



*EL PRESIDENTE DE LA REAL ACADEMIA DE MEDICINA Y CIENCIAS AFINES DE LA COMUNIDAD VALENCIANA Y
EL PRESIDENTE DE LA SOCIEDAD VALENCIANA DE MEDICINA FAMILIAR Y COMUNITARIA TIENEN EL HONOR
DE INVITARLES A LA MESA REDONDA:*

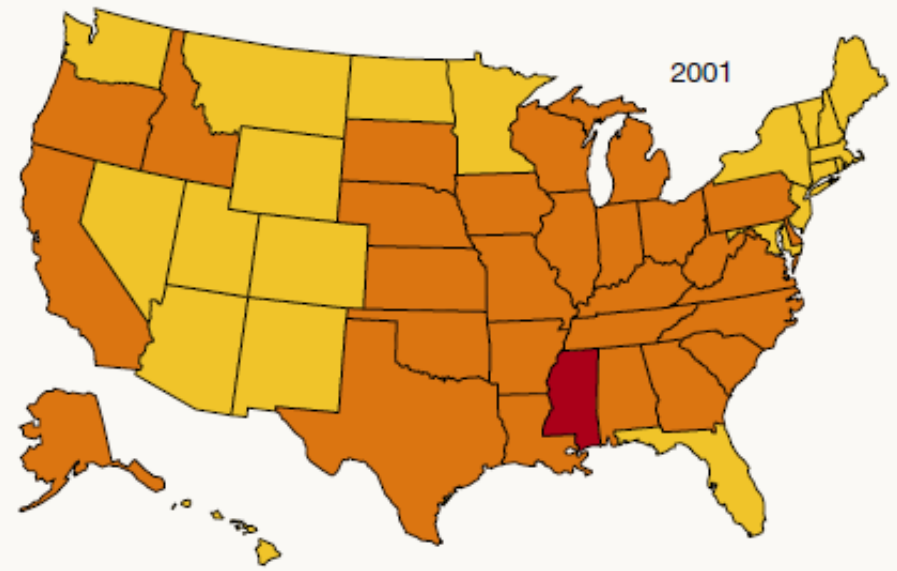
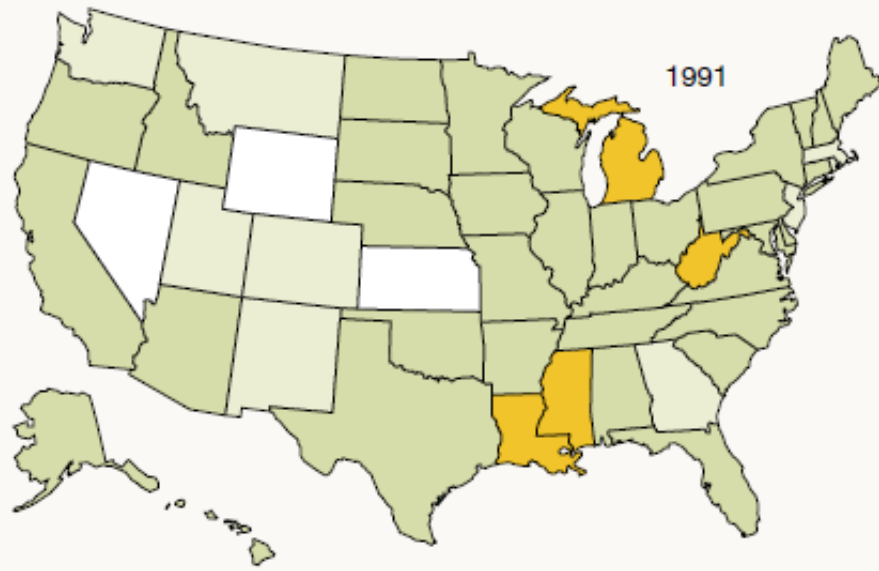
“OBESIDAD Y DIABETES: UNA EPIDEMIA ACTUAL”

Situación epidemiológica

Jorge Navarro Pérez

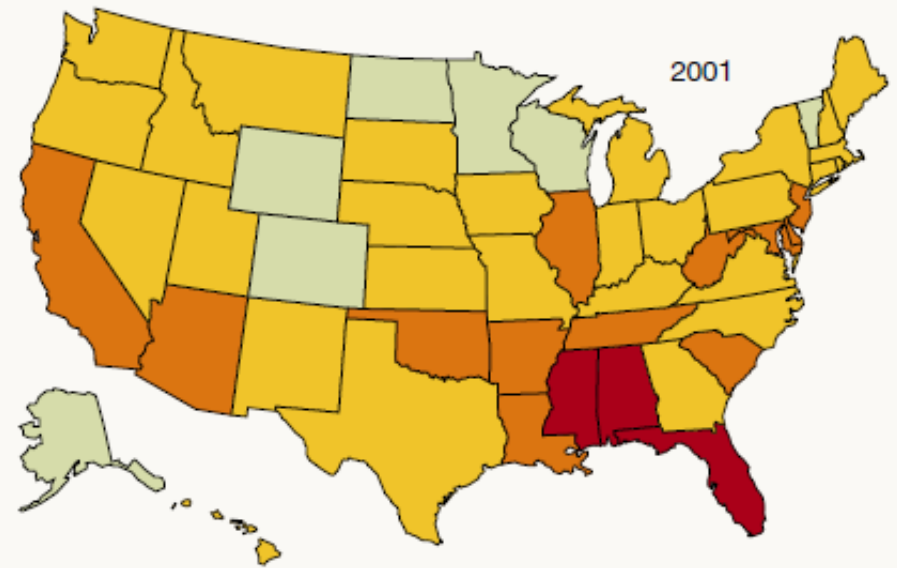
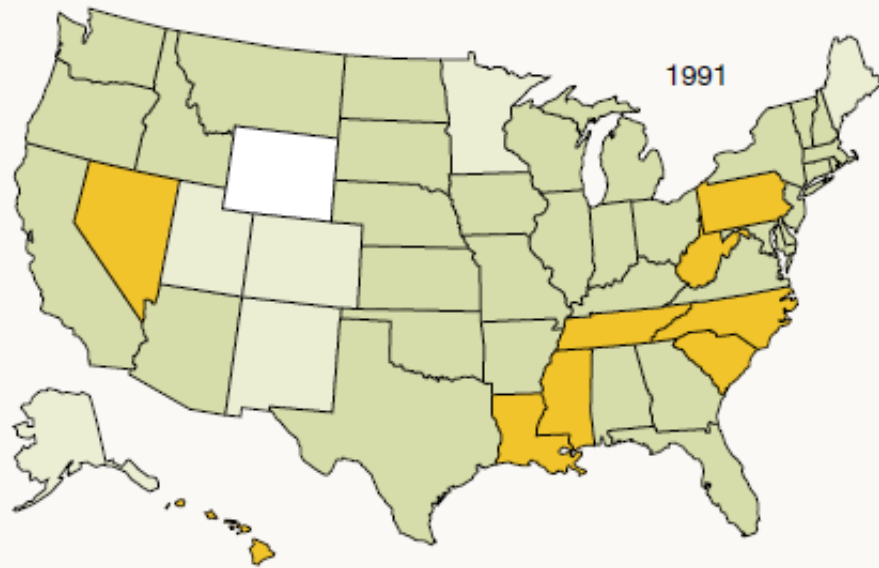
Gdt Diabetes y Nutrición SVMFyC

