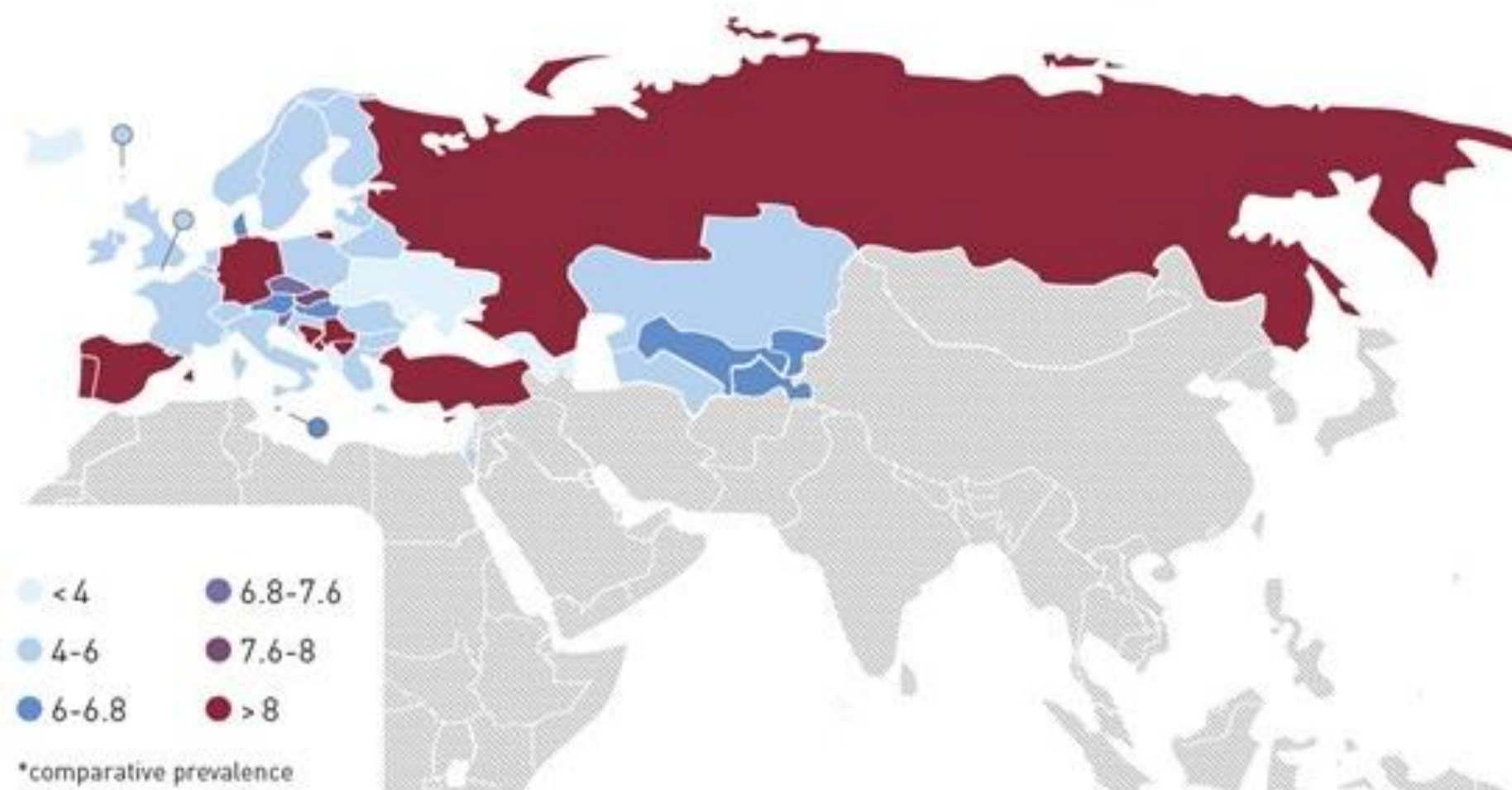


About **56 million people – 8.5% of the adult population** - in the European region are estimated to have diabetes in 2013 and if no action is taken to stop the epidemic the number is estimated to reach **69 million in 2035**. An estimated **619,000 deaths** are attributable to diabetes, equivalent to 1 in 10 deaths in adults. At least **US\$147 billion were spent on diabetes healthcare** in the European Region in 2013.



What causes the epidemic?

Modifiable risk factors such as obesity, physical inactivity, psychosocial factors and socioeconomic deprivation could be tackled to reduce incidence of type 2 diabetes in Europe. Research suggests that for persons **in the lowest-income category the risk for developing type 2 diabetes is more than triple** when compared to people in the highest-income group ¹.



Reasons include:

- **Ageing population**
- **Limited access to healthy food**
 - large distances to the nearest retail food store (means of 1.4 km or greater)
 - no access to fresh Fruit and vegetables within walking distance (radius of 1 km).
- **Food choice** is influenced by norms and values of the society
 - more and more meals consumed outside home
- **Sedentary life-style** among inhabitants of poor neighbourhoods
 - Increased violence associated with poverty prevents people to engage in outdoor physical activity
 - Parks and sport facilities are less available in the areas

Five strategies

1. Increase access to **healthy foods**
Reducing salt, sugar, and saturated fats, and eliminate industrially produced trans-fats in food, as well as restrict marketing of unhealthy foods to children.
2. Increase **physical activity**
Encourage health-promoting environments through urban planning, active transport, and work-site healthy lifestyle programmes.
3. Improve access to **medications** and supplies, improve **screening, care and education**
4. Increase community services to **assist lower-income groups** prevent and treat diabetes
Provide education by skilled professionals on prevention and care for diabetes.
5. Take a **life course approach** to prevention
Include diabetes and diabetes awareness in reproductive, maternal and child health programmes as well as in public health programmes using a **multi-sectoral approach** to addressing diabetes in a range of policies



References

1. Raphael, D., Lines, E., Bryant, T., Daiski, I., Pilkington, B., Dinca-Panaitescu, S. and Dinca-Panaitescu, M. (March 16, 2010). Type 2 Diabetes: Poverty, Priorities and Policy, The Social Determinants of the Incidence and Management of Type 2 Diabetes. Toronto: York University School of Health Policy and Management and School of Nursing. Available at <http://tinyurl.com/ycysb9l>