



## **Progress and Inspiration of Social Capital in the Prevention and Control of Diabetes**

***Hengjun JIANG<sup>1</sup>, Xingling CHEN<sup>2</sup>, Yuxiu HU<sup>2</sup>, \*Feng TAO<sup>2</sup>***

1. *Scientific Research Department, First Affiliated Hospital, Zhejiang University School of Medicine, Hangzhou, Zhejiang, China*
2. *Second Affiliated Hospital Zhejiang University School of Medicine, Hangzhou, Zhejiang, China*

**\*Corresponding Author:** Email: qingfeng1feiyang@sina.com

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### **Dear Editor-in-Chief**

Social capital is one of the important factors affecting population health (1). As an intangible social resource, it has important practical significance in the prevention and treatment of diabetes. Using the system review method, we have reviewed previous published literature and analyzed the concept of social capital and its application to diabetes prevention and treatment. This study aimed to provide information and enlightenment to effectively mobilize all resources that promote diabetes prevention and treatment. The study was significant and meaningful in the relationship between social capital and diabetes, and it is the first study to conduct a review of this relationship.

We retrieved 2329 articles and 2029 records were included after removing duplicates. Of these, 98 records were included based on the titles and abstracts. Overall, 83 articles were excluded because of full texts and finally, 15 articles containing 15 studies were included.

In addition, diabetes has been shown to be closely related to social and economic status (2,3). In recent years, the social determinant of health theory has gained more attention, and scholars have expanded the study vision to the field of social capital for the purpose of development and utilization. It obviously has important practical significance and a positive role for the effective use of existing resources for the prevention and control

of chronic diseases, and which promotes greater social efficacy.

Even though diabetes at present cannot be completely cured, it can be controlled with the active participation of patients using effective self-management. The exploratory individual-level study identified a potentially strong relationship between social capital and diabetes self-management in Chinese adults (4).

A total diabetes prevention strategy involves the community in health promotion. Social capital at the macro level is closely linked to collective action and public policy (5,6). By producing a high degree of reciprocal trust, norms and social justice, it improves recognition of the general population and the participation of the social network to encourage collectivity and consistency in their behaviors.

Furthermore, living in a harmonious and united community provides more access to healthy food, safe sports areas and high-quality medical services, which are especially important for the prevention of diabetes. When the feeling of mutual assistance rises to a spiritual and moral code standard, it will greatly enhance the degree of social participation. In an information society, we should make full use of mass media including internet, television, radio and newspapers, to encourage the knowledge of diabetes prevention and to maximize the use all social resources for

improving the prevention and control of diabetes.

As an intangible social resource, social capital has important practical significance in diabetes patients and can provide inspiration and enlightenment for the prevention and control of diabetes.

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## Conflicts of interest

The authors declare no conflict of interest.

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