

Obesity and Type 2 Diabetes: A Public Health Priority

Dr Iveta Nagyova

1. European Public Health Association - EUPHA
2. PJ Safarik University in Kosice, Slovakia
Department of Social and Behavioural Medicine

8th IBDO, 2-3 July 2015, Rome, Italy



European Public Health Association

EUPHA - is an umbrella organisation for public health associations and institutes in Europe, founded in 1992

- a network of **>14,000** professionals
- covering **>40** countries
- **20** sections, including ESCD

EUPHA mission is to facilitate and activate a strong voice of the public health network by enhancing visibility of the evidence and by strengthening the capacity of public health professionals.

EUPHA – A stakeholder that brings value

- **Great network** across Europe, providing valuable access to data and information on PH
- **Wealth of expertise** and resources to support the EC / WHO / MS in developing concrete actions on PH
- **Strong commitment** to actively contribute in shaping policies addressing health risk factors to secure the best outcome for the European citizens
- **Open to dialogue** and keen to engage with all relevant stakeholders to protect and improve the health of European citizens



EUPHA tools

- **Eur J Public Health**
2.459 Impact Factor - Q1, (S)SCI
- **Annual conference - EPH**
 - focusing every year on different topics, bringing together practitioners, policy makers, educators, trainers and researchers;
~ 1,500 participants/year
- **Statements, Reports, Newsletter, Projects**
 - on all topics related to PH (EUPHActs)
 - EC projects: SPHERE, STEPS, PHIRE
- **EUPHA website**
 - a user friendly web-site: www.eupha.org
 - > 200,000 monthly web-site hits




[Home](#) | [Member login](#) | [@EUPHActs](#) | [Contact](#)

[NEWSLETTER SUBSCRIPTION](#)

- About us
- EUPHA 2014 - 2020
- Members
- Sections
- Four pillars
- EUPHANxt
- Conferences
- EJPH
- Advocacy
- News



Voicing knowledge - Enhancing capacity

RECENT TWEETS



EUPHA (@EUPHActs)
EUPHA joins other European health-based NGOs in supporting @WHO_Europe plans to restrict food marketing to children <http://t.co/RNGnSJ2vdG>



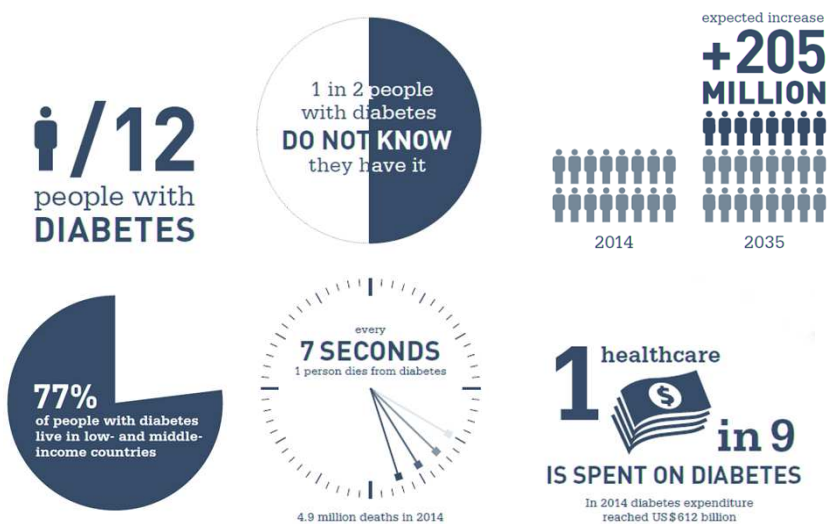
EUPHA (@EUPHActs)
SOROS: why we are setting up a European Roma Institute: <http://t.co/X3dk9OKj8z> via @opensociety



Martin McKee (@martinmckee)
In Guardian presidents of @fph and @EUPHActs jointly express major worries about #TTIP <http://t.co/fYleE2m1FP> (2nd letter)
(Retweeted by EUPHA)