A Obesity



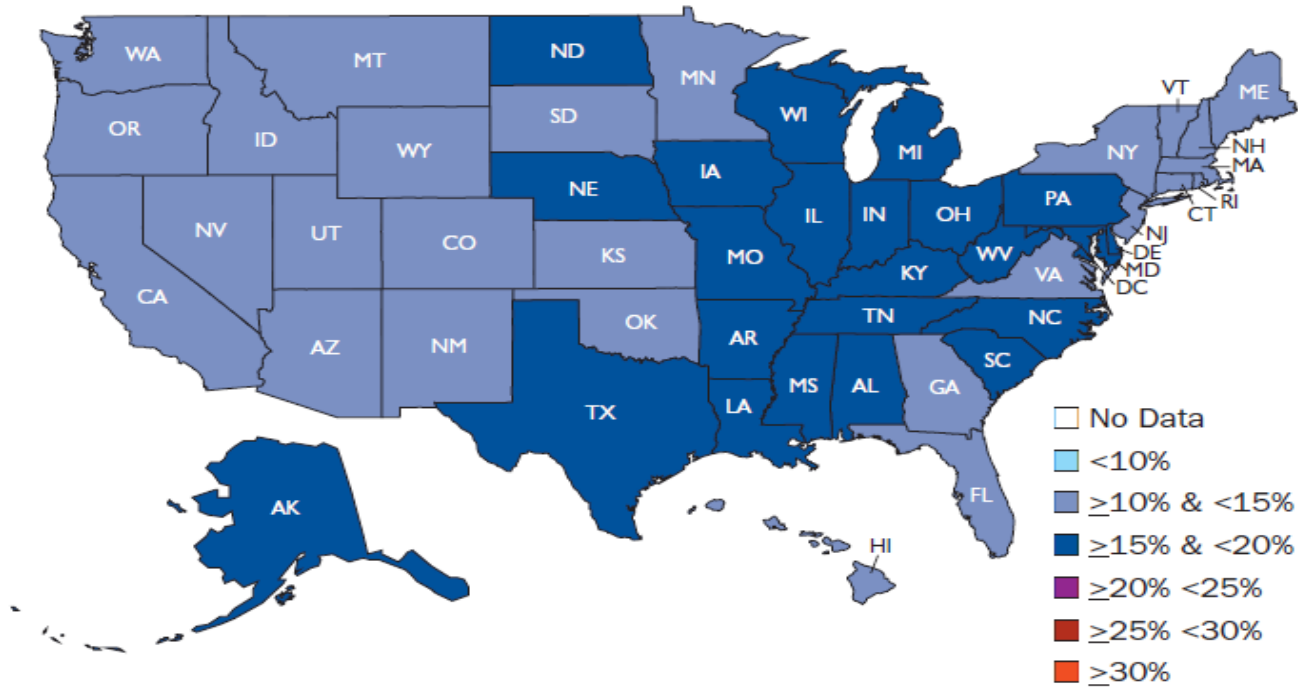
□ No Data □ <10% □ 10%-14% □ 15%-19% □ 20%-24% □ ≥25%

