

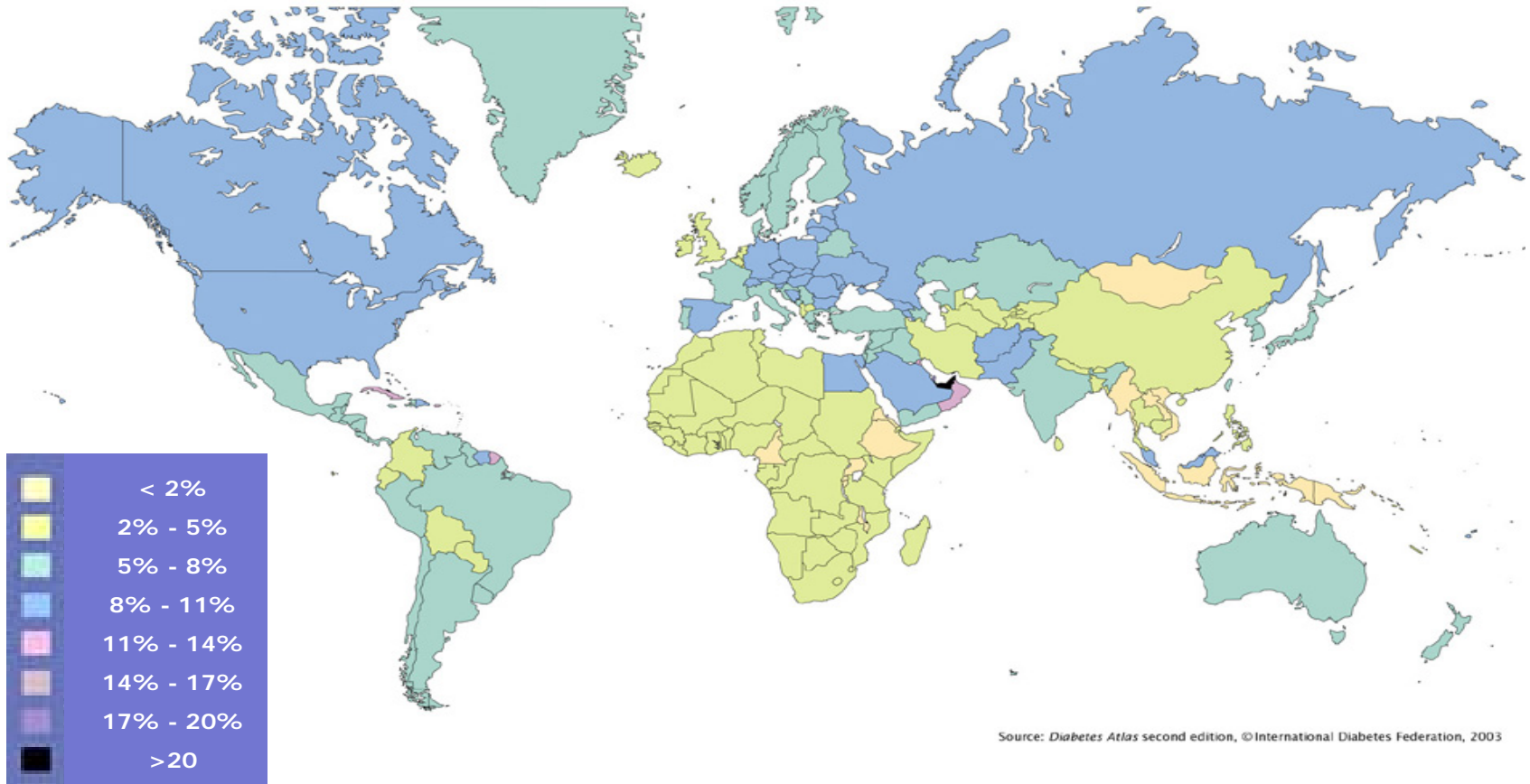
World Diabetes Day 2004
Fight Obesity Prevent Diabetes