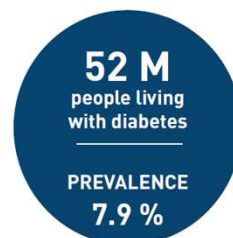
Diabetes facts and figures: the burden



Source: IDF Diabetes Atlas, 6th edn., 2014

Diabetes facts and figures: Europe at a glance

Diabetes in Europe (EUR) (20-79 years)	2014	2035
Total population (millions)	910	928
Adult population (millions)	660.6	668.7
Number of people with diabetes (millions)	52	68.9
Regional prevalence (%)	7.9	10.3
Comparative prevalence (%)	6.2	7.1
Undiagnosed cases (millions)	17.2	-
Total diabetes-related deaths (thousands)	537	-
Deaths under the age of 60 (%)	23.1	-
Total diabetes-related health expenditure (USD billions)	144.3	158.6

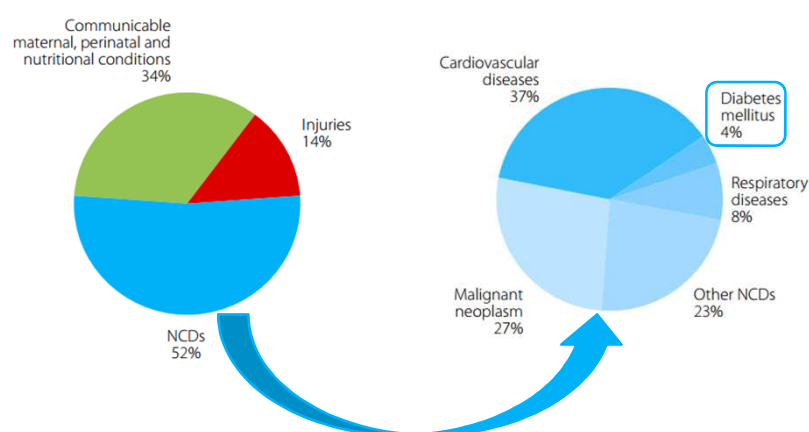


- Diabetes is a **chronic condition** that can lead to **serious and costly complications**
- **Diabetes costs** to society are **high and escalating**

Source: IDF Diabetes Atlas, 6th edn., 2014

Diabetes facts and figures: the burden

Fig. Proportion of global deaths under the age 70 years, by cause of death, comparable estimates, 2012



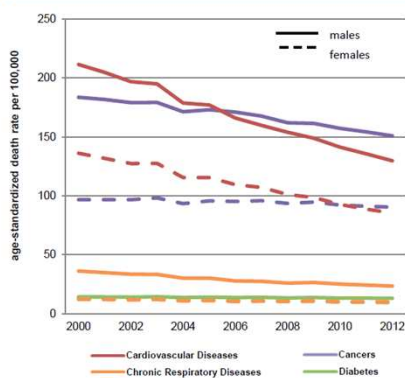
Source: WHO Global Status Report on Noncommunicable Diseases, 2014

Diabetes facts and figures: Italy

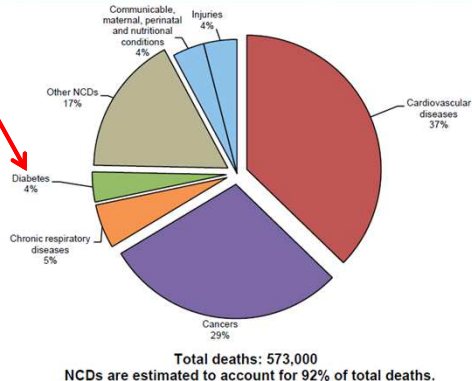
Total population: 60 885 000
Income Group: High

Percentage of population living in urban areas: 68.4%
Population proportion between ages 30 and 70 years: 55.0%