B Diabetes

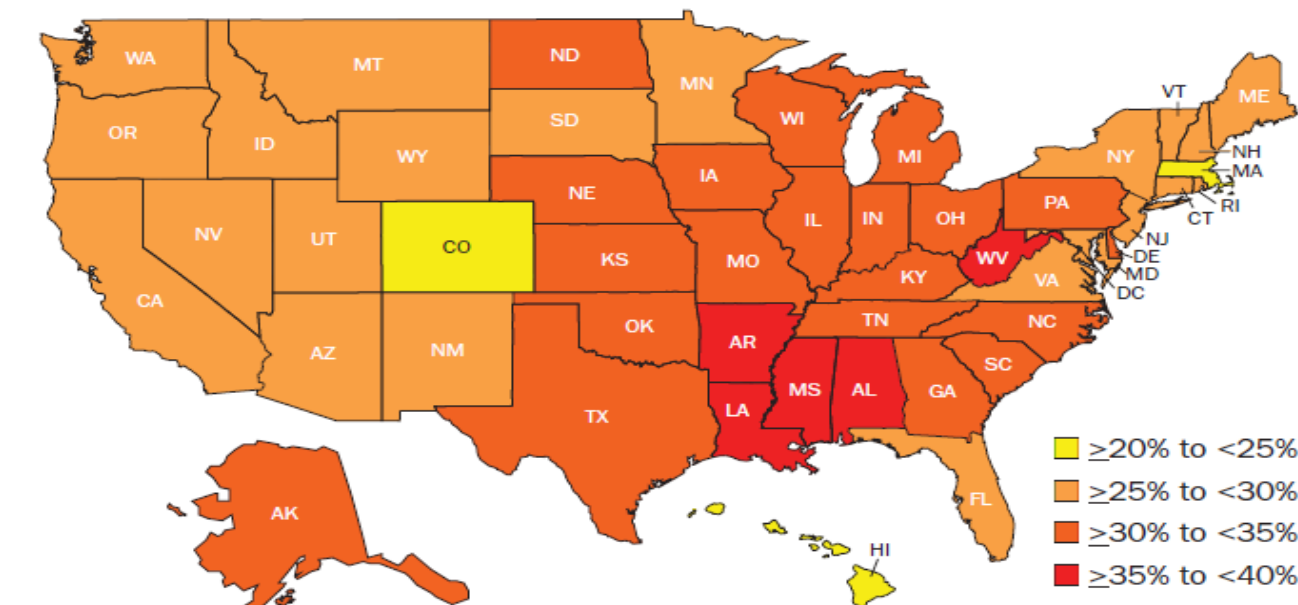


□ No Data □ <4% □ 4%-6% □ 7%-8% □ 9%-10% □ >10%

1993–1995 Combined Data



2016 Adult Obesity Rates

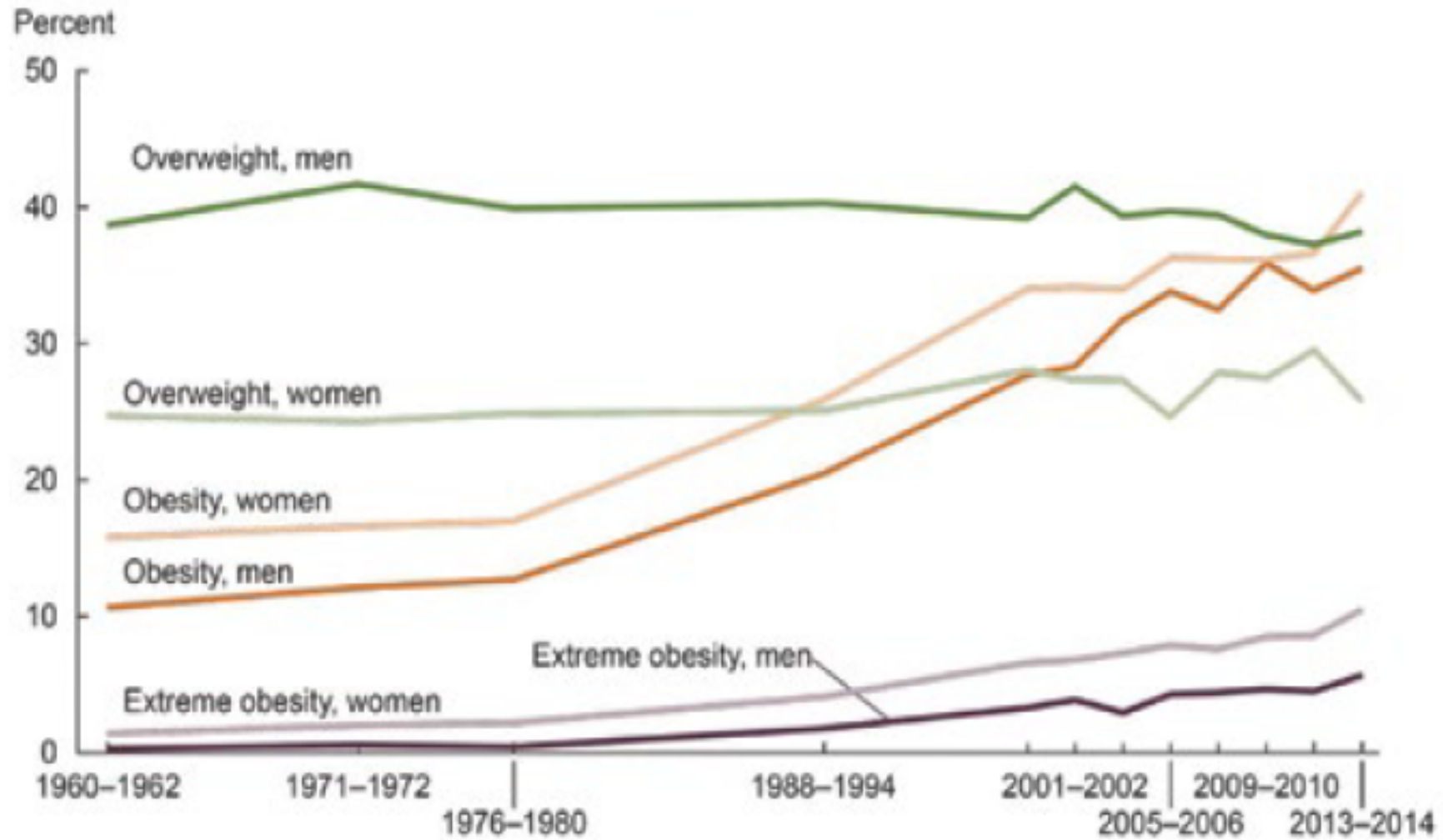


37,9%

Source: CDC, BRFSS

Territory	Obesity Rate
Guam	28.3
Puerto Rico	30.7

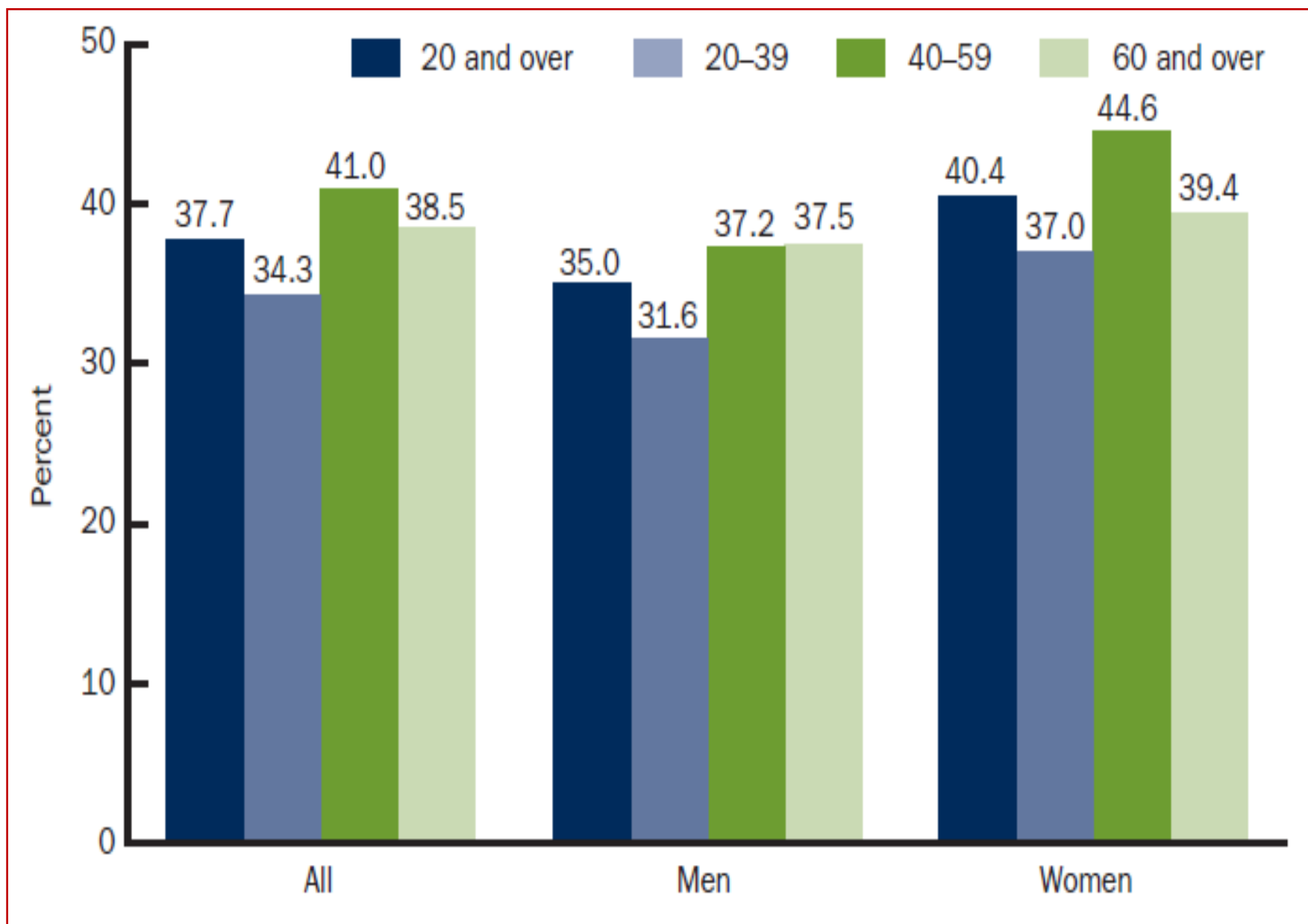
Trends in adult overweight, obesity, and extreme obesity among men and women aged 20–74: United States, 1960–1962 through 2013–2014



