)

<https://share.google/UnLM9aI6MLMDcHnxR>

<https://share.google/r6XhrONUWeAMgFQEa>

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# DIABETES

## A METABOLIC DISORDER



### BALANCED METABOLISM

- Normal insulin sensitivity
- Efficient glucose utilisation
- Balanced energy intake and expenditure
- Adequate physical activity

*Physiological equilibrium*

### DISTURBED BALANCE

- Excess calorie intake
- Sedentary lifestyle
- Central obesity
- Chronic psychosocial stress

*Metabolic overload*

### WHEN BALANCE IS LOST

#### Compensatory phase

- Increased insulin secretion
- Temporary maintenance of normoglycaemia



#### Failure phase

- Insulin resistance
- $\beta$ -cell dysfunction
- Persistent hyperglycaemia

*Diabetes mellitus*

### WHY DIABETES IS A METABOLIC DISORDER

- Liver: increased glucose production
- Muscle: reduced glucose uptake
- Adipose tissue: chronic inflammation
- Pancreas:  $\beta$ -cell exhaustion

*A system-wide metabolic imbalance*



### KEY PUBLIC HEALTH MESSAGE

- Early lifestyle intervention restores balance
- Prediabetes is a reversible stage
- Population-level prevention is essential

*Diabetes is not inevitable.*

*It is the result of prolonged metabolic imbalance.*

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 DR.NIDHI PATEL  
 DR. KUSHANT BHATT

#### SOURCES

- WORLD HEALTH ORGANIZATION (WHO) - [HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/DIABETES](https://www.who.int/news-room/fact-sheets/detail/diabetes)
- INDIAN COUNCIL OF MEDICAL RESEARCH (ICMR) - [HTTPS://MAIN.ICMR.NIC.IN/](https://main.icmr.nic.in/)

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# DIABETES A METABOLIC TRAP



## COMPLICATIONS

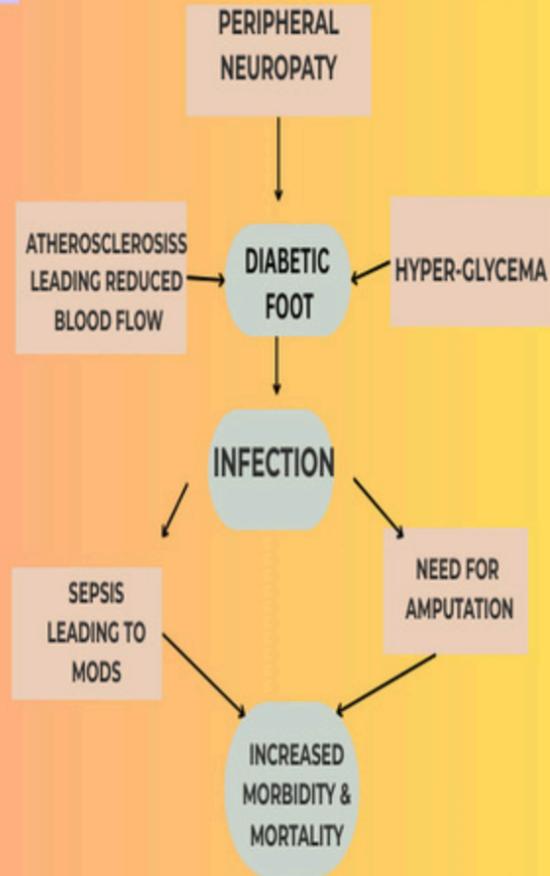
### MICROVASCULAR

### MACROVASCULAR



EVERY STEP COUNTS  
EVERY BITE MATTERS

## PATHOPHYSIOLOGY & PREVENTION OF DIABETIC FOOT



## RISK FACTORS & PREVENTION

### MODIFIABLE

### NON - MODIFIABLE

#### DO"s

#### DON"Ts



Regular physical activity



Sedentary Lifestyle



Eating small frequent meals



Skipping meals or prolonged fasting



Maintain a healthy weight (BMI between 18.5-24.9)



Overweight/obesity



Consuming Low glycemic index foods



Consuming High glycemic index/processed foods



Genetics-HLA-DR3,4



Family history



Ethnicity

## CALL TO ACTION!!



Inspect feet daily: for cuts, blisters, redness, swelling, or nail problems.

Wash feet daily: using a soft cloth and lukewarm (not hot) water.

Dry feet completely: gently pat feet dry, paying special attention to between the toes to prevent fungal infections.

Moisturize: by applying lotion to the top and bottom of your feet.

Trim toenails carefully: trim them straight across and gently file any sharp edges.

Wear appropriate footwear: wear clean & dry socks and shoes or slippers, even indoors.

Check shoes: before putting on ensure there are no foreign objects like pebbles.