Age-standardized death rates



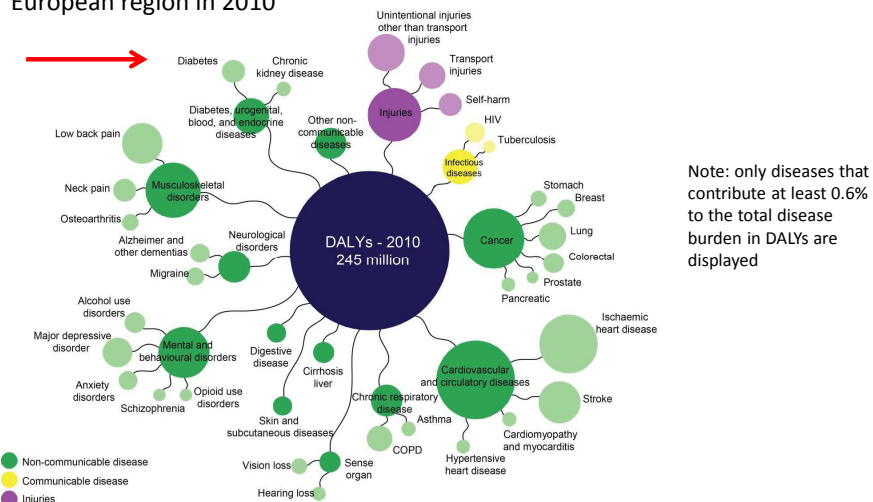
Proportional mortality (% of total deaths, all ages, both sexes)



Source: World Health Organisation – NCD Country Profiles, 2014

Diabetes facts and figures: the burden

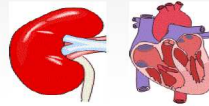
Fig. Disease burden in Disability-Adjusted Life Years (DALYs) in the WHO European region in 2010



Source: RIVM DG SANCO report 2012

Diabetes: comorbidities | multimorbidities

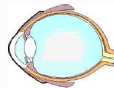
The leading cause of new cases of ESRD



A 2- to 4-fold increase in cardiovascular risk



The leading cause of new cases of blindness in working-age adults



The leading cause of nontraumatic lower extremity amputations

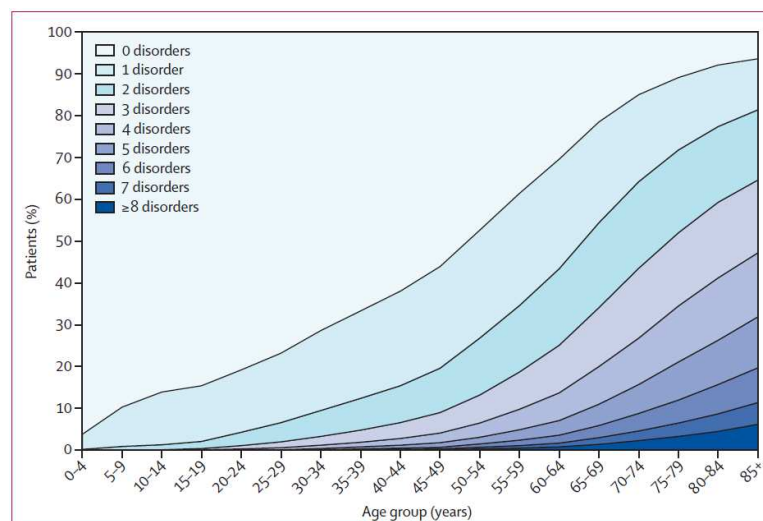


Harris. In *Diabetes in America*. 2nd ed. 1995.



Source: ECDA 2014. EU Summit on NCDs

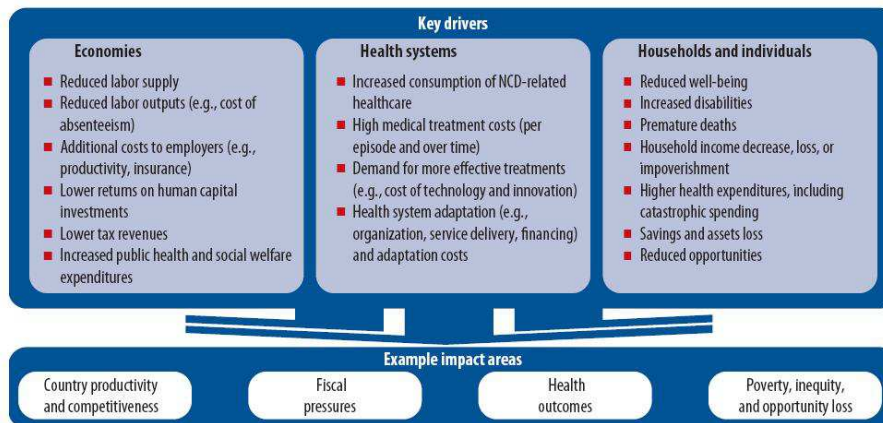
Number of chronic disorders by age-group