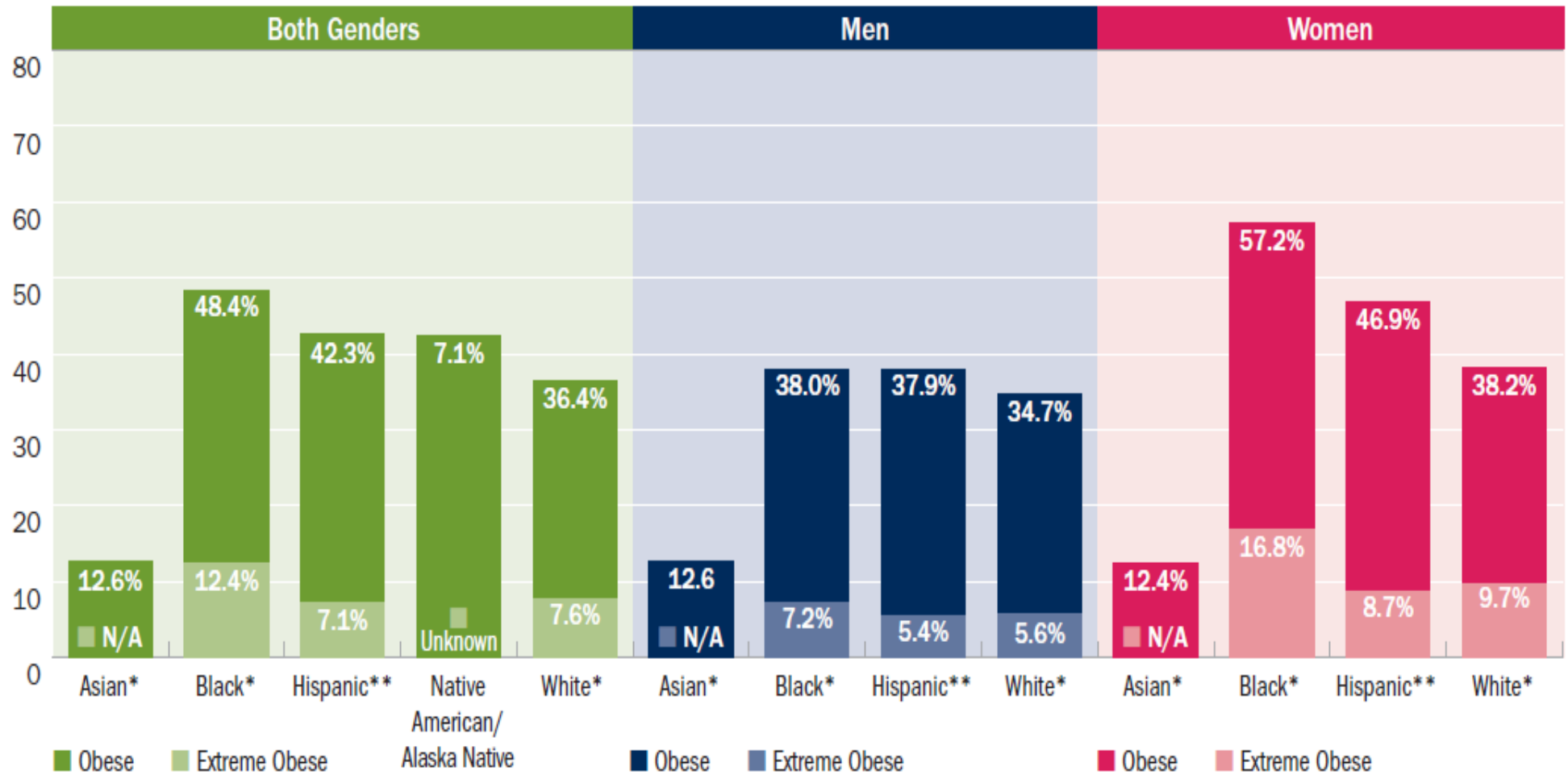
85%

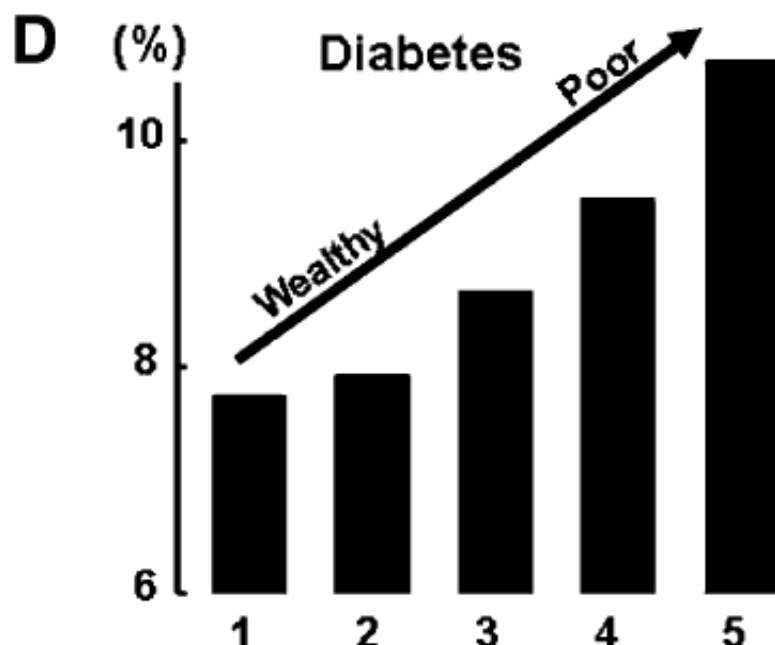
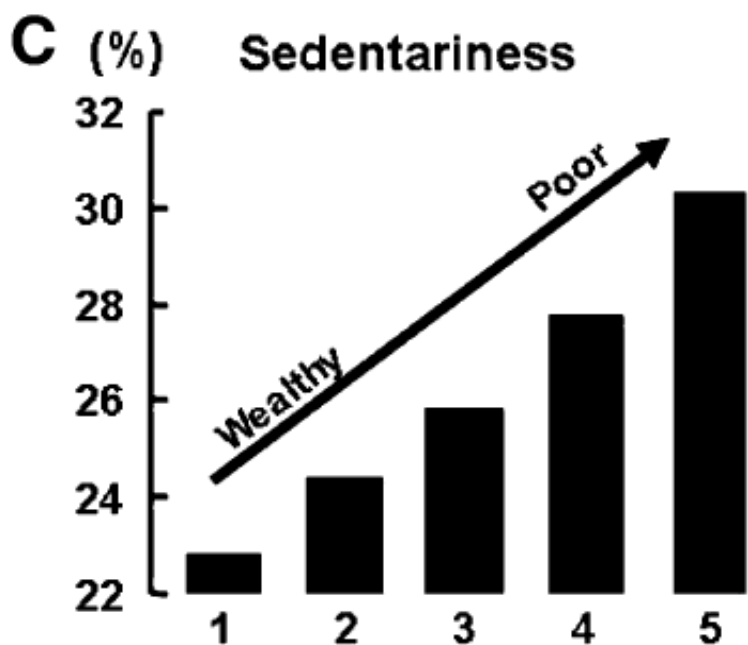
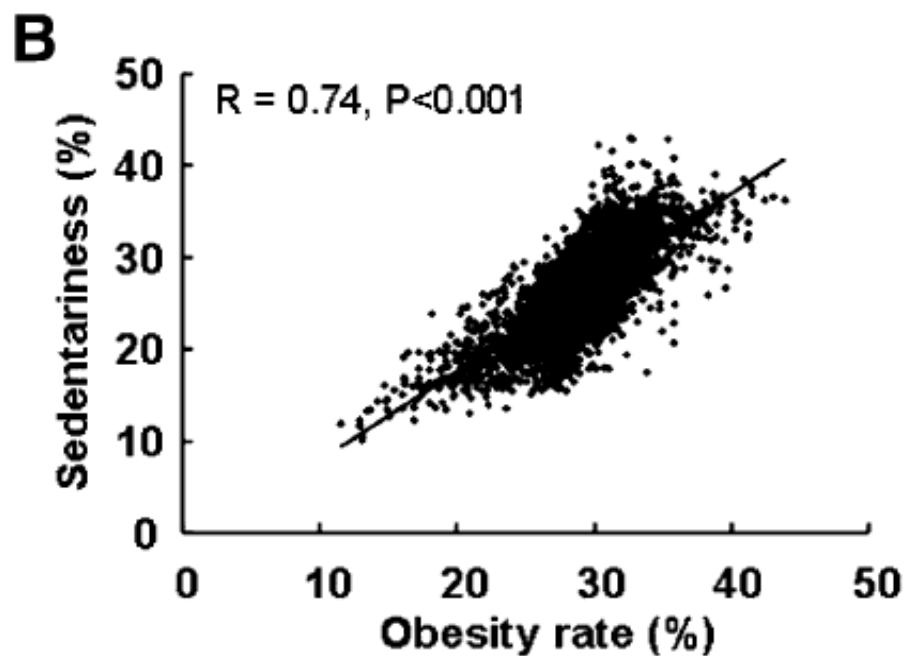
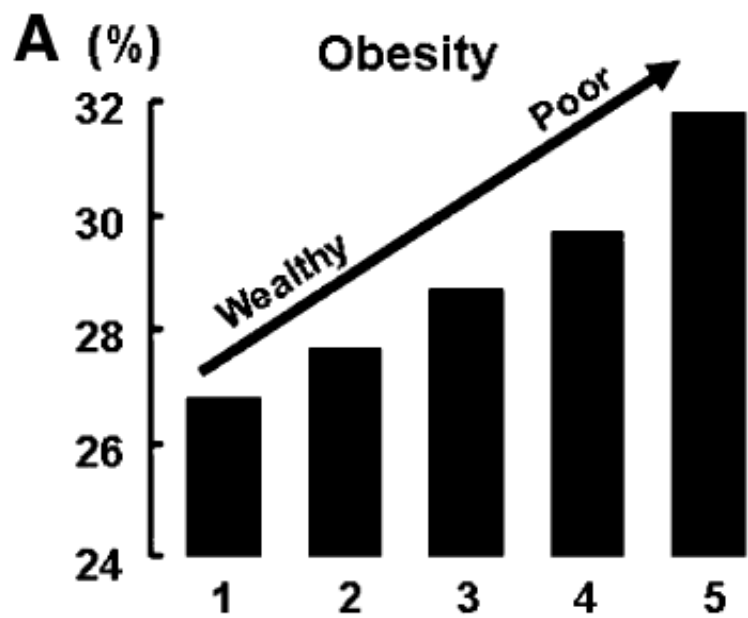
Trends in obesity prevalence among adults aged 20 and over (age-adjusted) and youth aged 2–19 years: United States, 1999–2000 through 2013–2014



