



Triggered by bad air

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Highlights

- Particulate matter that exists as fine dust in the air can lead to an increased risk of diabetes, particularly in low-income countries such as India.
- Analysis of the burden of pollution-linked diabetes (in the journal, Lancet Planetary Health) estimates that in 2016, air pollution resulted in as many as 3.2 million new cases of diabetes.
- This is 14% of all new diabetes cases for that year, and India's share was 20% of new cases.
- Studies have shown that this fine dust enters the bloodstream through the lungs, reducing insulin production and triggering inflammation.
- This factor adds to the diabetes burden which affects more than 420 million people globally.
- Where high economic growth has led to higher pollution burdens, lower-income countries such as India are affected the most.
- After all, while the global PM2.5 average was 42.3 micrograms per m³, in India, it was 72.6 per m³. The study finds that a modest reduction in PM2.5 levels may lead to a reduction in diabetes cases in India.

Source: [The Hindu](#)

