



# Nutritional preventive measures in NCDs

- Siamak Bidel MD, PhD, Dos,
- -University of Helsinki, Research and Teaching
- -National Institute of Health & Welfare
- -City of Helsinki, Social Services & Health Care

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# Nutritional preventive measures in NCDs

We are hardwired to crave for fats, sugar, and salt.



Buzzle.com



# Nutritional preventive measures in NCDs

- Foods, diets and nutritional status
- Determinants of non-communicable diseases

## Non-Communicable Diseases



Cardiovascular  
Diseases



Diabetes



Chronic Respiratory  
Diseases



Cancer

# Nutritional preventive measures in NCDs

■ What we eat and nutritional status, including

■ overweight and obesity,

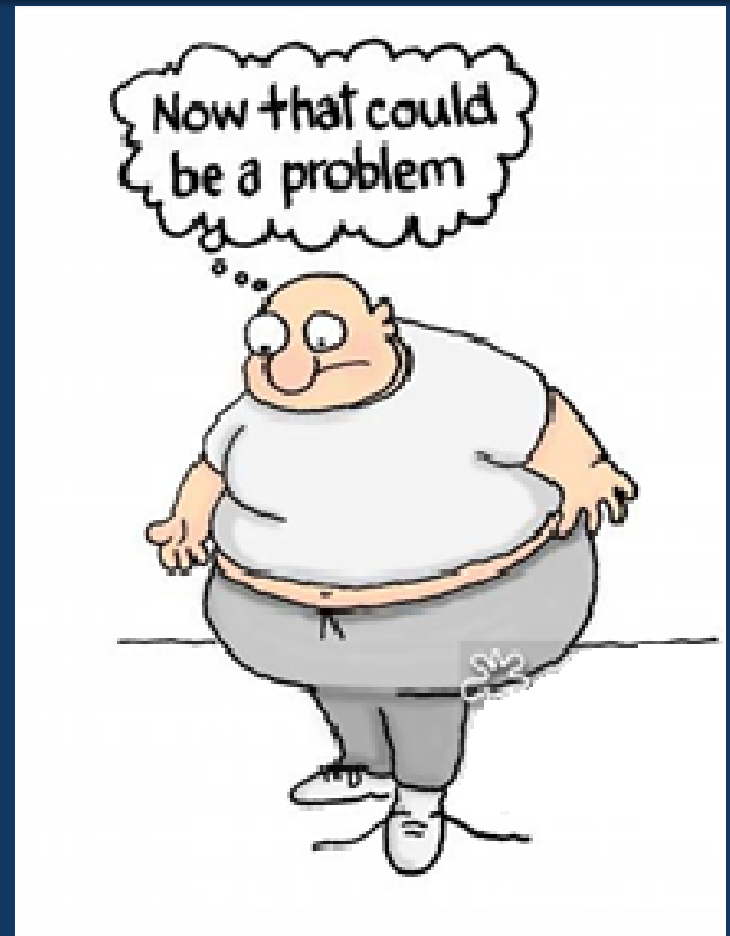
● -elevated **blood pressure**

● -elevated **blood cholesterol**

● -resistance to the action of **insulin**

● Risk factors for NCDs,

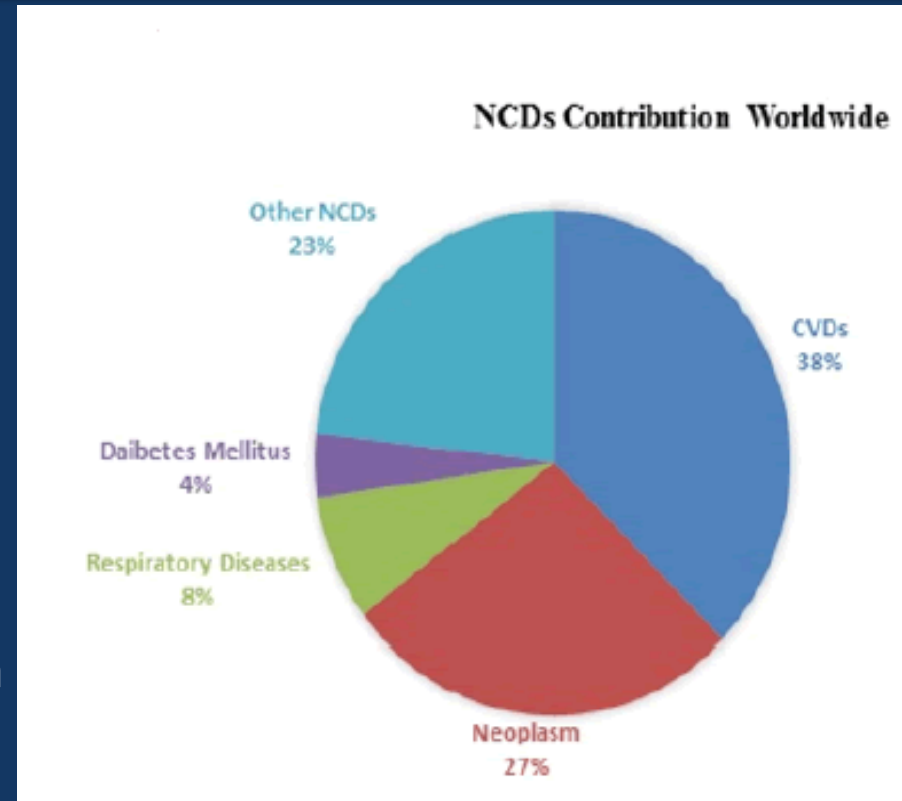
Major causes of illness



# 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

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