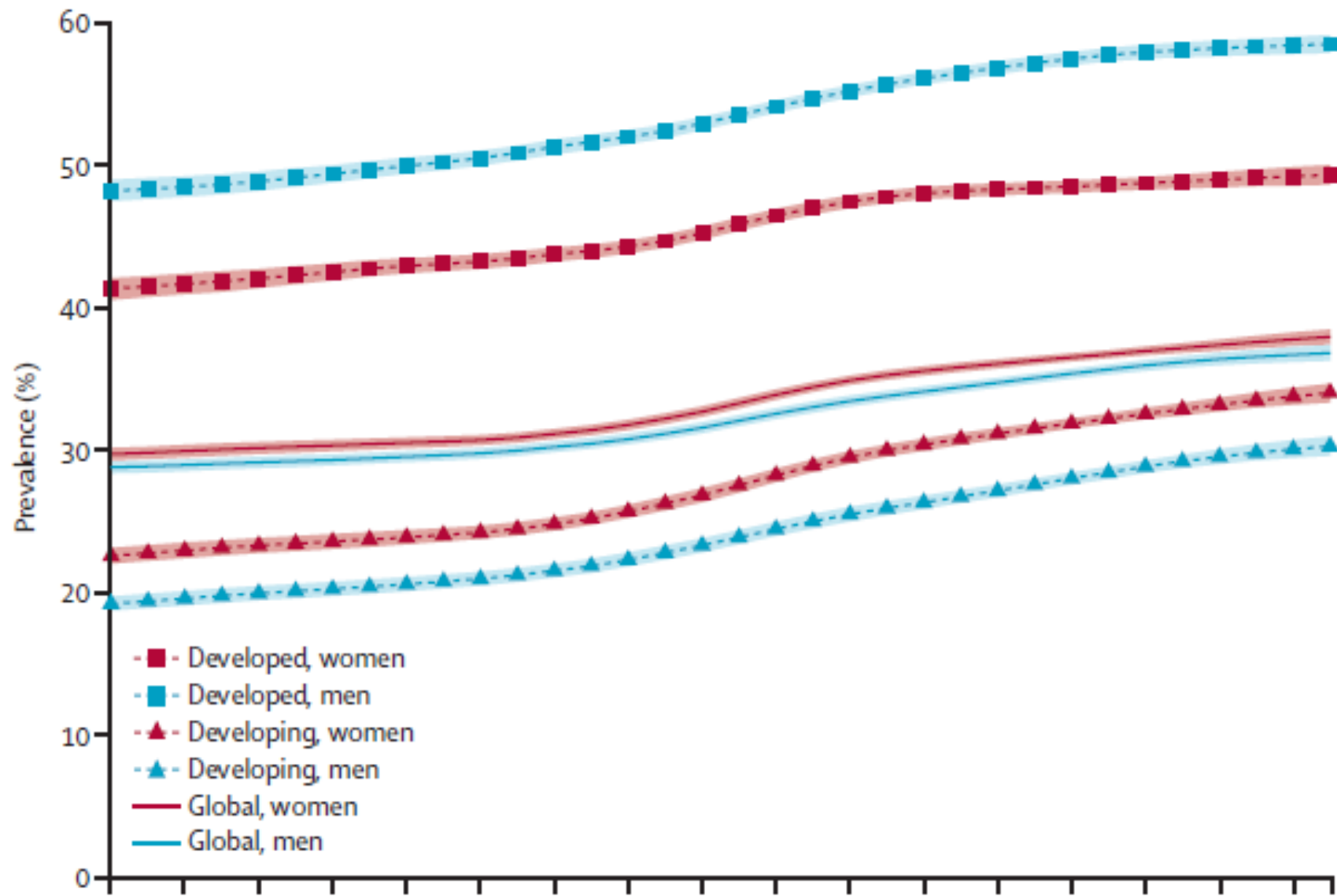


**Obesity and Extreme Obesity Rates for Adults, National Health and Nutrition Examination Survey (NHANES), 2013-2014¹⁷
(with Native American/Alaska Native Rates per 2014 National Health Interview Survey⁴⁸)**

