



WORLD **DIABETES** FOUNDATION

WDF PRESS RELEASE

World Diabetes Day 2006, 14 Nov 2006 – Walking for the disadvantaged and vulnerable.

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This year more than 200.000 people from 43 different countries will walk united to help raise awareness about diabetes and the difficulties in accessing optimal diabetes care that are faced by communities and groups, in both developed and developing countries.

Diabetes is a global problem with devastating human, social and economic impact. According to the International Diabetes Federation (IDF), more than 230 million people worldwide are living with diabetes. This number is increasing by more than 6 million every year.

Seven out of ten countries with the highest number of people living with diabetes are in the developing world. IDF predicts that by 2025 almost 80% of all diabetes cases will be in low- and middle-income countries. If nothing is done, diabetes will place severe economic, social and health burden on the countries that can least afford it. The disease threatens to subvert the gains of economic advancement.

“Diabetes is a disease in evolution. It’s moving so fast that it’s now a global epidemic that will overwhelm healthcare resources everywhere. Despite the facts, limited political effort has been made to reverse the trend”. Explains Professor Martin Silink, President-Elect of IDF and leader of the Unite for Diabetes campaign. “The international community needs to take the threat seriously. We must join forces in our fight against the diabetes pandemic and bring about change that will improve the health of millions.”

The World Diabetes Foundation initiated the Global Diabetes Walk with the support from Novo Nordisk A/S in order to encourage people all over the world to prevent diabetes and to change their behaviour towards unhealthy lifestyles, poor diets and lack of exercise. Being overweight and physically inactive increases the risk of diabetes and its complications.

“The Global Diabetes Walk is the largest event of its type, and the initiative has





met impressive support from people all over the world. Presently more than 200.000 thousand participants from 43 different countries will walk united to spread the message across the world including; local diabetes organisations, the pharmaceutical industry, WDF projects partners, and thousands of ordinary people around the world will help support a UN Resolution on diabetes", says Dr Anil Kapur, Managing Director of the WDF.

At the Global Diabetes Walk this year, the World Diabetes Foundation (WDF) and the International Diabetes Federation (IDF) and Novo Nordisk A/S and several other diabetes stakeholders have joined forces in a concerted action to call attention to the rising epidemic and seek support for the "Unite for Diabetes Campaign" led by IDF, to secure a United Nations Resolution on diabetes on World Diabetes Day 2007. The world is witnessing a large scale pandemic in terms of overweight and obesity, and related chronic diseases. Raised body mass index is a major risk factor for type 2 diabetes. Over the next ten years, the prevalence of diabetes and consequently hypertension, coronary artery disease and stroke are expected to increase most significantly in the regions of the developing countries.

"What is even more disturbing is the fact that type 2 diabetes can be easily prevented by adapting a healthy lifestyle which includes healthy eating and regular physical activity, but unfortunately very little is being done to promote healthy living. This inaction may prove very costly both in terms of health and economics", explains Professor Pierre Lefèbvre, President of the IDF and Chairman of the Board of Directors of the WDF.

"Every person must have the right to basic health care. In the western part of the world, we take life and access to health care for granted, but in the less developed parts of the world people are facing a battle to survive every single day. It is unfortunate that still in many countries of the world this basic right, which for cases with type 1 diabetes amounts to a right to live, is denied or not easily accessible. The employees and the Executive Management of Novo Nordisk A/S are proud of our participation in the Global Diabetes Walk, supporting a UNR on diabetes and the initial contribution to set up the World Diabetes Foundation that is helping improve the lives of millions of people with diabetes", elaborates Lise Kingo, Executive Vice President and Chief of staffs Novo Nordisk A/S.



Notes to the editor

The World Health Organization (WHO) estimates that diabetes, heart disease and stroke together will cost about \$555.7 billion in lost national income in China over the next 10 years, \$303.2 billion in the Russian Federation; \$336.6 billion in India; \$49.2 billion in Brazil and \$2.5 billion even in a very poor country like Tanzania. These estimates are based on lost productivity, resulting from premature death. ¹

¹ Source: World Health Organization, Preventing chronic diseases: a vital investment, http://www.who.int/chp/chronic_disease_report/en/index.html

Diabetes mellitus occurs as a result of problems with the production and supply of insulin in the body. When the body produces no or insufficient insulin, or when it cannot use the insulin it produces, the glucose levels in the blood rise, leading to potential heart and blood vessels damage, kidney failure, blindness and nerve damage. ²

² Source; www.unitefordiabetes.org

Obesity has reached epidemic proportions globally, with more than 1.6 billion adults overweight - at least 400 million of them clinically obese - and is a major contributor to the global burden of chronic disease and disability. Often coexisting in developing countries with under-nutrition, obesity is a complex condition, with serious social and psychological dimensions, affecting virtually all ages and socioeconomic groups.

Obesity and overweight pose a major risk for serious diet-related chronic diseases, including type 2 diabetes, cardiovascular disease, hypertension and stroke, and certain forms of cancer. The health consequences range from increased risk of premature death, to serious chronic conditions that reduce the overall quality of life. Of especial concern is the increasing incidence of child obesity. ³

³ Source: <http://www.who.int/mediacentre/factsheets/fs311/en/index.html>

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The World Diabetes Foundation

The World Diabetes Foundation is dedicated to supporting prevention and treatment of diabetes. World Diabetes Foundation is dedicated to supporting prevention and treatment of diabetes in the developing world through funding of sustainable projects in education, capacity building, distribution and procurement of essential drugs and monitoring. The WDF strives to educate and advocate globally in an effort to create awareness, care and relief to those impacted by diabetes.

The WDF presently supports 86 projects with a total portfolio of USD 85.7 million of which USD 25.2 million are donated by the Foundation. The projects funded by the WDF will in the coming 3-4 years potentially influence the diabetes treatment of 35,840,000 people directly in the developing countries. The WDF was founded in March 2002 by Novo Nordisk and is governed independently of Novo Nordisk by a 6 member Board of Directors. The WDF is registered in Denmark as an independent trust.

For further information please visit our website: www.worlddiabetesfoundation.org

Global Diabetes Walk is an awareness and advocacy initiative of the World Diabetes Foundation supported by Novo Nordisk A/S. The first Global Diabetes Walk was launched on World Diabetes Day 14. November 2004. Last year almost 90,000 people joined the Global Diabetes Walk to show the world that diabetes is a problem that affects us all. This year the WDF is proudly supporting the International Diabetes Federation (IDF) in its bid to pass a United Nations Resolution on diabetes. www.GWLK.info

The International Diabetes Federation (IDF) is an organization of over 190 member associations in more than 150 countries. Its mission is to promote diabetes care, prevention and a cure worldwide. IDF leads the campaign for a UN Resolution on diabetes (www.unitefordiabetes.org) www.idf.org

Novo Nordisk A/S is a healthcare company and a world leader in diabetes care. The company has a leading position within areas such as haemostasis management, growth hormone therapy and hormone replacement therapy.

Novo Nordisk manufactures and markets pharmaceutical products and services that make a significant difference to patients, the medical profession and society. With headquarters in Denmark, Novo Nordisk employs approximately 22,000 full-time employees in 79 countries, and markets its products in 179 countries www.novonordisk.com