Barnett et al. 2012

Socioeconomic impact of diabetes

High Cost to Economies, Health Systems, Households and Individuals



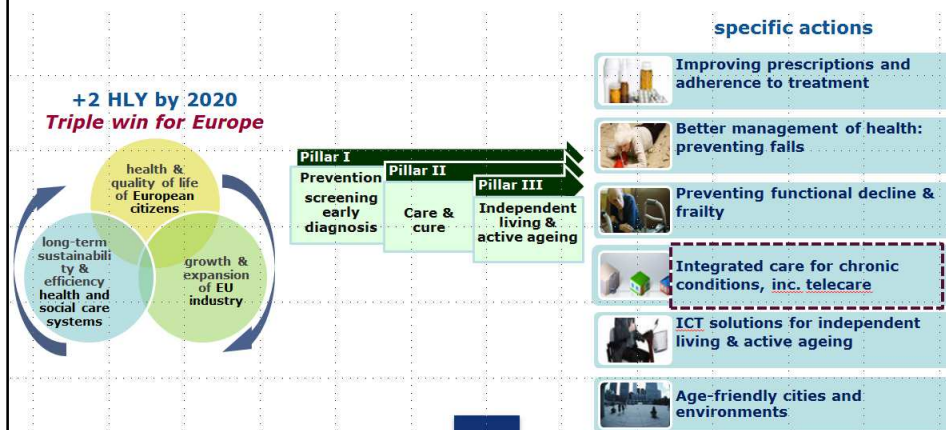
Sources: World Bank analysis in "Chronic Emergency: Why NCDs Matter," *Health, Nutrition, and Population Discussion Paper*, 2011. Washington DC: World Bank.²

Political attention

- UN High Level Meeting on the Prevention and Control of Non-Communicable Diseases (NCDs) in New York 2011
- WHO-EURO Ministerial Conference on Non-Communicable Diseases in Ashgabat, Turkmenistan 2013
- EU Summit on Chronic Diseases in Brussels 2014
- EIP-AHA: European Innovation Partnership on Active and Healthy Ageing

EC response: EIP-AHA

European Innovation Partnership on Active and Healthy Ageing



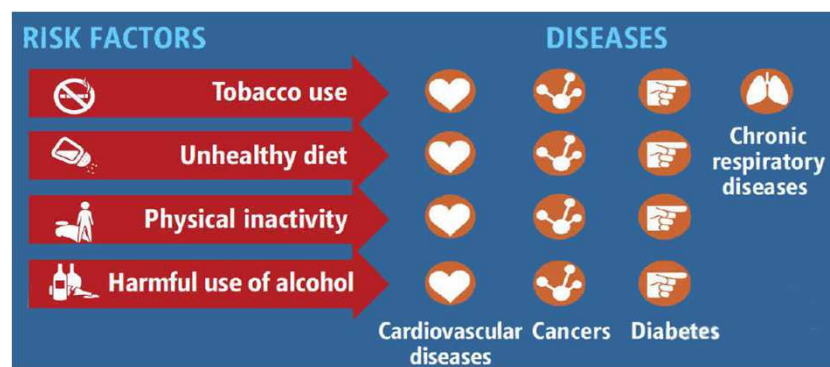
http://ec.europa.eu/research/innovation-union/index_en.cfm?section=active-healthy-ageing

Source: EC DG SANCO EIP-AHA 2012

Diabetes risk factors

Type 2:

Family history of diabetes, Overweight, Unhealthy diet, Physical inactivity, Increasing age, High blood pressure, Ethnicity, Impaired glucose tolerance (IGT)*, History of gestational diabetes, Poor nutrition during pregnancy