Diabetes and Obesity Facts and Figures

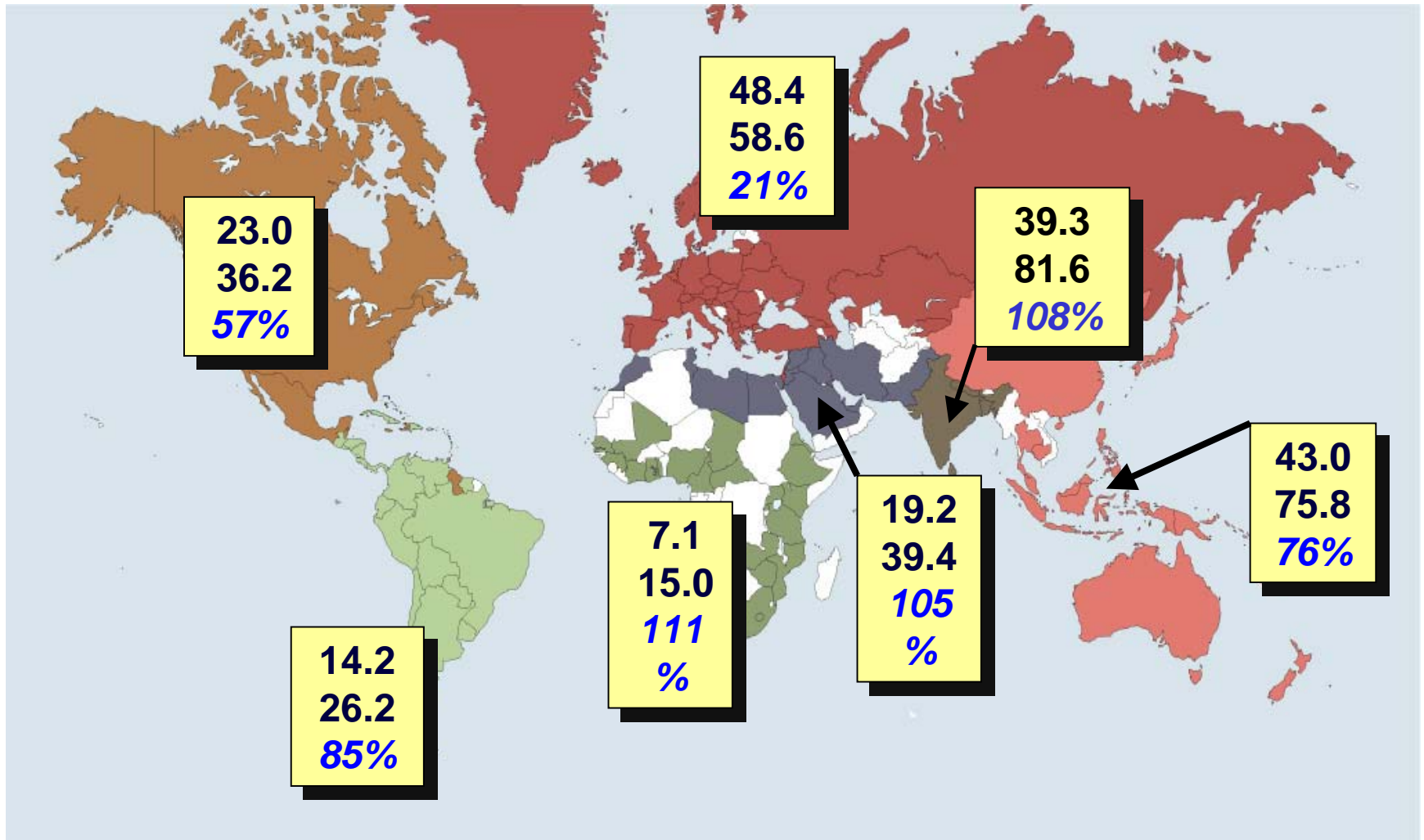
Prevalence of diabetes: today

Map 1.1

