

# **DIABETES IN THE WORKPLACE**

## **SETTING THE SCENE**

**KGMM Alberti**

# GLOBAL ESTIMATES

**2010: 285 million 6.4%**

**2030: 439 million 7.7%**

**In addition 344 million high risk (IGT) rising to  
472 million**

**Age 20 to 79 yrs**

*Shaw et al 2010*

# DIABETES IN THE UK

## PREVALENCE

1996	2.8%
2005	4.3%
(2010	4.7%)

## INCIDENCE

Type 1: 0.13 per 1000 pt.yrs

Type 2: 2.71-4.42 per 1000 pt.yrs

Age 10-79 yrs

*Masso-Gonzalez et al 2009*

# RISK FACTORS FOR TYPE 2 DM

- Age
- Lifestyle - obesity
  - physical inactivity
  - dietary composition
- Family history
- Ethnicity
- Socio-economic status

# **HIGH RISK GROUPS**

- **South Asians**
- **Sub-Saharan Africans**
- **Afro-Caribbeans**
- **Arabs**

# **KEY CHALLENGES**

## **PREVENTION**

**IDENTIFICATION OF  
HIGH RISK INDIVIDUALS**

**LIFESTYLE ASSISTANCE**

**SYMPATHETIC MANAGEMENT**

# OBESITY IN THE UK

## FORESIGHT REPORT

		Males	Females
2010	Overweight	42%	32%
	Obese	33%	28%
2025	Obese		40%

# **SHORT TERM PROBLEMS OF DIABETES**

- **Symptomatic hyperglycaemia**
- **Diabetic ketoacidosis**
- **Infections (in poorly controlled)**
- **HYPOGLYCAEMIA**

# LONG TERM PROBLEMS IN DIABETES

- Retinopathy
- Nephropathy
- Neuropathy
- Foot problems
- -----
- Cataract
- -----
- Myocardial infarction
- Stroke
- Peripheral vascular disease

# ECONOMIC IMPACT OF DIABETES

## United States

- Total costs \$218 billion
- Lost productivity \$65 billion