Source: www.idf.org; WHO Global Action Plan 2013

Overweight and obesity key facts

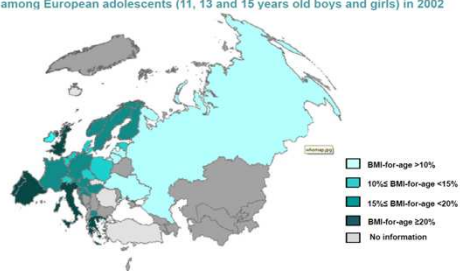
- Worldwide obesity has more than **doubled since 1980**
- In **2014**, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 600 million were obese.
- In 2014, **39% of adults** aged 18 years and over were **overweight** and **13% were obese**
- 42 million children under the age of 5 were overweight or obese in 2013
- Obesity is preventable**



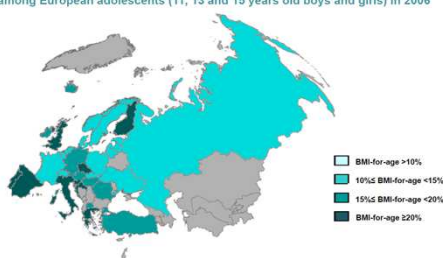
Source: WHO, 2015. <http://www.who.int/mediacentre/factsheets/fs311/en/>

Prevalence of overweight among European adolescents in years 2002, 2006 and 2010: HBSC survey

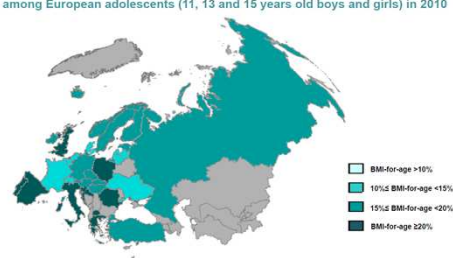
Prevalence of overweight (BMI-for-age +1SD) among European adolescents (11, 13 and 15 years old boys and girls) in 2002



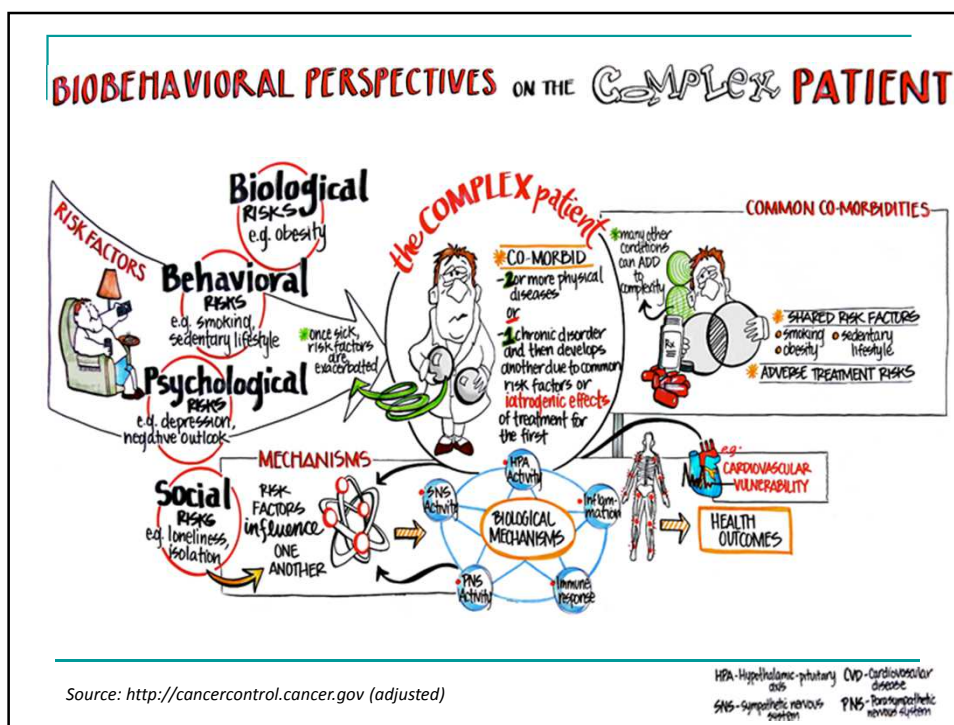
Prevalence of overweight (BMI-for-age +1SD) among European adolescents (11, 13 and 15 years old boys and girls) in 2006