Prevalence estimates of diabetes, 2003

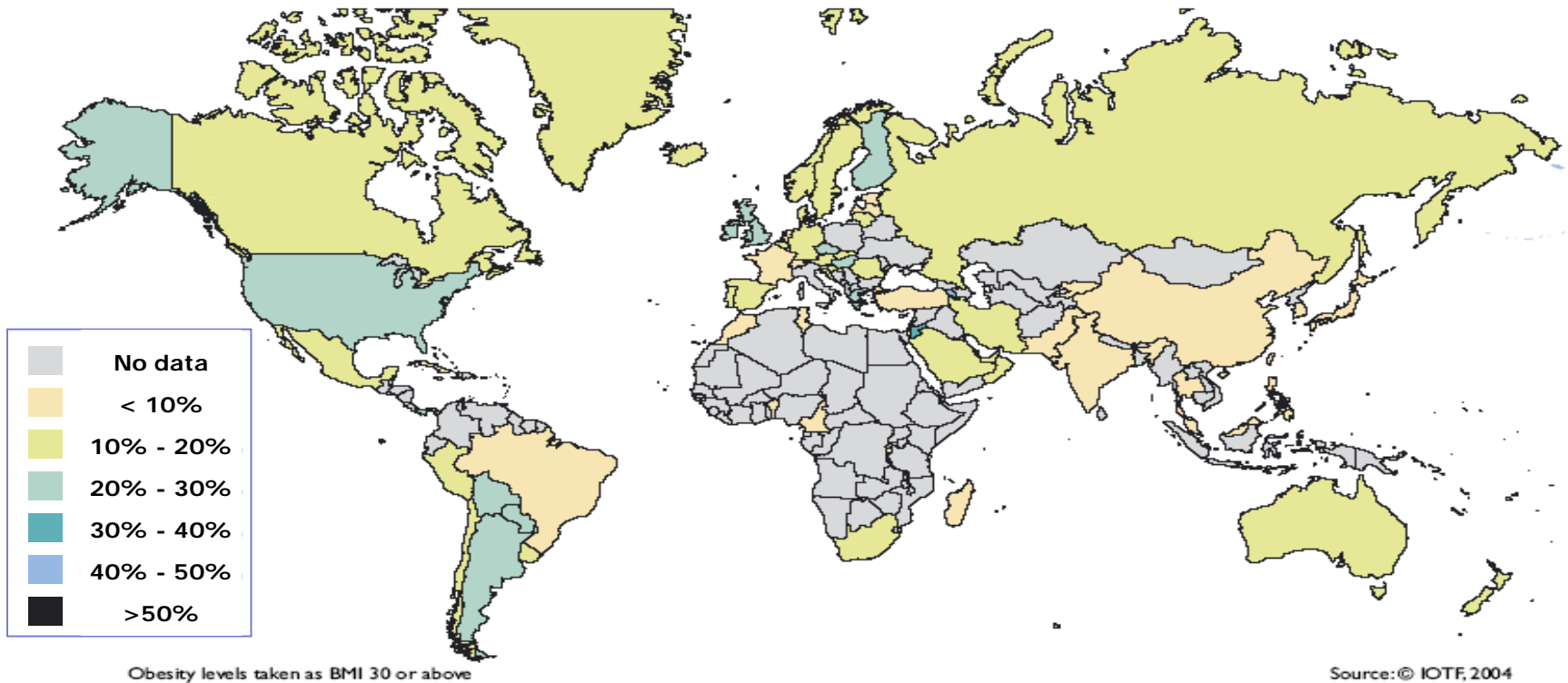


Global Projection for the Diabetes Epidemic: 2003-2025 (millions)