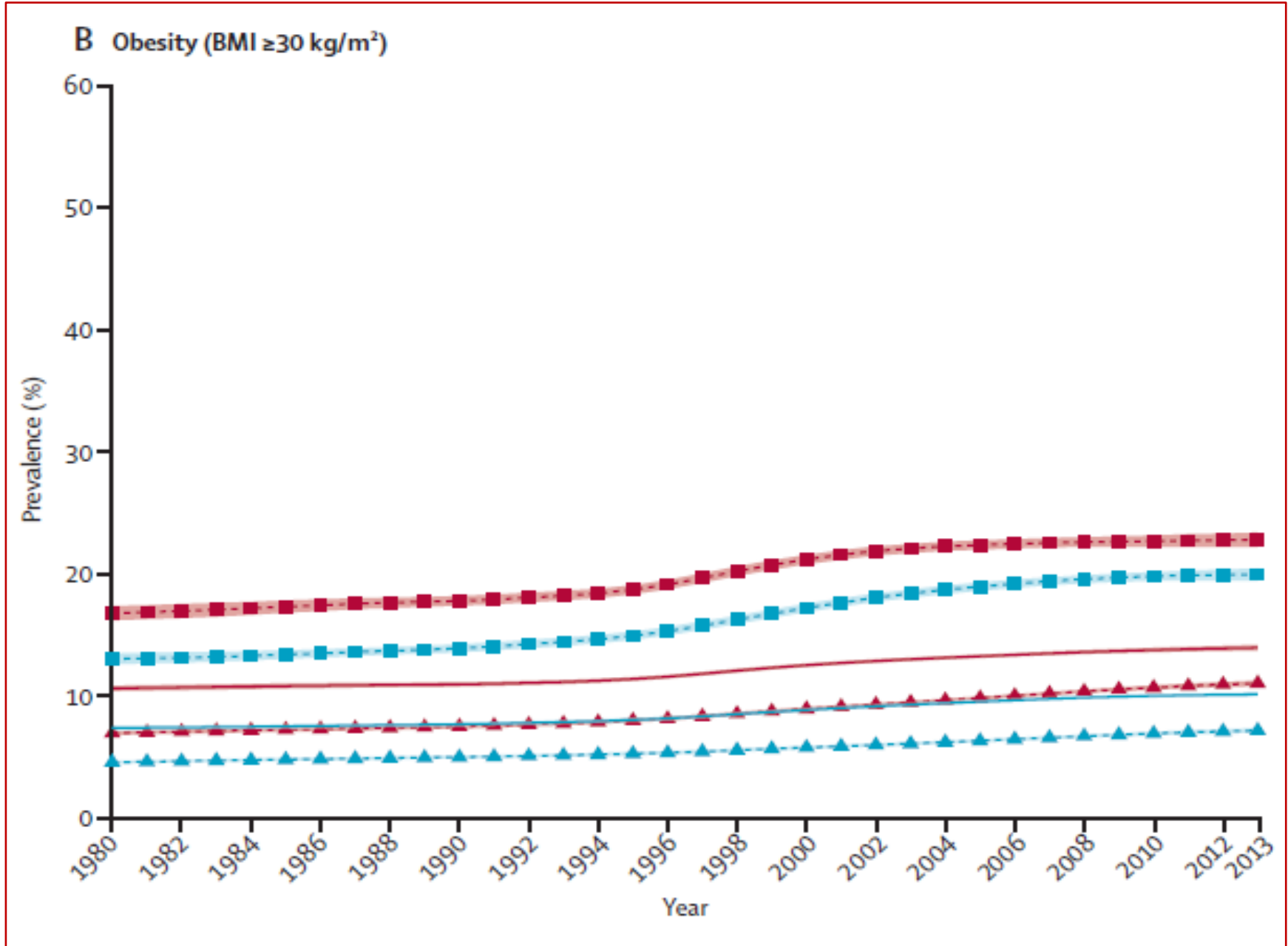


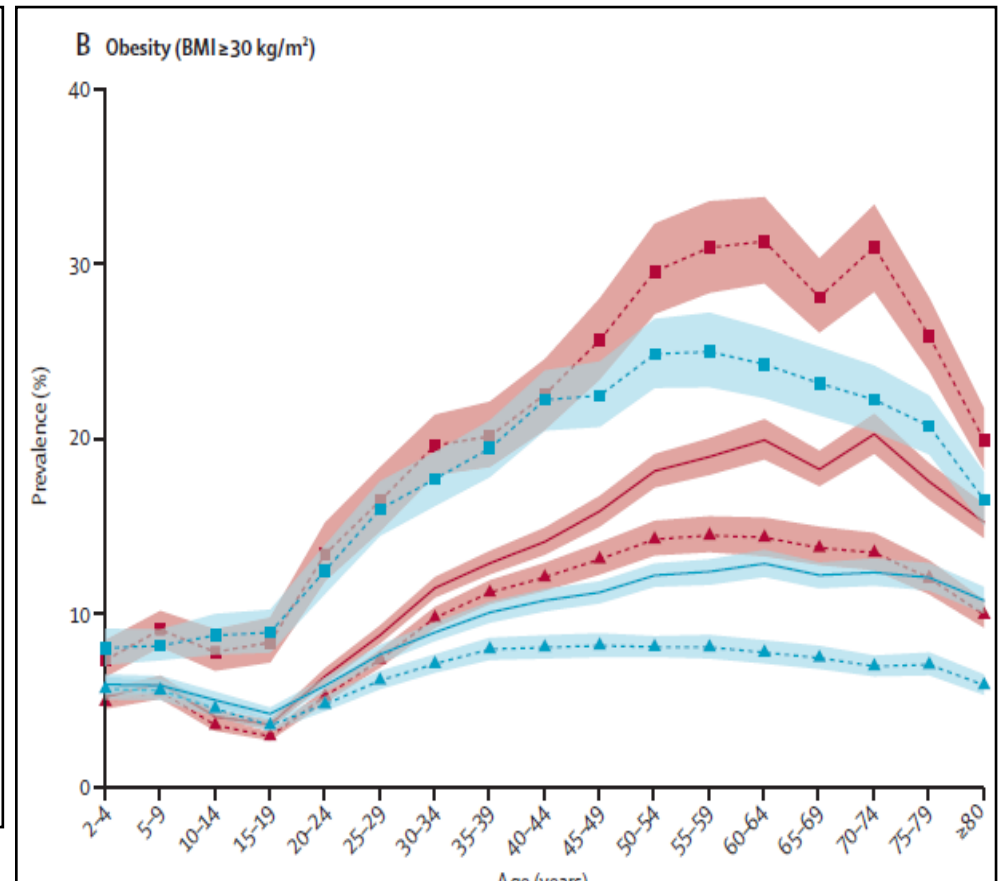
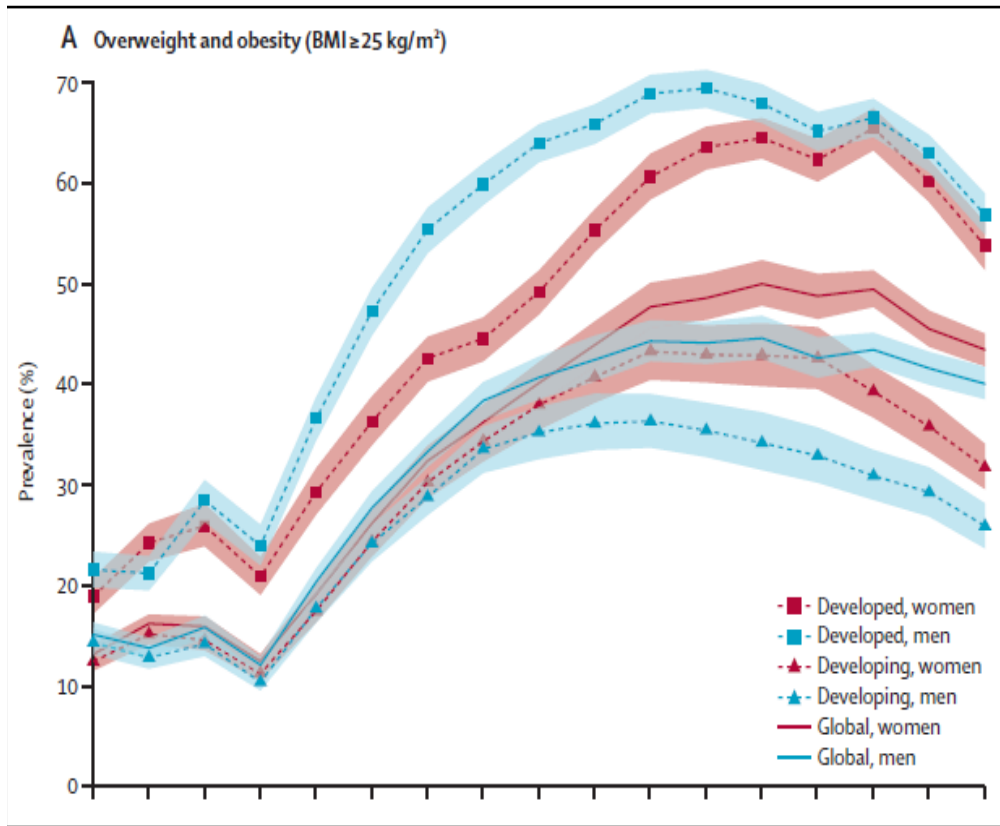


A Overweight and obesity (BMI ≥ 25 kg/m²)