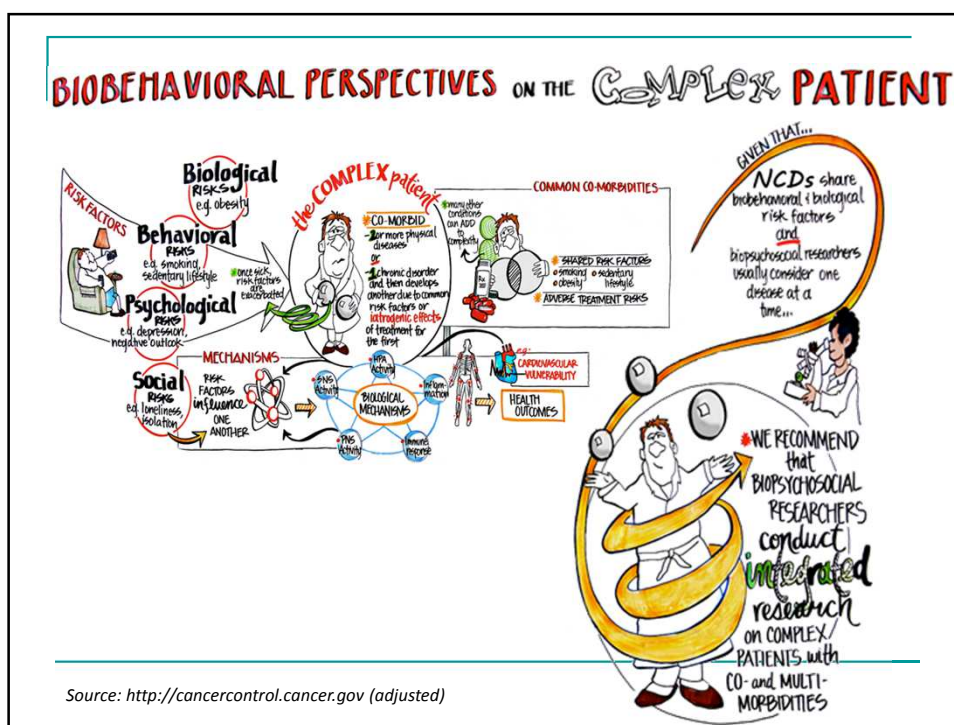
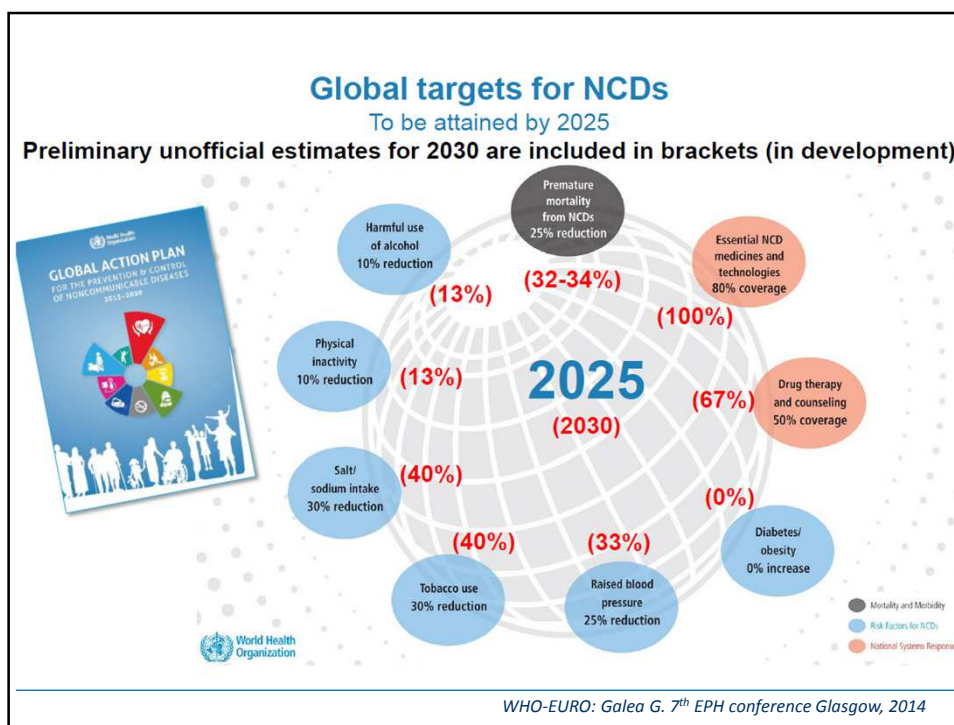