Ensure shoes fit well: without being too tight or too loose & avoid high heels and pointed-toe

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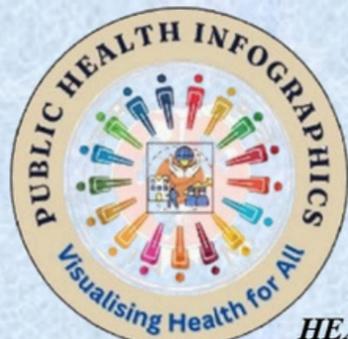
Dr. Annarao Kulkarni

Co - Chairperson

Dr. Krupal Joshi

### REFERENCES:-

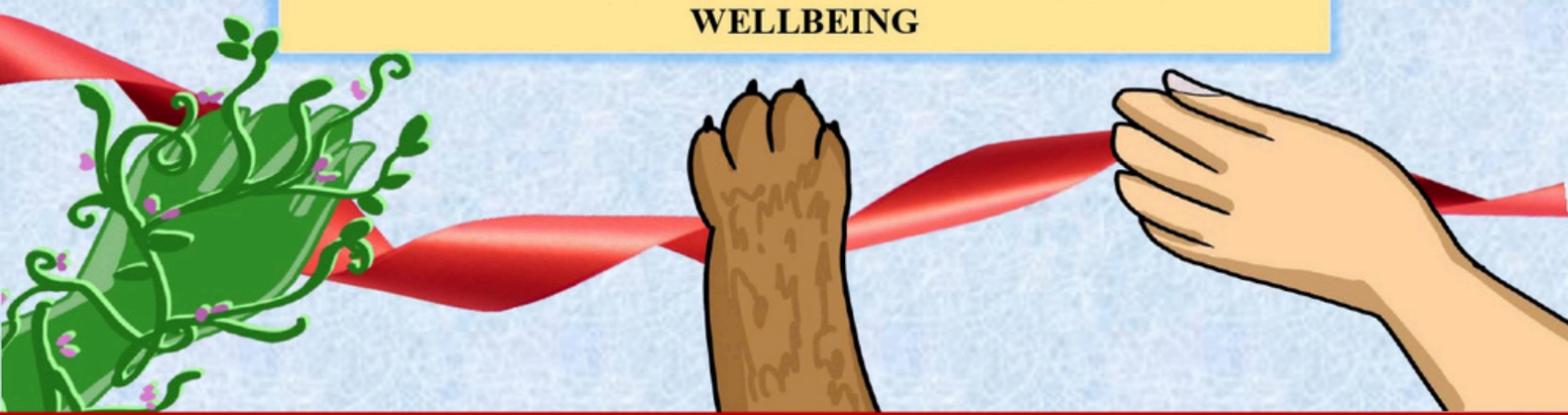
- 1) [https://www.who.int/health-topics/diabetes#tab=tab\\_1](https://www.who.int/health-topics/diabetes#tab=tab_1)
- 2) <https://idf.org/our-network/regions-and-members/south-east-asia/members/india/diabetic-association-of-india/>
- 3) <https://www.niddk.nih.gov/>



HEALTHY PEOPLE, HEALTHY ANIMALS, HEALTHY ENVIRONMENT

# ONE PLANET ONE HEALTH

ONE WORLD, ONE HEALTH – UNITED FOR HUMAN, ANIMAL AND ENVIRONMENTAL WELLBEING



## ROLE OF A PUBLIC HEALTH EXPERT

- Works with doctors, veterinarians, and environment teams to solve health problems together.
- Keeps watch on diseases in humans, animals, and the environment.
- Helps detect outbreaks early and takes quick action.
- Promotes safe use of antibiotics to prevent resistance.
- Teaches people about preventing infections from animals.
- Helps make rules and plans to protect health, animals, and the environment.

## PILLARS

- Multisectoral collaboration
- Zoonotic disease prevention and control
- Antimicrobial resistance (AMR) control
- Environmental protection and ecosystem health
- Food safety and food security
- Integrated vector control strategies
- Disaster and pandemic preparedness
- Policy support, governance, and interdepartmental coordination
- Sustainable development and climate resilience

## CORE COMPONENTS

- Integrated surveillance
- Early detection & response
- Safe food systems
- Vector control
- Environmental protection



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## References :

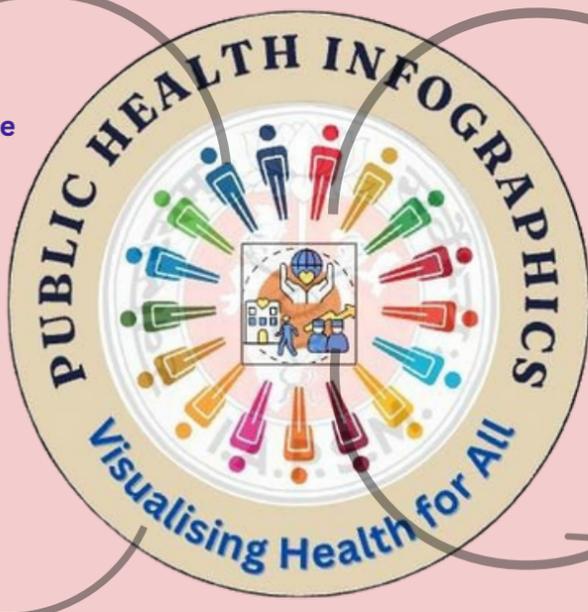
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- Nguyen-Viet H, Lam S, Alonso S, Unger F, Moodley A, Bett B, Fevre EM, Knight-Jones T, Mor SM, Nguyen HT, Grace D. Insights and future directions: Applying the One Health approach in international agricultural research for development to address food systems challenges. *One Health.* 2025 Jun 1;20:101007.



# IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



## Graphic-e-Health

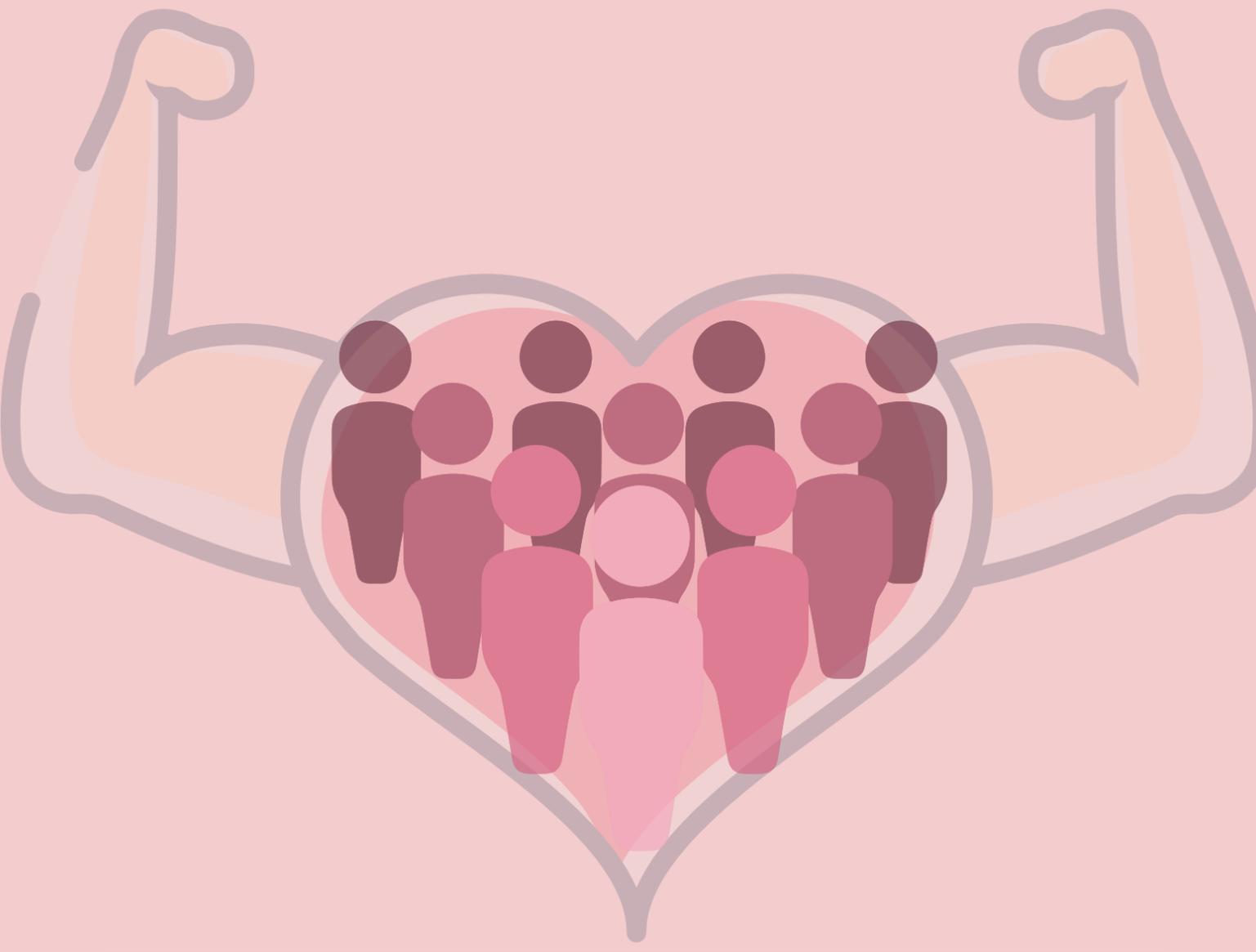


Highlights how infographics can educate the public about the health system and its services

Represents use of infographics to enhance collaboration and communication between public health professionals and the community

Tagline for this initiative

Represents the role of infographics in making public health data clear and simplified



Dear IAPSM Members,

Thank you for taking the time to explore our latest Public Health Infographics Edition. It is gratifying to know that these visual resources contribute to enhancing public health knowledge within our IAPSM community.

Your continued support and engagement with the Public Health Infographics initiative are truly appreciated. Our aim is to consistently improve the quality and relevance of our content, ensuring it serves as a useful resource for all. If you have any suggestions, feedback, or ideas for future infographic topics, we encourage you to reach out to us at [iapsminfographics.iphi@gmail.com](mailto:iapsminfographics.iphi@gmail.com). We welcome your insights and are eager to incorporate changes that can enrich your experience.

Together, let's make this initiative even more impactful for our community.



Best Regards,  
Team IAPSM Public Health Infographics

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Channel: IAPSM Public Health Infographic



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