GLOBAL NCD TARGET
HALT THE RISE IN DIABETES

Background

Heart disease and stroke, cancers, diabetes, and chronic respiratory diseases and other noncommunicable diseases (NCDs) cause tens of millions of deaths per year, the majority of which occur during the most productive years of life. NCDs reduce economic output and prevent people around the world from living lives of health and wellbeing. Creating the conditions that favour sustainable development means taking action to prevent and control NCDs **now**.

Nine global NCD targets provide a vision for progress by 2025. The *WHO Global NCD Action Plan 2013-2020* and other resources provide a roadmap of policies and interventions to realise this vision. When implemented, they will put countries on track to meet the commitments made on NCDs at the United Nations General Assembly in 2011 and 2014, and in the *2030 Agenda for Sustainable Development*, including target 3.4 to reduce premature NCD deaths.

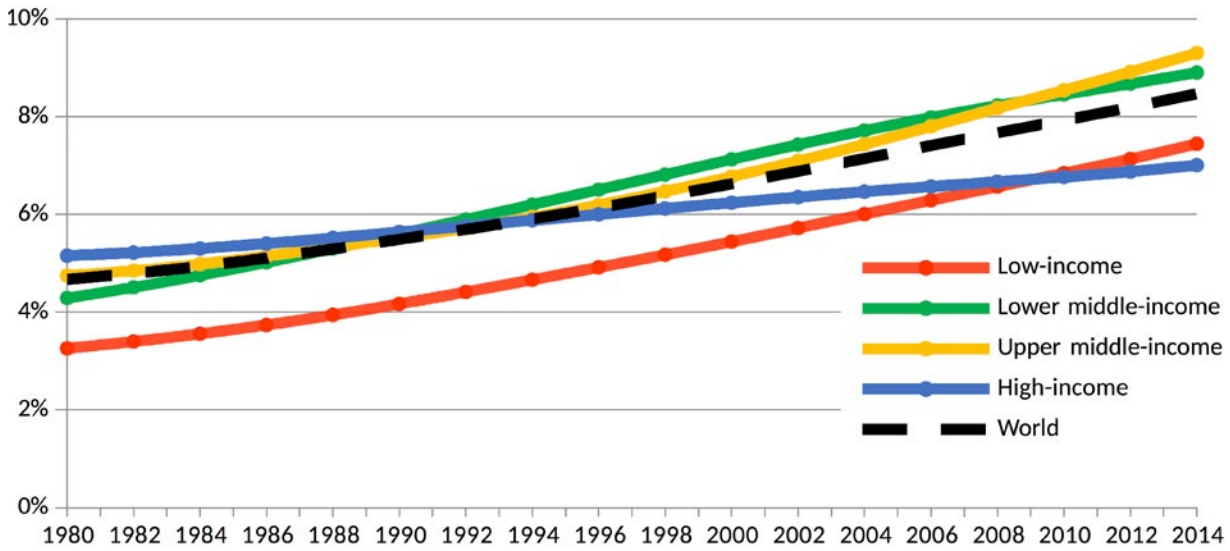
Global Target

Halt the rise in diabetes by 2025.

Fast Facts

- Diabetes was directly responsible for 1.5 million deaths in 2012.
- Diabetes increases the risk of complications in many parts of the body, including damage to the heart, blood vessels, kidney failure, blindness, and lower-limb amputation.
- In 2014, 422 million adults had diabetes (8.5% of the world's population), almost doubling the global prevalence of diabetes since 1980.
- The highest increases in diabetes prevalence are in in low- and middle-income countries (LMICs).
- The rise in diabetes is driven by population growth and ageing, physical inactivity, and rising overweight and obesity.

Type 2 diabetes is a chronic, progressive, and damaging disease. But it can be prevented.



Trends in prevalence of diabetes by country income group (%), 1980–2014

Priority Actions

Halting the rise in diabetes is possible. Partnerships between government and civil society will be key to supporting policy implementation. Maintaining a healthy weight is an important factor in preventing diabetes. Attaining this target will be closely linked with achieving the targets to reduce physical inactivity, and halt the rise of obesity. Here are actions to drive progress:

- Promote the **intake of healthy foods** and **reduce the intake of unhealthy food and sugar-sweetened beverages.**
- Create **supportive built and social environments for physical activity,** such as transport and urban planning policy measures that facilitate access to safe, affordable opportunities for physical activity.
- Establish measures to **improve diet and physical activity in specific settings** (schools, workplaces, universities, religious settings, villages, cities) and communities, with an emphasis placed on disadvantaged communities.
- Maximize impact with **education and social marketing** campaigns focused on healthy behaviour.
- Make available **facilities for diagnosis and management** in primary health-care settings, with established referral and back-referral systems.
- Promote **good management of diabetic patients** using a standardized protocol to prevent complications and premature death from diabetes.
- Establish integrated **programmes for hypertension and diabetes** in primary care. Hypertension and diabetes often coexist and cannot be dealt with in isolation.
- **Research** to generate evidence on the effectiveness of individual and population-wide interventions to prevent and control diabetes and obesity.

Tweet!

Safe spaces for physical activity and access to affordable healthy food = 2 effective tools to halt the rise in **#diabetes** and **#beatNCDs**.

For more information

WHO site: http://www.who.int/beat-ncds/en/
Tell your story at "NCDs&me": http://www.who.int/ncds-and-me
@who
#beatNCDs

Key Resources

Global report on diabetes. WHO, 2016.
http://apps.who.int/iris/bitstream/10665/204871/1/9789241565257_eng.pdf

Global action plan for the prevention and control of noncommunicable diseases 2013–2020. WHO, 2013.
http://apps.who.int/iris/bitstream/10665/94384/1/9789241506236_eng.pdf

Collaborative framework for care and control of tuberculosis and diabetes. WHO, 2011.
http://www.who.int/diabetes/publications/tb_diabetes2011/en/

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