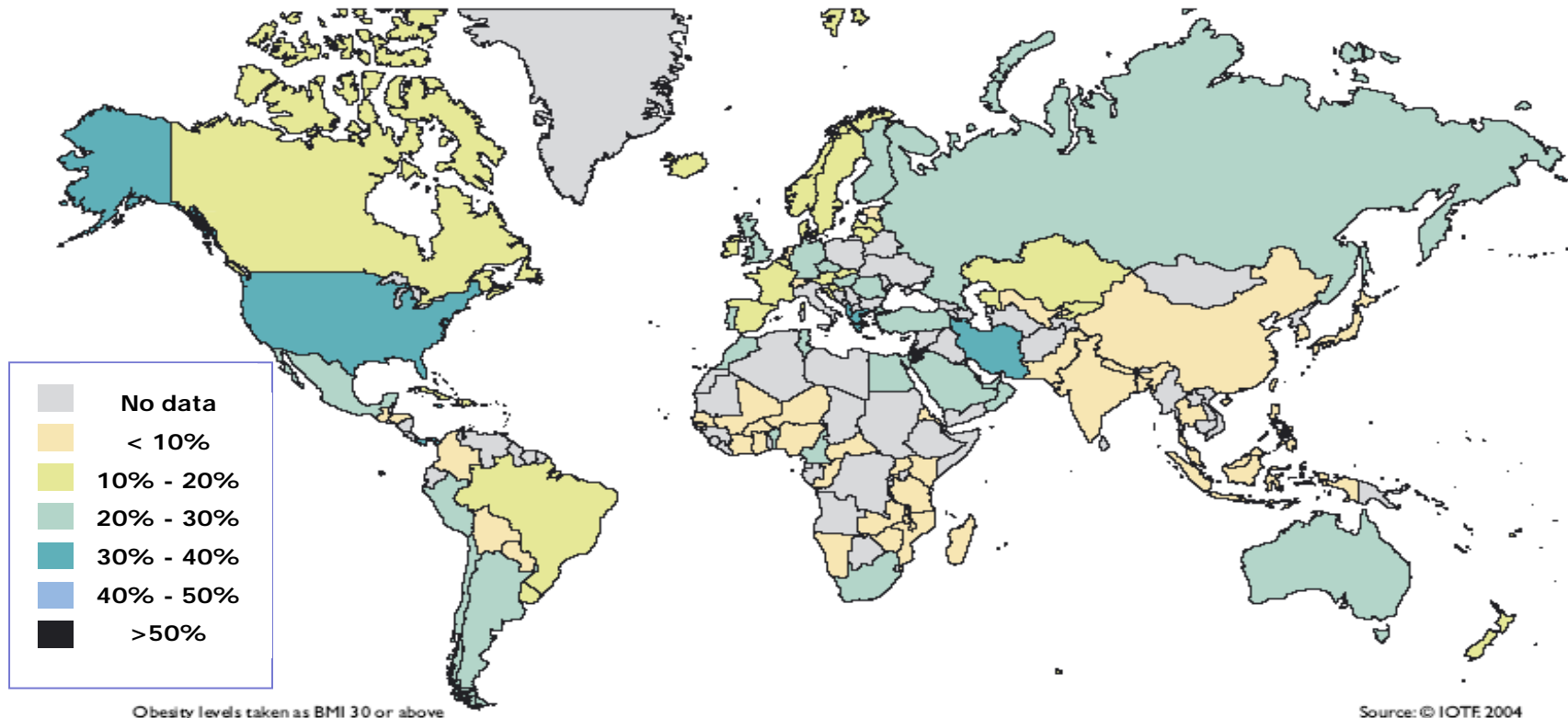
Global prevalence of obesity in males

Global prevalence of obesity in males

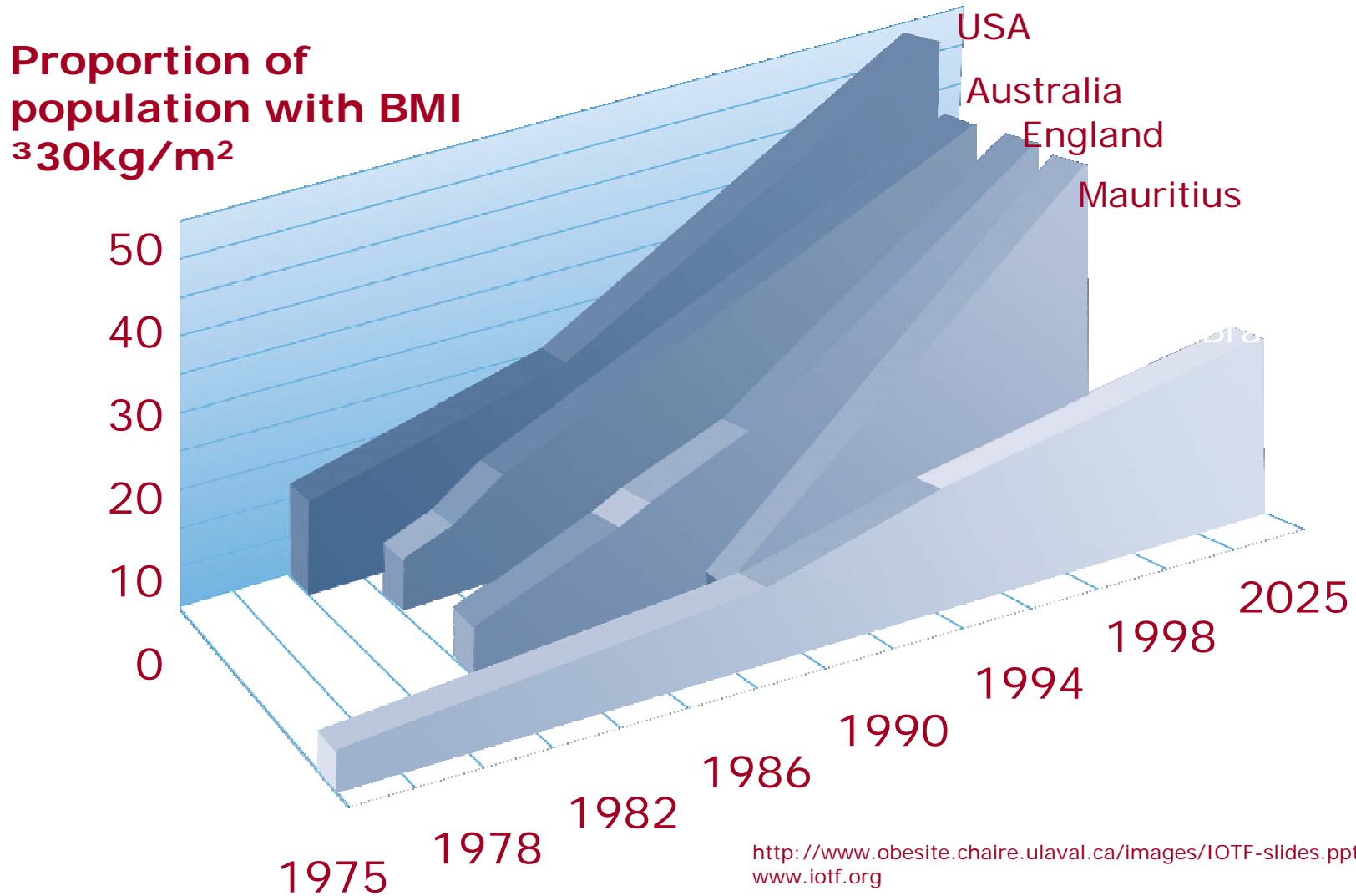


