

GOVERNMENT GAZETTE

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EUROPE'S CANCER
PLAN

DIABETES: MAKING 21ST
CENTURY SUPPORT -
HARNESSING THE TECH
REVOLUTION

PARLIAMENTARIANS
FIGHT TO END AIDS IN
EUROPE

NEW EU
COMMISSIONER
FOR HEALTH AND
FOOD SAFETY SETS
PRIORITIES

THE IMPERATIVE OF
ALZHEIMER'S DISEASE
AWARENESS



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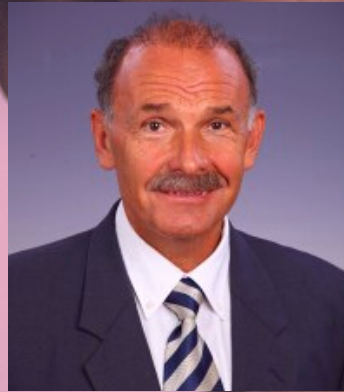
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Diabetes prevention is among the most important Public Health strategies in Hungary

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Metabolic disorders represent a significant burden for the Hungarian population, for the capacity and financing of the health care system, deteriorate the quality of life, and are responsible for premature mortality [1].

The pathological consequences of diabetes

Diabetes affects the arteries, is the main reason of coronary heart disease and other “macrovascular” complications in the vessels of the brain and lower extremities, together with “microvascular” alterations in the retina and in the kidney, combined with neuropathy.

Conditions responsible for diabetes

Although options for genetic and hereditary origin become clearer, obesity represents the most important reason. Obesity could be a consequence of some endocrine disorders, a side-effect of certain drugs, although it mainly has a simple energetic reason: the energy-intake with foods and drinks is constantly higher than the expenditure. The energy expenditure of people is usually lower than in the previous decades, especially in urban settings. Nutritional habit usually did not follow these lifestyle changes [2].

Higher portion sizes, higher energy density of foods and drinks are responsible for that. Two thirds of the whole Hungarian population is overweight nowadays, half of them being obese [3].

Epidemiology

According to the most recent available data, 727.000 people in Hungary have been diagnosed with diabetes. 20% of the population above the age of 60 has type 2 diabetes. The number of incident cases with newly registered T2DM decreased from 76.645 to 29.122 between 2001 and 2016. Beside them, almost the same numbers of persons are living with diabetes (prediabetics), without having appropriately diagnosed [4].

Screening

The early diagnoses of DM could be improved by regular screening activities of family physicians. Its methodology and legislations are already available. Hungarian general practitioners usually perform well, supported by the occupational physicians.

Diabetes care in Hungary

In the recent Hungarian health care system, there is no professional institution of

care, although there is a well-developed network of specialist’s services under the umbrella of the Hungarian Diabetes Association, with wide range of capacity and professional level. There is a type of qualification (licence of diabetes care) achieved by internists and general practitioners, who provide dedicated services for diabetic patients.

The Hungarian National Diabetes Programme, prepared by the Hungarian Diabetes Association was launched in 2011, defining

eight important target points, improvement in quality indicators of diabetes care: decrease the average HbA1c level, the blindness of diabetic origin, the number of patients with nephropathy who need dialysis, the number of lower limb amputations, the number of macrovascular complications (myocardial infarction, stroke, peripheral atherosclerosis). Initiatives were described for the primary care based screening for diabetes, for the early detection of pre-diabetes and gestational diabetes. Achievements in these fields could stop the increase of diabetes-revalence in Hungary [5]

“Education for the general population could be supported by legal regulations: Effective campaign in the broadcast and media”

Available treatments in diabetes care In Hungary, almost all of the medications and drugs developed and approved for the treatment are available, although there are many restrictive regulations in the prescription, based mainly on financial reasons. There are scientific evidences, that diabetes could be improved with effective decrease of body weight, even with bariatric surgery, blood-sugar value could be decreased to the normal range, and the antidiabetic medication could be stopped.

Options for prevention

Appropriate nutrition and healthy lifestyle with physical activity are the key points of prevention. There are many data and epidemiological evaluations supporting that Type2 diabetes could be prevented or at least significantly delayed. According to our recent knowledge, the most effective ways of prevention are regular physical activity, considering the age-related characteristics and the maintenance of the normal body-weight index (BMI).

Education at all levels is needed In the curriculum of primary and secondary schools, more space and higher number of hours should be allocated for sharing knowledge and improve skills related to healthy nutrition. Students are expected getting education about the components of foods, food-safety and healthy technologies available for cooking. Explanations and reasons why to avoid or decrease the consumed amount of some foods and beverages should also be provided. Variety of choices in the school-canteens and buffet should be in accordance with this knowledge, besides providing optimal conditions for water drinking instead of consuming sweetened drinks.

Curriculum should also contain information about the advantages of continuous, life-long physical activities. It is a great pedagogical success in Hungary, that daily physical exercise hours were incorporated into the curriculum of primary schools.

Although available infrastructure and personal staff of schools are different, continuous support will help the maintenance and development in the future.

Government and local municipalities are expected to improve opportunities and increase available facilities for physical activity in the leisure time. Education for the general population could be supported by legal regulations: Effective campaign in the broadcast and media, where the ratio/percent in broadcasted time and in surface of the printed media/journals are regulated, determining the space dedicated for health related education.

Food manufacturers and trade are expected to establish partnerships in this effort, even forced by regulations to product and sale healthy foods [6].

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