Tackling the Type 2 diabetes epidemic

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Tackling the Type 2 diabetes epidemic

- Type 2 diabetes
- Identifying people at risk of developing type 2 diabetes
- Providing an intensive lifestyle change programme to high risk individuals.
- Early diagnosis
- Management of those diagnosed
DIABETES

Type 1

- Hereditary
- Environmental factors
- Exposure to trigger

Type 2

- Hereditary
- Age
- Obesity
- Physical inactivity
- Gestational diabetes
Type 2 diabetes

• A disease?
• Lifelong engagement with health care professionals?
  – Level of actual support/management
• Life sentence with no remission and no guarantee of any positive outcome for good behaviour.
Type 2 Diabetes

Figure 1. The development of hyperglycaemia and cardiovascular disease.
Why is this happening?
**Lifetime Risk Of Type-2 Diabetes At Age 18**

- **Women**
- **Men**

<table>
<thead>
<tr>
<th>BMI Range</th>
<th>Probability of Developing Type-2 Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 18.5</td>
<td>10</td>
</tr>
<tr>
<td>18.5 – 25</td>
<td>20</td>
</tr>
<tr>
<td>25 – 29.9</td>
<td>30</td>
</tr>
<tr>
<td>30 – 34.9</td>
<td>50</td>
</tr>
<tr>
<td>35 and greater</td>
<td>70</td>
</tr>
</tbody>
</table>

Source: “Effect of BMI on Lifetime Risk for Diabetes in the U.S.” - Diabetes Care, 2007
What to do?

- Policy level
- Environmental Level
- Individual/ High Risk approach.

- Urban environment
- Tackle poverty
- Review Business ethic
- Food availability
- Education re lifestyle
- Promote autonomy
- Public Policy
  - Education for all
  - Equality for all
  - No proven results
Professional Level

• Diabetes risk assessment
  – Formal
  – Informal, pen and paper exercise
• Implement strategy to treat/reduce risk
  – Programmes.
  – Motivation
  – Goal engagement
Preventing Type 2 diabetes ........NICE 2012
Diabetes Prevention

• Tailored advice, support and encouragement to help people:
  – minimum of 150 minutes of 'moderate-intensity' physical activity per week
  – gradually lose weight to reach and maintain a BMI within the healthy range
  – Increase consumption of wholegrains, vegetables and other foods that are high in dietary fibre
  – reduce the total amount of fat in their diet
  – eat less saturated fat.
Diabetes Self-management

Eat healthy diet

Take regular activity

Monitor glucose levels frequently

Take medications properly

Take care of eyes, feet, teeth and skin
Diabetes Management

Ongoing support and interaction are Key Factors
What can you do?

• Identify and tackle unhealthy habits

• Health Promotion in your daily professional activity

• Be a role model

• Encourage people to have assessment