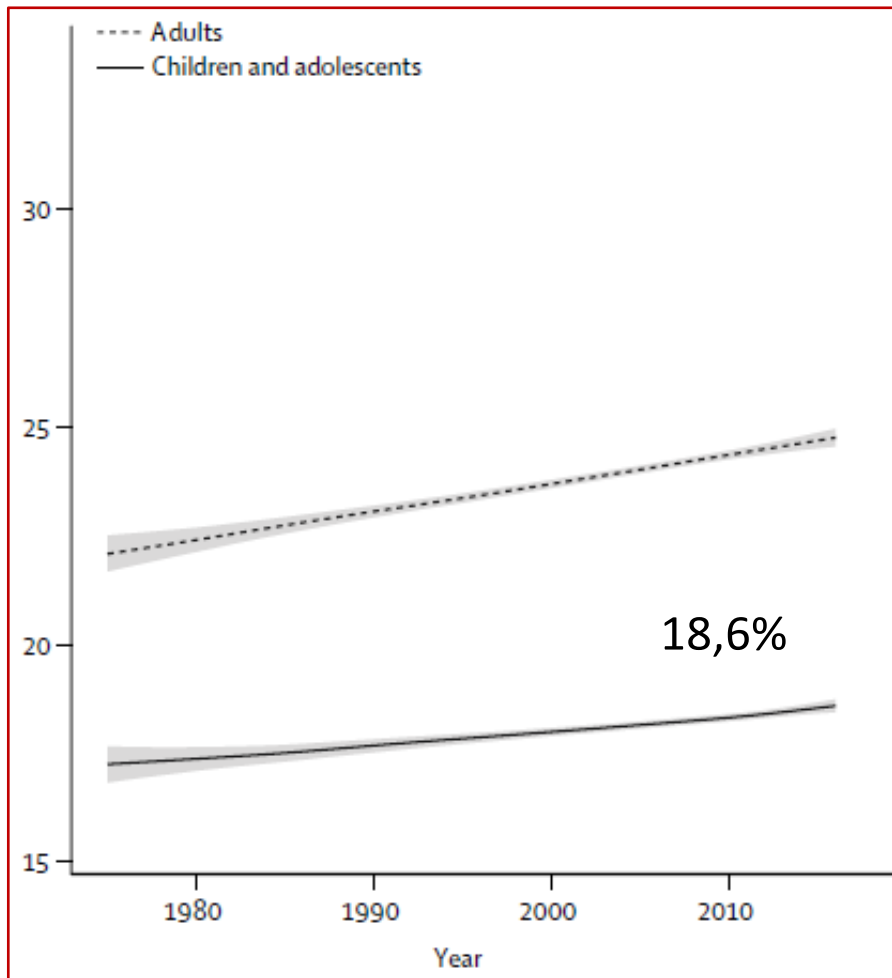


38%
36,9%

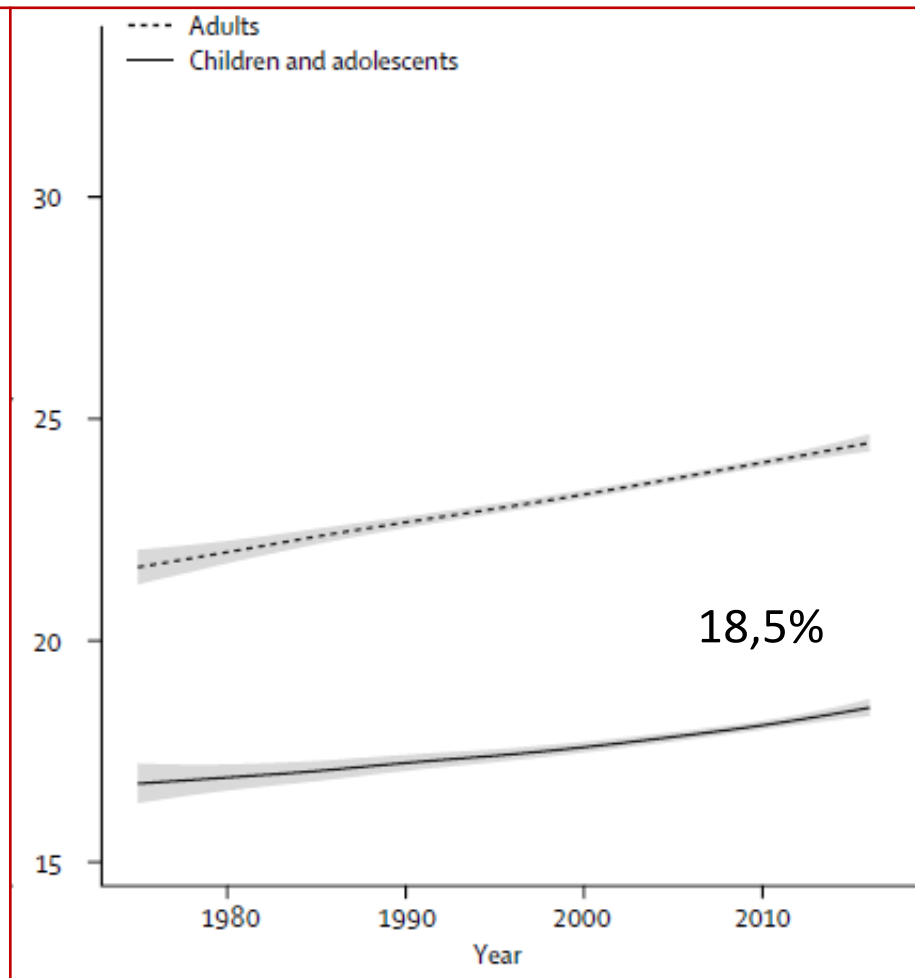


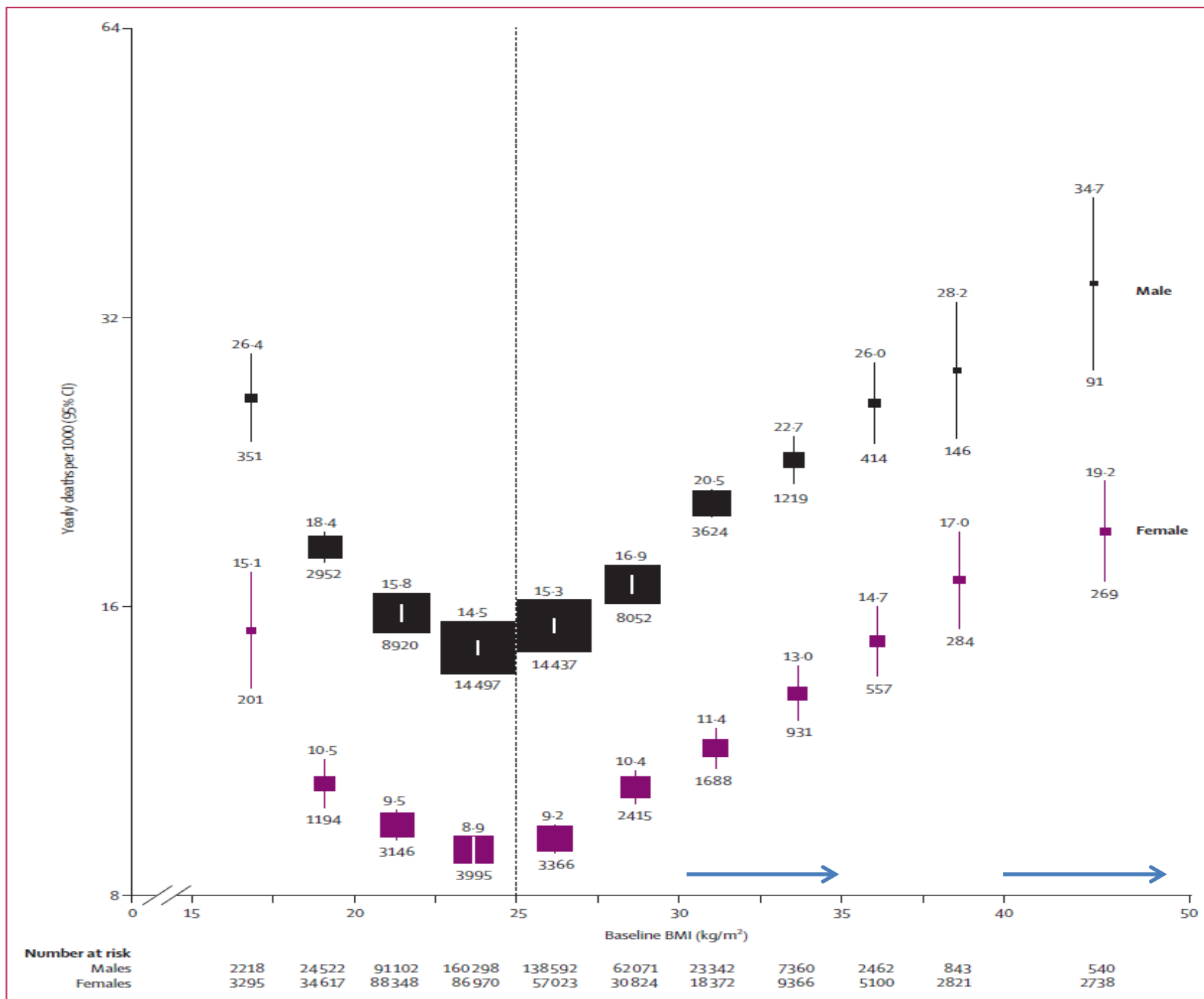


Mujeres