Trials	Subjects with prediabetes (IGT or IFG)		Follow-up period	Incidence of diabetes (Intervention versus control)	Extended follow-up period	Incidence of diabetes (Intervention versus control)
	Lifestyle Intervention	Control		HR(95 % CI)		HR(95 % CI)
Da Qing Study	439	138	6 years	0.49 (0.33–0.73)	23 years	0.55 (0.40–0.76)
Finnish Diabetes Prevention Study	265	257	3.2 years	0.42 (0.30–0.70)	13 years	0.61 (0.48–0.79)
Diabetes Prevention Program Study	1079	1062	2.8 years	0.58 (0.48–0.66)	15 years	0.73 (0.65–0.83)



# 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**

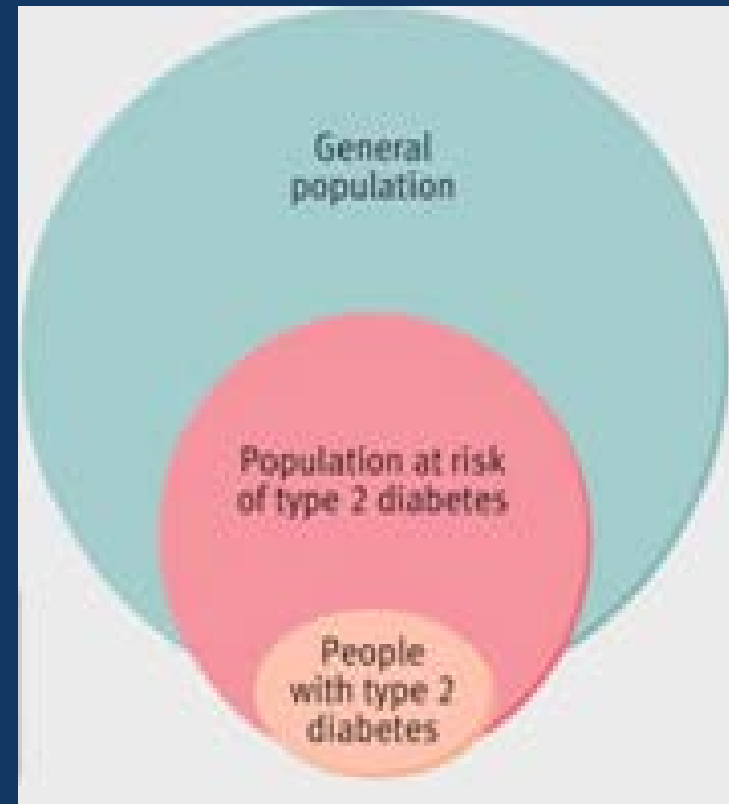
**US**

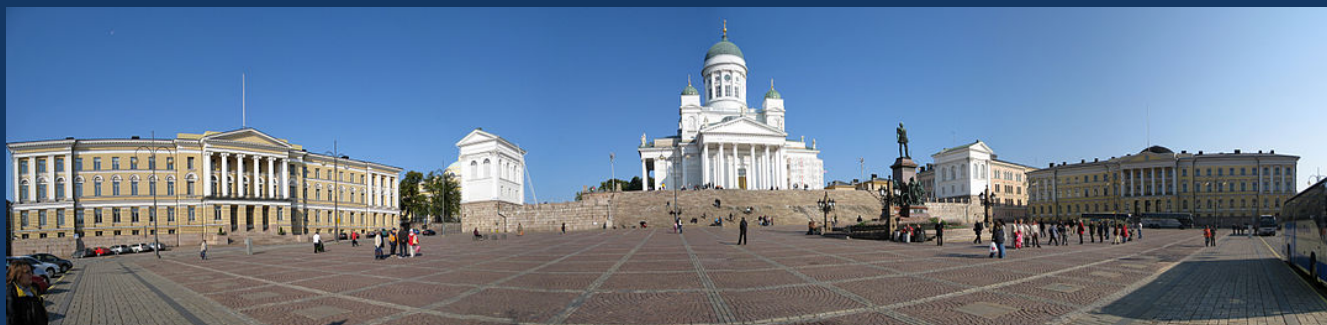
**adults with diagnosed diabetes**

**22.3 million (9.1%) in 2014 to 39.7 million (13.9%) in 2030, and to 60.6 million (17.9%) in 2060**

# Nutritional preventive measures in NCDs

If we do have plan  
People at risk?  
or  
General population?  
Information  
&  
Education





Thank you!



HELSINGIN YLIOPISTO  
HELSINGFORS UNIVERSITET  
UNIVERSITY OF HELSINKI

**LÄÄKETIETEELLINEN TIEDEKUNTA**  
**MEDICINSKA FAKULTETEN**  
**FACULTY OF MEDICINE**