Global prevalence of obesity in females

Global prevalence of obesity in females

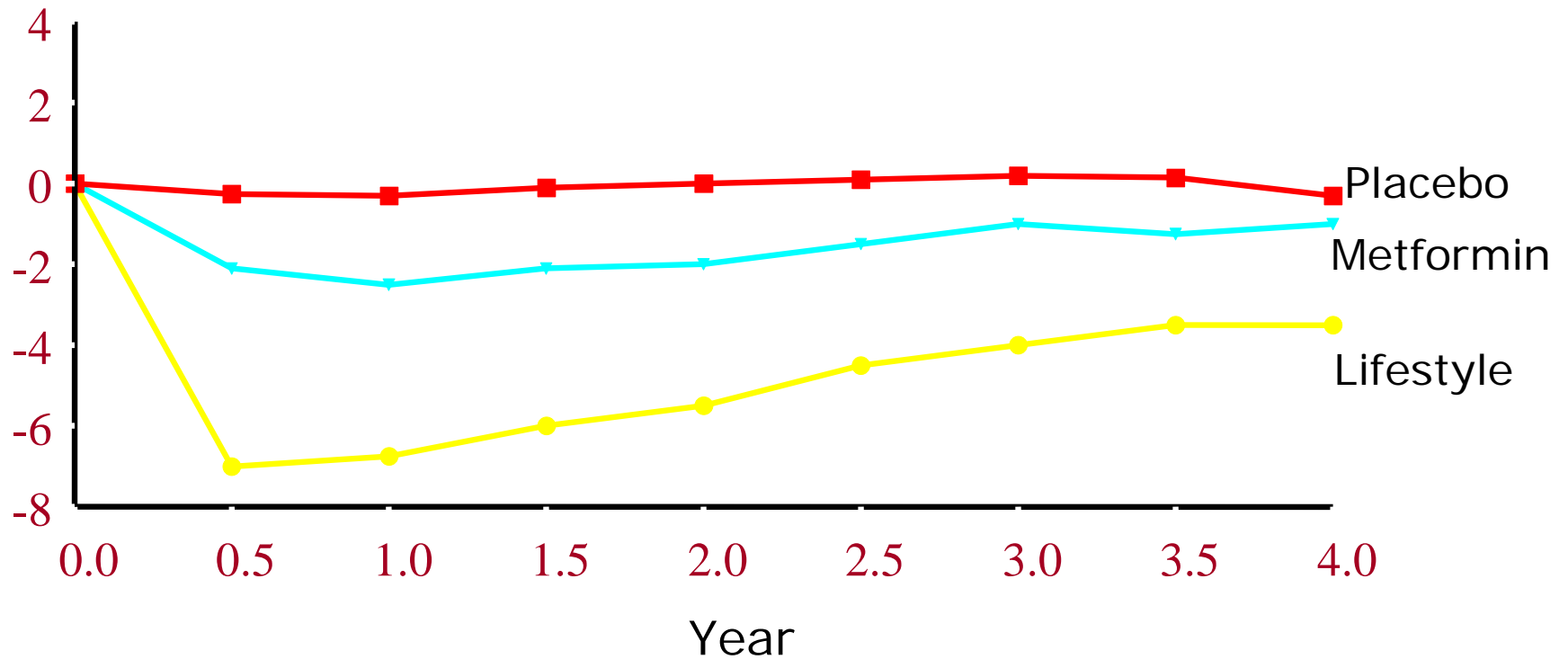


