

# Economic impact and inequalities in diabetes in South Africa

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### **Economic impact and inequalities in diabetes in South Africa**

Chipo Mutyambizi

6 July 2020

1. In South Africa, differences in socio-economic inequalities exist in terms of diabetes prevalence, diabetes health care costs and diabetes self-care practices (This dissertation).
2. Financial difficulty amongst people with diabetes in South Africa is both an outcome of self-care and a barrier to some diabetes self-care practices (This dissertation).
3. The economic burden of diabetes in Africa is huge. Diabetes has both direct and indirect costs, which impact on individuals, households, societies, health care systems and governments (This dissertation).
4. Evidence in South Africa suggests that the factors that influence health care behaviour are varied and originate from multiple levels. The promotion of each behaviour requires separate attention (This dissertation).
5. Diabetes is a multifaceted multivariable disease linked with other diseases. This emphasises the need for a holistic approach to its management (This dissertation).
6. Health cannot be a question of wealth it is a fundamental human right. (Nelson Mandela)
7. In lifestyle and health behavior, today's actions are tomorrow's results.
8. "Mobilization toward UHC defies a one-size-fits-all approach, recognizing that diverse contexts will drive country-specific paths. Whatever the path taken, it's indisputable that progress towards UHC will bolster weak health systems" (President Jim Yong Kim World Bank Group).
9. At the heart of poor health in South Africa lies a failure to tackle poverty and income inequality.
10. The weakest links in our global health systems will determine the outcome of the coronavirus pandemic (COVID-19).