

Healthy diets and the challenge of diabetes in the EU

Dr David Cavan

Director of Policy and Programmes
International Diabetes Federation, Brussels

My healthy family
16 December 2015



International
Diabetes
Federation



THE INTERNATIONAL DIABETES FEDERATION

230 member associations
representing 2 million members
in 170 countries



IDF is
the legitimate
voice
of people with
diabetes



The NCD Alliance
Putting non-communicable diseases
on the global agenda



Diabetes: A global emergency



Estimated number of people with diabetes worldwide
and per region in 2015 and 2040 (20-79 years)

World

2015 **415 million**
2040 **642 million**

North America and Caribbean

2015 **44.3 million**
2040 **60.5 million**

Europe

2015 **59.8 million**
2040 **71.1 million**

Middle East and North Africa

2015 **35.4 million**
2040 **72.1 million**

Western Pacific

2015 **153.2 million**
2040 **214.8 million**

South and Central America

2015 **29.6 million**
2040 **48.8 million**

Africa

2015 **14.2 million**
2040 **34.2 million**

South East Asia

2015 **78.3 million**
2040 **140.2 million**





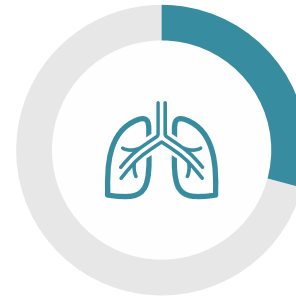
Adults who died from diabetes, HIV/AIDS, tuberculosis, and malaria



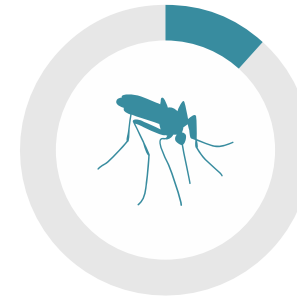
5.0 million
from diabetes
2015
IDF



1.5 million
from HIV/AIDS
2013
WHO Global Health
Observatory Data
Repository 2013



1.5 million
from tuberculosis
2013
WHO Global Health
Observatory Data
Repository 2013



0.6 million
from malaria
2013
WHO Global Health
Observatory Data
Repository 2013



In 2015, IDF estimates that:

One in 11 adults
has diabetes

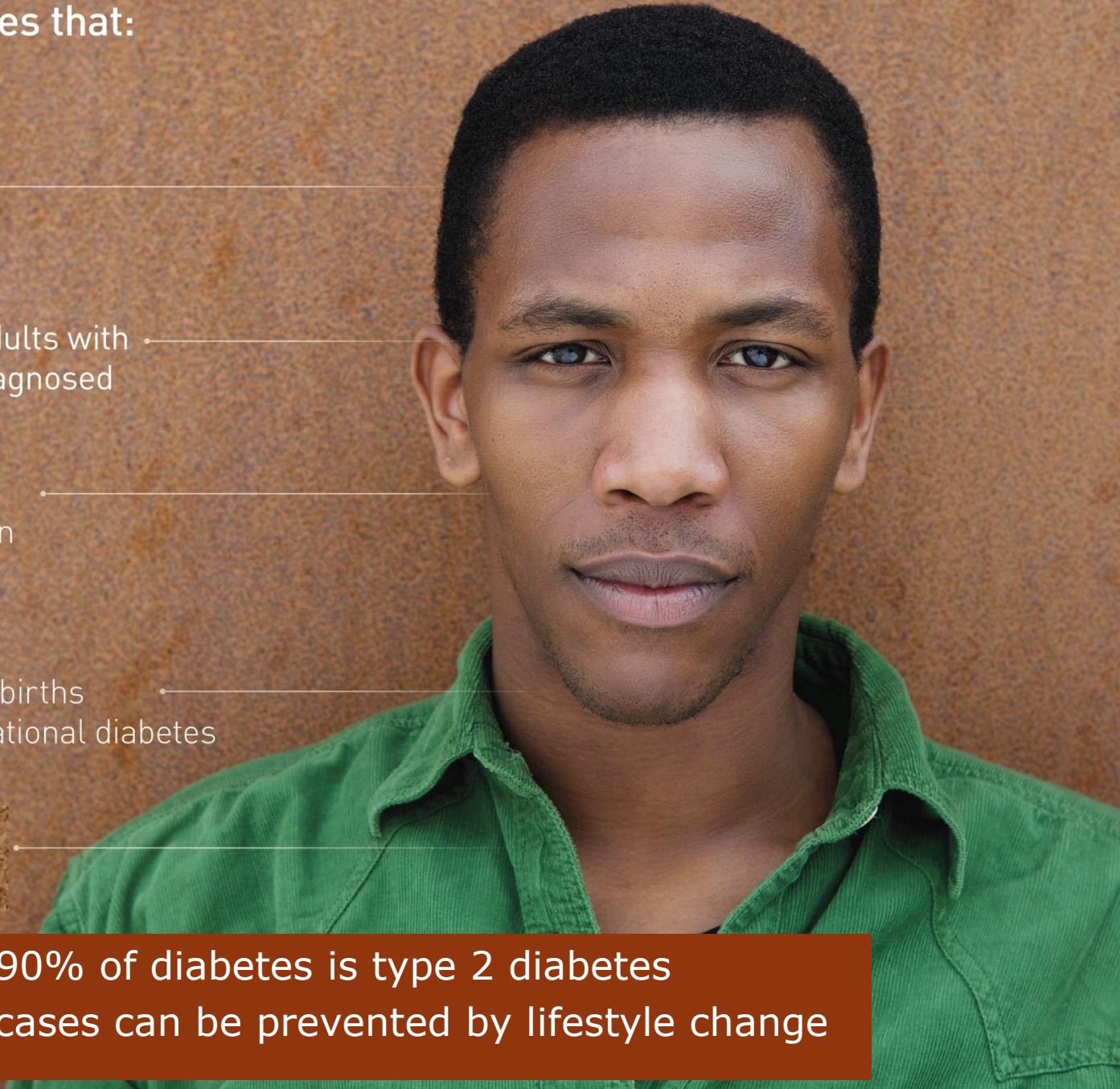
One in two adults with
diabetes is undiagnosed

