



**International  
Diabetes Federation  
Europe**



**Fédération Française  
des Diabétiques**

Des patients solidaires contre le diabète

## **French Diabetes Federation's National Diabetes Prevention Week**

**"Together to beat diabetes"**



11-18 septembre  
**Semaine nationale de  
prévention du diabète**

Quand **l'hypertension  
et le diabète** se marient...  
Vous pouvez éviter d'en faire les frais.



From September 11 to 18, the French Diabetes Federation (FFD) will organise the 9th edition of the National Diabetes Prevention Week. Due to the COVID-19 crisis, the week, traditionally organised in June, was postponed to the start of the new school year.

This year's campaign will highlight the close links between diabetes and hypertension, two major public health problems affecting 4 and 11 million people respectively in France. It is estimated that between 500,000 and 800,000 French people are unaware that they have diabetes: prevention is therefore a major issue and one of the Federation's main missions.

Throughout the week, volunteers from the FFD's 100 member associations and delegations will hold public events to inform the public and share information on diabetes and cardiovascular risk. Information booths, workshops and conferences will be organised throughout the country.

### **Diabetes and hypertension**

**When high blood pressure and diabetes combine... you can act to avoid trouble!**

In France, 10.3 million people live with high blood pressure and 3.7 million with diabetes.



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According to the results of the FLAHS 2019 survey, 80% of people living with diabetes (PWD) also have hypertension and 20% of people with hypertension also live with diabetes.

The combination of the two diseases significantly increases the risk of serious complications such as heart attacks, strokes, blindness, amputations, etc., which could be markedly lowered with adequate care.

Do you have hypertension? Take the test to assess your risk of developing type 2 diabetes: <https://contrelediabete.federationdesdiabetiques.org/le-test/>

## What is diabetes?

*"Diabetes is diagnosed when people have fasting plasma glucose values higher than 1.26 g/l.* World Health Organization (WHO) definition of diabetes.

Undiagnosed or poorly managed, diabetes can affect the functioning of vital organs, itself leading to serious health problems: blindness, kidney failure, cardiovascular disease or amputation.

Glucose corrodes the walls of the blood vessels that supply all tissues with oxygen and nutrients. If left untreated, diabetes may result in a shorter life expectancy.

### Type 1 diabetes is a form of diabetes that gets diagnosed very quickly

It often manifests itself at an early age. The pancreas is unable to produce any insulin, the hormone that regulates the body's use of sugar. The injection of insulin is essential for a person with Type 1 diabetes to live (nearly 10% of all diabetes cases).

### Type 2 diabetes is a type of a diabetes that often remains undiagnosed for years

Type 2 diabetes is the most widespread and insidious form of the disease (over 90% of cases). In type 2 diabetes, the body's cells are not able to use the insulin produced by the pancreas properly (insulin resistance) and over time the pancreas becomes depleted and can no longer produce enough insulin (insulin deficiency). As a result, the blood sugar level (glycaemia) is no longer sufficiently regulated. The consequences of this can go unnoticed for a long period of time. In France, between 500,000 and 800,000 people are undiagnosed. Type 2 diabetes normally affects middle-aged and older adults. Several mechanisms and supporting risk factors are involved in its onset. People with close relatives living with diabetes have an increased risk of developing the disease and should be screened regularly. Diabetes also results from environmental and cultural risk factors. Excessively rich foods or unbalanced eating habits increase the risk of developing the disease. Overweight and obesity are aggravating risk factors, as they cause insulin resistance, especially in the absence of physical activity.

### Alarming figures



- Globally, 1 person dies from diabetes complications every 8 seconds. Diabetes is a major challenge for all societies
- In France:
  - Diabetes has been spreading widely and unnoticed – a silent epidemic
  - 4 million people live with diabetes
  - Between 500,000 and 800,000 people are undiagnosed
  - Without concerted action, 1 in 10 French people will live with diabetes within 15 years.
- It is the leading cause of amputations (excluding amputations resulting from trauma) with 9,000 cases per year
- Diabetes is also the second leading cause of cardiovascular disease
- It accounts for 25% of cases of kidney disease
- It is the leading cause of blindness after the age of 65, equivalent to more than 1,000 cases per year.

## What about hypertension?

In France, 10.3 million people live with high blood pressure and 3.7 million with diabetes.

According to the results of the FLAHS 2019 survey (available on [www.comitehta.org](http://www.comitehta.org)), 80% of people living with type 2 diabetes also have hypertension.

Some 20% of people living with hypertension also have diabetes. In both cases, this often results from overweight and/or obesity.

## Why do you need to be screened for hypertension?

Hypertension has few or no symptoms. It develops silently for years and, if left untreated, causes cardiovascular disease such as stroke (cerebrovascular accident), heart failure or kidney failure, particularly in PwD.

## Who should be screened for hypertension?

→ From the age of 30 onwards, if you have any of the risks factors below, then you should be screened:

- Overweight,
- Excessive consumption of foods containing hidden salt (bread, cheese, cold meats, pizza, smoked fish, shrimps, olives, aromatic cubes, Asian sauce),
- Family with a history of hypertension



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- People with a history of high blood pressure

People with type 2 diabetes → Everybody from the age of 40 onwards should have his/her blood pressure under control.

## Hypertension Research Foundation

The Hypertension Research Foundation is composed of the French Society of Hypertension (SFHTA) and the French Committee for the Fight against Hypertension (CFLHTA), two learned societies bringing together the scientific and medical community.

<http://www.frhta.org/index.php>

## The French Diabetes Federation

Created in 1938, the French Diabetes Federation is an independent, patient-run association.

Its team at headquarters and the volunteers of its 100 associations and delegations to provide information on diabetes and its risks and support people living with diabetes, but also to support diabetes research and promote innovation.

Find us on: [www.federationdesdiabetiques.org](http://www.federationdesdiabetiques.org)