Nutritional preventive measures in NCDs

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Nutritional preventive measures in NCDs

We are hardwired to crave for fats, sugar, and salt.
Nutritional preventive measures in NCDs

- Foods, diets and nutritional status
- Determinants of non-communicable diseases
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- What we eat and nutritional status, including
- overweight and obesity,
  - elevated blood pressure
  - elevated blood cholesterol
  - resistance to the action of insulin

Risk factors for NCDs,

Major causes of illness
Nutritional preventive measures in NCDs

NCDs

- Leading causes of death and disability globally
- Killing more than three in five people worldwide
- More than half of the global burden of disease
- A cumulative loss of output of $47 trillion between 2011 and 2030.
Nutritional preventive measures in NCDs

Prevention interventions target modifiable risk factors to promote healthy living:

- Education about NCDs and their risk factors
- Prevent & reduce harmful use of alcohol
- Consumption of Healthy diet, reduced salt intake
# Nutritional preventive measures in NCDs

## Effects of lifestyle intervention on prevention of diabetes in three landmark studies

<table>
<thead>
<tr>
<th>Trials</th>
<th>Subjects with prediabetes (IGT or IFG)</th>
<th>Follow-up period</th>
<th>Incidence of diabetes (Intervention versus control)</th>
<th>Incidence of diabetes (Intervention versus control)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lifestyle Intervention</td>
<td>Control</td>
<td>6 years</td>
<td>HR (95% CI)</td>
</tr>
<tr>
<td>Da Qing Study</td>
<td>439</td>
<td>138</td>
<td>0.49 (0.33–0.73)</td>
<td>0.55 (0.40–0.76)</td>
</tr>
<tr>
<td>Finnish Diabetes Prevention Study</td>
<td>265</td>
<td>257</td>
<td>0.42 (0.30–0.70)</td>
<td>0.61 (0.48–0.79)</td>
</tr>
<tr>
<td>Diabetes Prevention Program Study</td>
<td>1079</td>
<td>1082</td>
<td>0.58 (0.48–0.66)</td>
<td>0.73 (0.65–0.83)</td>
</tr>
</tbody>
</table>
Nutritional preventive measures in NCDs

Without new public health interventions

2030

China

prevalence of overweight and obesity
59.7 % and 12.6 %, affecting 669.2 million and 141.2 million

US

adults with diagnosed diabetes
22.3 million (9.1%) in 2014 to 39.7 million (13.9%) in 2030, and to
60.6 million (17.9%) in 2060
If we do have plan
People at risk?
or
General population?
Information &
Education

Nutritional preventive measures in NCDs
Thank you!