Excess weight – a worldwide phenomenon



58% reduction in type 2 diabetes with 5-10% weight loss (DPP Study)

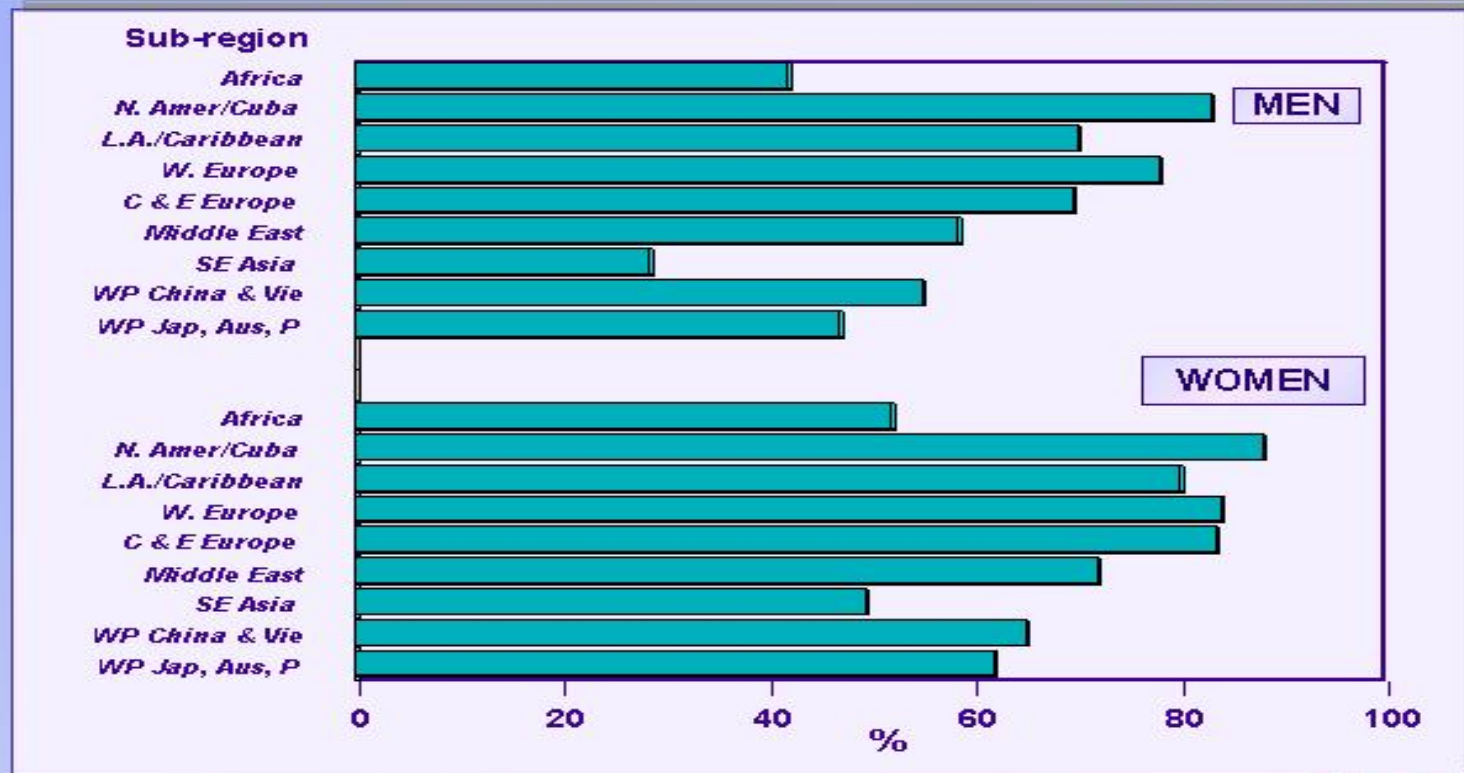
Weight loss (kg)