12% of global health
expenditure is spent on
diabetes

One in seven births
is affected by gestational diabetes

One in fourteen
adults has IGT

- Over 90% of diabetes is type 2 diabetes
- Most cases can be prevented by lifestyle change

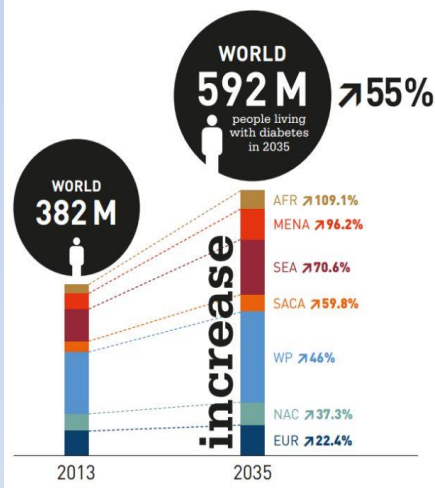


Type 2 diabetes is a lifestyle disease

Risk factors incl. weight

- Prolonged sitting down
- Driving to work
- Sugar-sweetened drinks – incl fruit juice
- Processed foods
- White rice
- potatoes

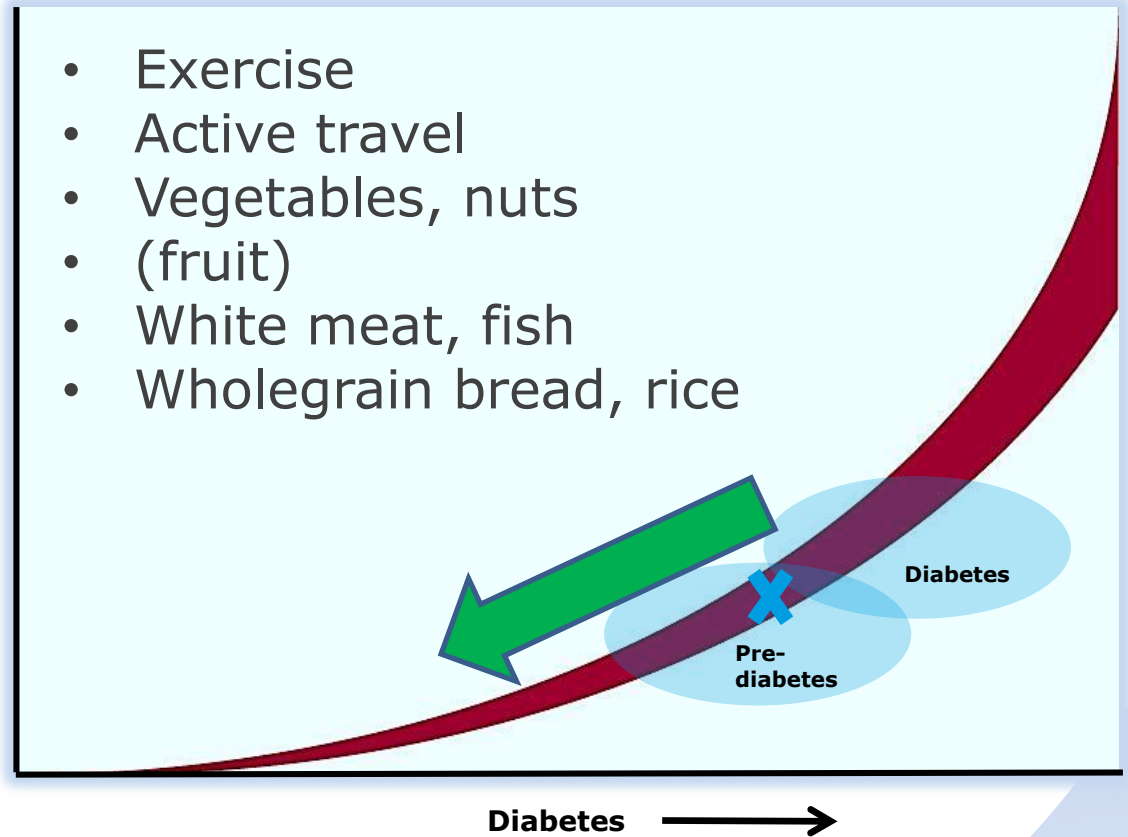
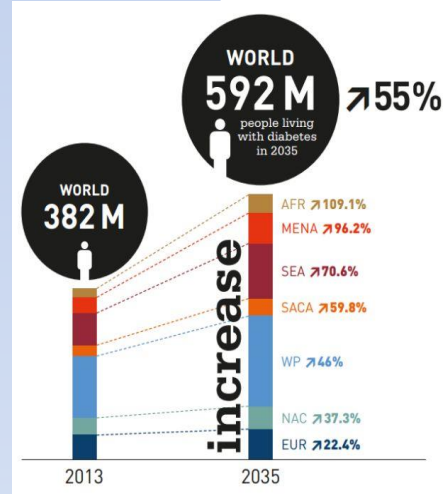
Diabetes



Type 2 diabetes is preventable

Risk factors incl. weight

- Exercise
- Active travel
- Vegetables, nuts (fruit)
- White meat, fish
- Wholegrain bread, rice



Diabetes and the WHO NCD Global Monitoring Framework

Prevention

- Halt the rise in diabetes and obesity



By 2025

WHO Commission on Ending Childhood Obesity

Interim report

- Government action to change the food environment

"Reduce intake of unhealthy foods and promote intake of healthy foods and nonalcoholic beverages by children and adolescents"



Policies for prevention of type 2 diabetes

- To change the environmental influences that predispose to type 2 diabetes
 - Food (and water) environment
 - Physical (urban) environment
 - School environment



IDF Healthy Eating guidelines

Individuals can reduce their risk of type 2 diabetes by:

- Choosing **water** or unsweetened coffee or tea instead of fruit juice, soda, and other sugar sweetened beverages
- Eating at least three servings of **vegetables every day**, including green leafy vegetables such as spinach, lettuce or kale
- Eating up to three servings of **fresh fruit every day**
- Choosing nuts, a piece of **fresh fruit** or sugar-free yoghurt for a snack
- Limiting alcohol intake to a maximum of two standard drinks per day
- Choosing lean cuts of white meat, poultry and seafood instead of processed meat or red meat
- Choosing peanut butter instead of chocolate spread or jam to spread on bread
- Choosing whole-grain bread instead of white bread, brown rice instead of white rice, whole grain pasta instead of refined pasta
- Choosing unsaturated fats (olive oil, sunflower oil) instead of saturated fats (butter, ghee, animal fat, coconut oil or palm oil)

IDF Framework for Action on Sugar

CONSUMERS

- Clear front of pack labelling
- Ban on :
 - Advertising sugary products to children
 - Sponsorship of sporting events by manufacturers of sugary products
 - Selling in schools & public sector workplaces