Prevalence of overweight (BMI-for-age +1SD) among European adolescents (11, 13 and 15 years old boys and girls) in 2010

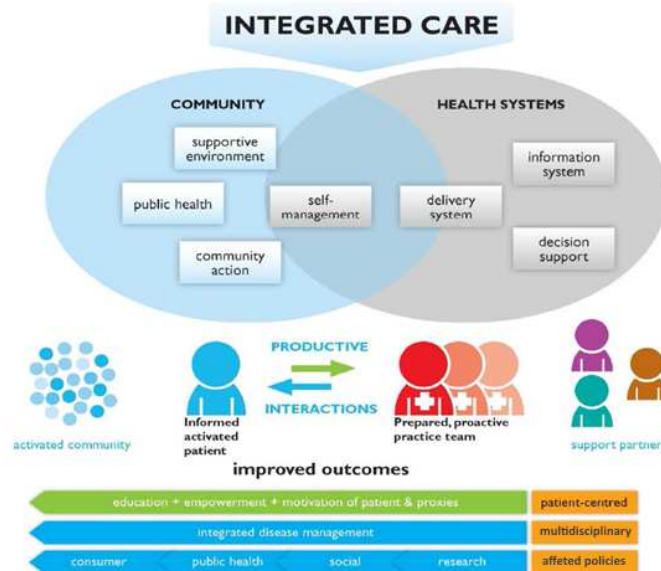


Source: HBSC Survey. Data for 32 Member States of the WHO European Region, years 2002- 2010





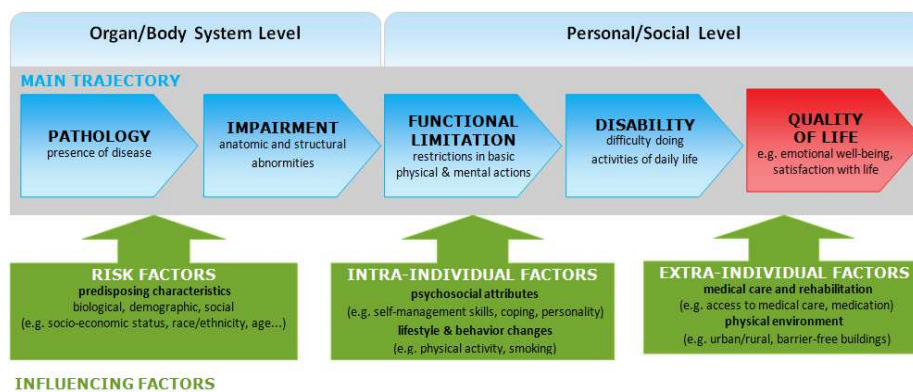
Diabetes treatment and management



Source: Epposi White Paper 2012

Health and disease: a continuum

The Disablement Process



Source: Verbrugge & Jette 1994 (adjusted)

Diabetes | NCDs priority actions

It is **time to act**. We have **cost-effective strategies** that save lives



Reduce **modifiable risk factors**



Strengthen **health systems**



Expand coverage of **essential medicines and technologies**



Improve **surveillance**

NCD Alliance. Advocacy tool, 2014

Thank you for your attention!

iveta.nagyova@upjs.sk

www.eupha.org

www.mc3.upjs.sk