



**Keywords:** Diabetes disparities; Socioeconomic status; Race/ethnicity; Neighborhood environment; Healthcare access; Food insecurity; Education; Employment; Health equity

## Introduction

Diabetes mellitus represents a major public health challenge, with significant disparities in prevalence, management, and outcomes observed across populations. While genetics and individual behaviors play a role in diabetes risk, social determinants of health (SDOH) exert a profound influence on diabetes disparities. This article explores the complex interplay between social determinants and diabetes, highlighting the underlying factors contributing to disparities in diabetes prevalence, incidence, complications, and outcomes [1,2].

## Methodology

**Social determinants of health:** Social determinants of health encompass the social, economic, and environmental factors that shape individuals' opportunities for health and wellbeing. These factors include socioeconomic status, education, employment, housing, food security, neighborhood environment, social support networks, and access to healthcare. SDOH operate at multiple levels, from individual and interpersonal factors to community and societal influences, and interact dynamically to influence health outcomes, including diabetes risk and management [3].

**Socioeconomic status and diabetes disparities:** Socioeconomic status (SES) is a key determinant of diabetes disparities, with individuals from lower socioeconomic backgrounds facing higher rates of diabetes prevalence, incidence, and complications. Factors such as income, education, occupation, and wealth influence access to healthcare, health-promoting resources, and opportunities for healthy behaviors. Individuals with low SES may experience barriers to accessing diabetes prevention programs, healthy foods, and quality healthcare services, leading to disparities in diabetes outcomes [4].

**Race/ethnicity and diabetes disparities:** Race and ethnicity are significant determinants of diabetes disparities, with racial and ethnic

nutrition education initiatives, and policies aimed at improving food access and affordability can help address food insecurity and reduce diabetes risk among vulnerable populations [8].

**Education, employment and diabetes disparities:** Education and employment are important determinants of diabetes disparities, with higher levels of education and stable employment associated with better diabetes outcomes. Education provides individuals with knowledge and skills for self-management, health literacy, and access to higher-paying jobs with health insurance benefits. Stable employment promotes financial security, access to healthcare, and opportunities