GOVERNMENT

- Incentives to reduce consumption of sugar
- Increase access to water
- Increase **green vegetable production and affordability**
- Drive reformulation of processed foods



EDUCATION

- Revision of healthy eating guidelines
- Public health campaigns to promote awareness



RESEARCH

- Establishing links between sugar consumption and diabetes





KIDS project

Vision

Foster a school environment that creates a better understanding of diabetes and supports children with diabetes

Key Objectives

Type 1 & 2 diabetes

Foster a safe and supportive school environment for children with diabetes to manage their diabetes and avoid discrimination



All children



Raise awareness of diabetes and the benefits of healthy diets and physical activities among school-age children

Primary targets



6 to 14 years old



Teachers
Nurses
Parents



Strategic Partners



Local Partners in Brazil and India



Key activities

A



Engage with policy makers and education authorities

B



Feasibility study / Situational analysis

C



School awareness activities. Meeting and events.

D



Education activities. Diabetes School Information Pack

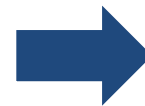
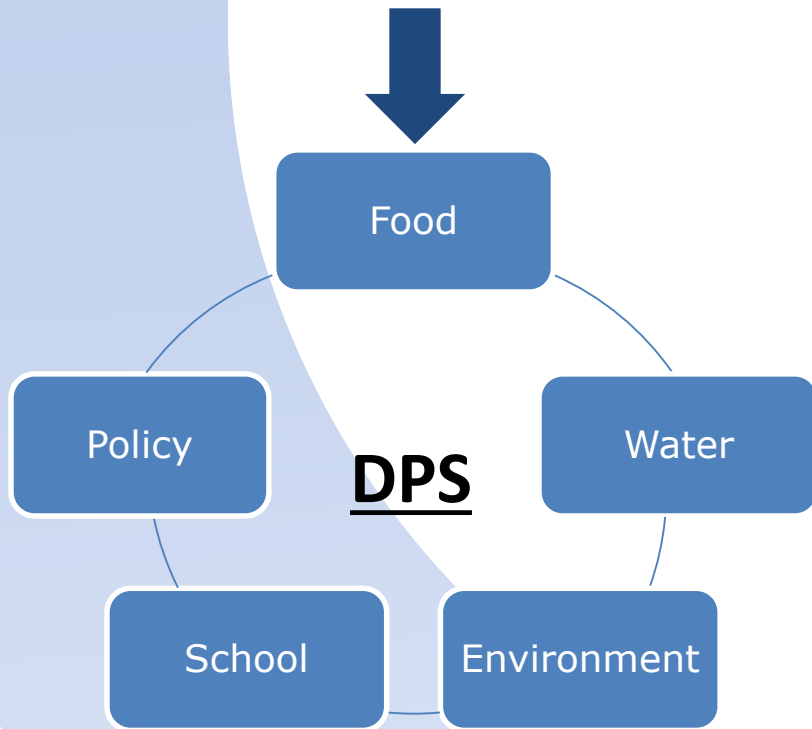
E



Global Diabetes in Schools Toolkit

DIABETES PREVENTION SCORE

- IDF's strategic priorities
- Literature review
- Expert consultation



IDF assessed
2 European cities in
2015:



Brussels



Amsterdam



31 Indicators



RESULTS

- Access to healthy food:

| Indicator | Brussels | Amsterdam | Difference in % | Notes |
|------------------------------|----------|-----------|-----------------|---|
| Fast food restaurant density | 3.40 | 2.87 | +19% | restaurants per 100,000 people |
| Cost "healthy food basket" | 0.98 | 1.07 | -9% | (cost/average disposable income per person)*100 |

- Access and affordability of drinkable water:

| Indicator | Brussels | Amsterdam | Difference in % | Notes |
|---------------------------------------|----------|-----------|-----------------|---|
| Cost of bottled water | 0.25 | 0.19 | +28% | (cost per litre/average disposable income per person) *1000 |
| Cost of bottled water VS cost of soda | 1.08 | 0.77 | +41% | cost per litre of bottled water/soda |

Summary

- Europe is facing an epidemic of type 2 diabetes
- This is largely preventable but requires policy actions to change the food environment
- IDF operates at global level to advocate for policies and implement programmes to reduce the risk of type 2 diabetes



Thank you for your attention

David.Cavan@idf.org



International
Diabetes
Federation