DPP. N Engl J Med. 2002; 346: 393-403

Diabetes caused by excessive weight

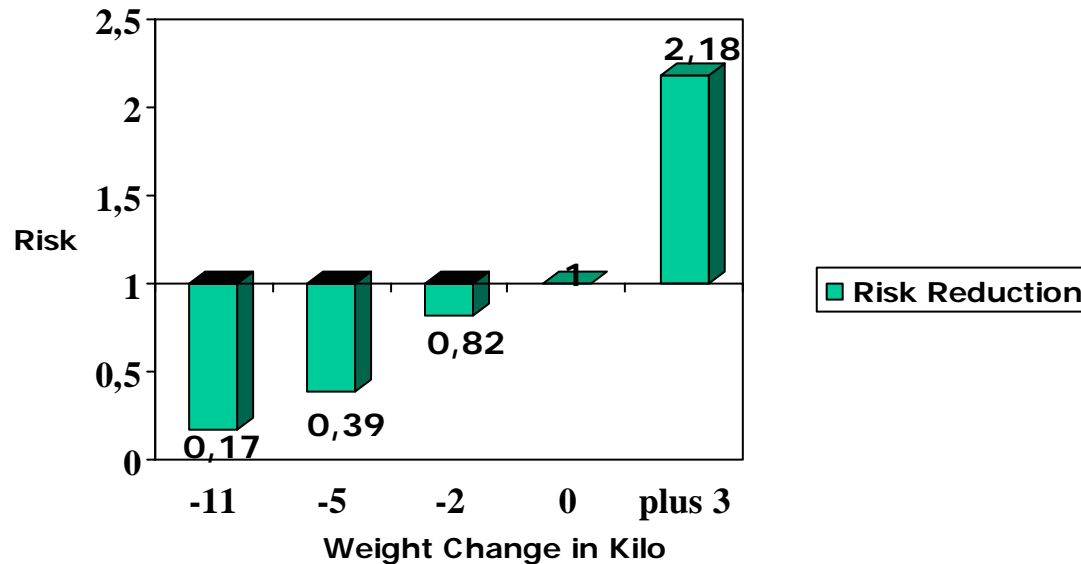
The proportion (%) of diabetes attributable to weight gain by region.



All ages 30+ years included.

The Finnish Diabetes Prevention Study

- More than 50% reduction of diabetes type 2 prevalence after less than 5% weight loss in 4 years



- 5% weight reduction reduces relative risk with 61% and every 3 kilos reduction in weight double this effect