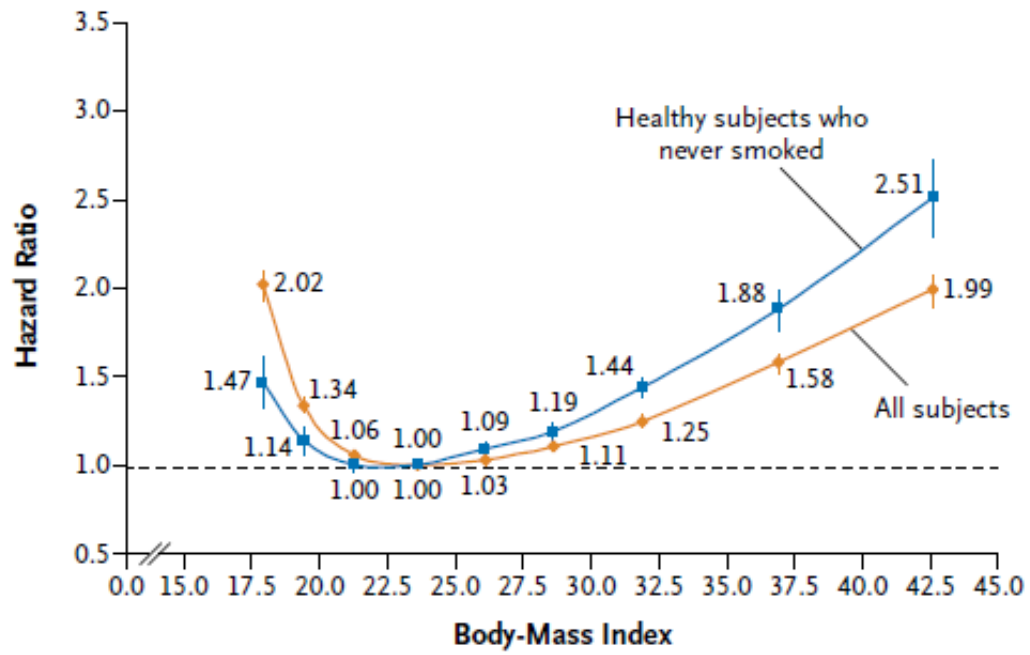


Hombres

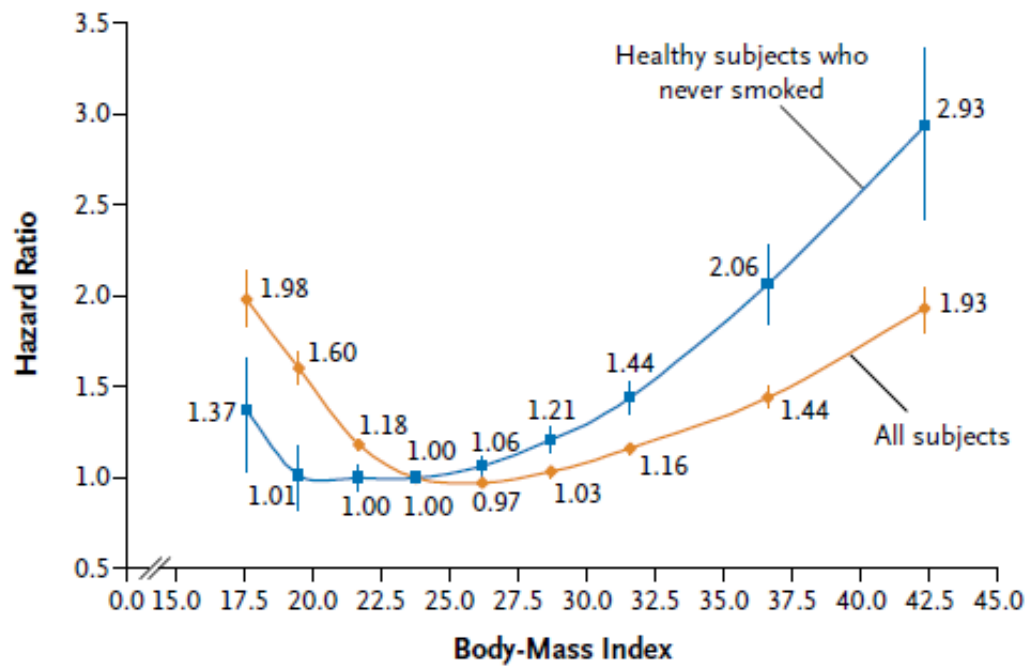


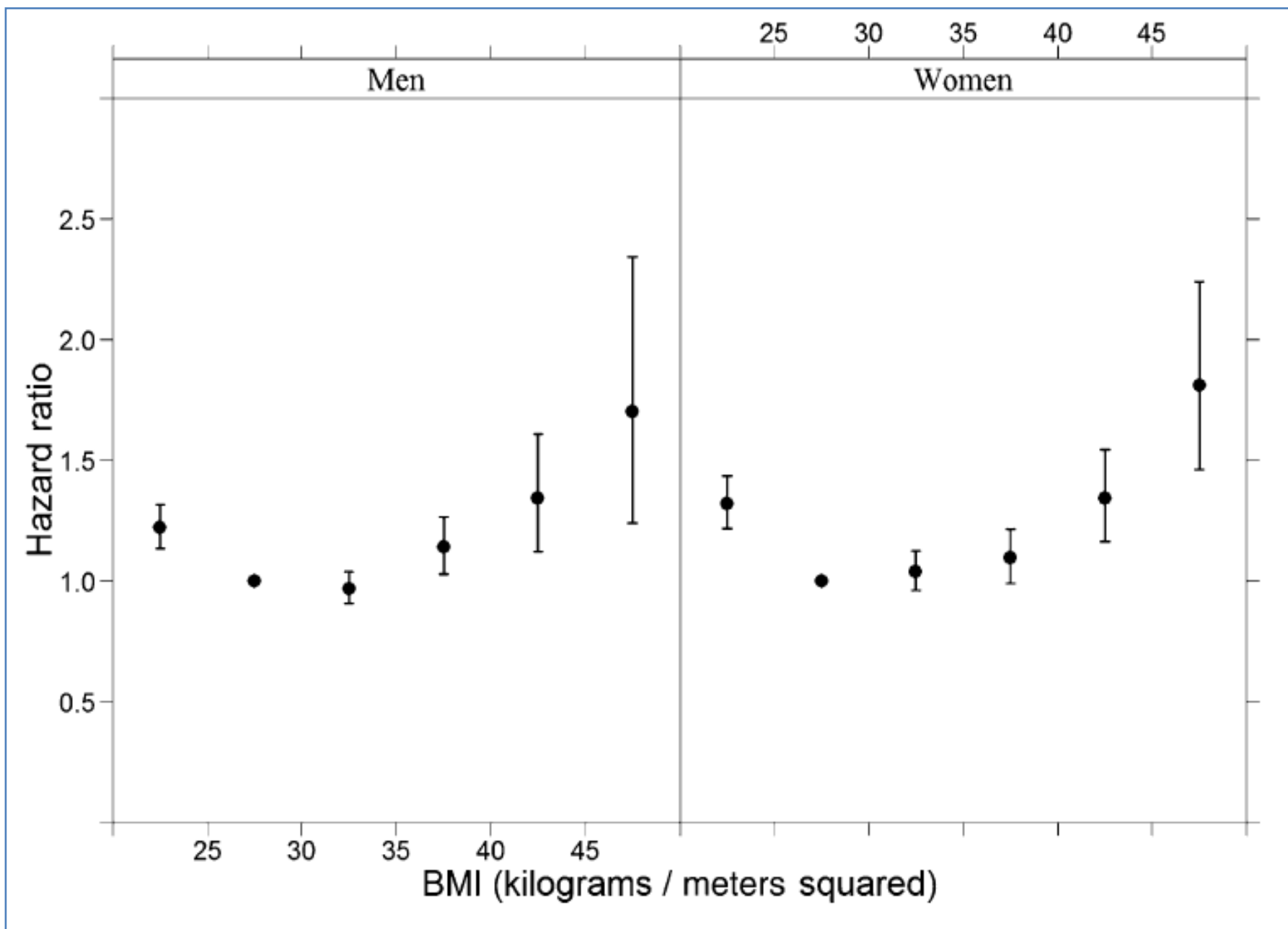


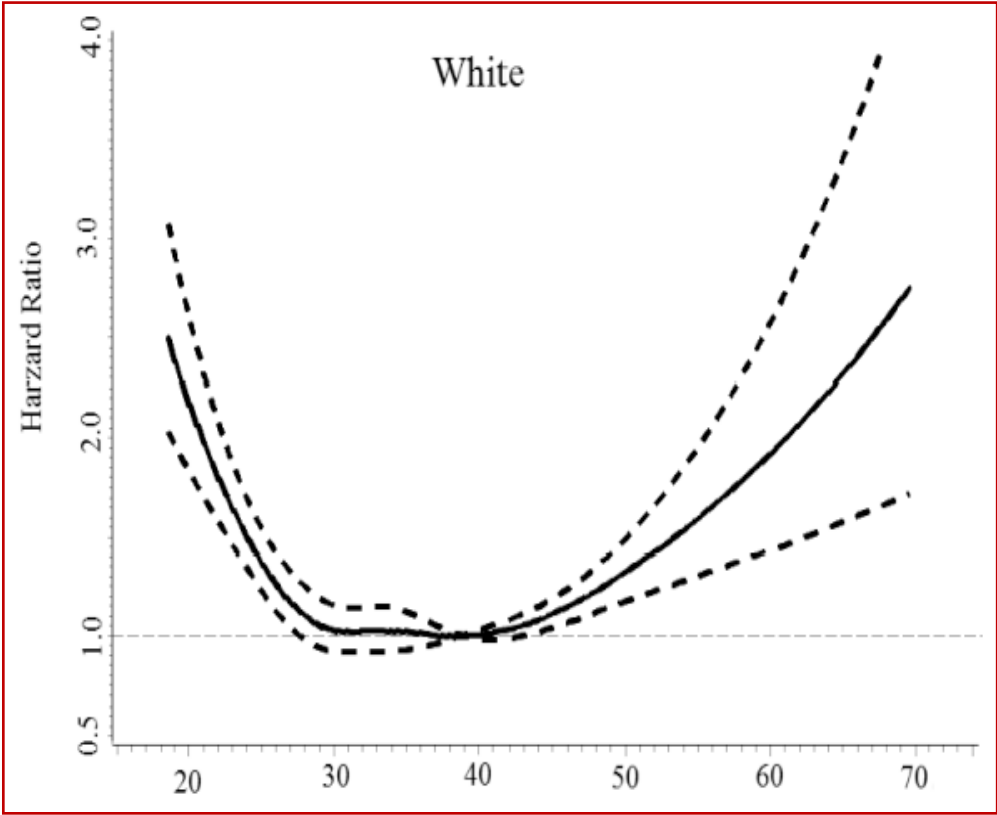
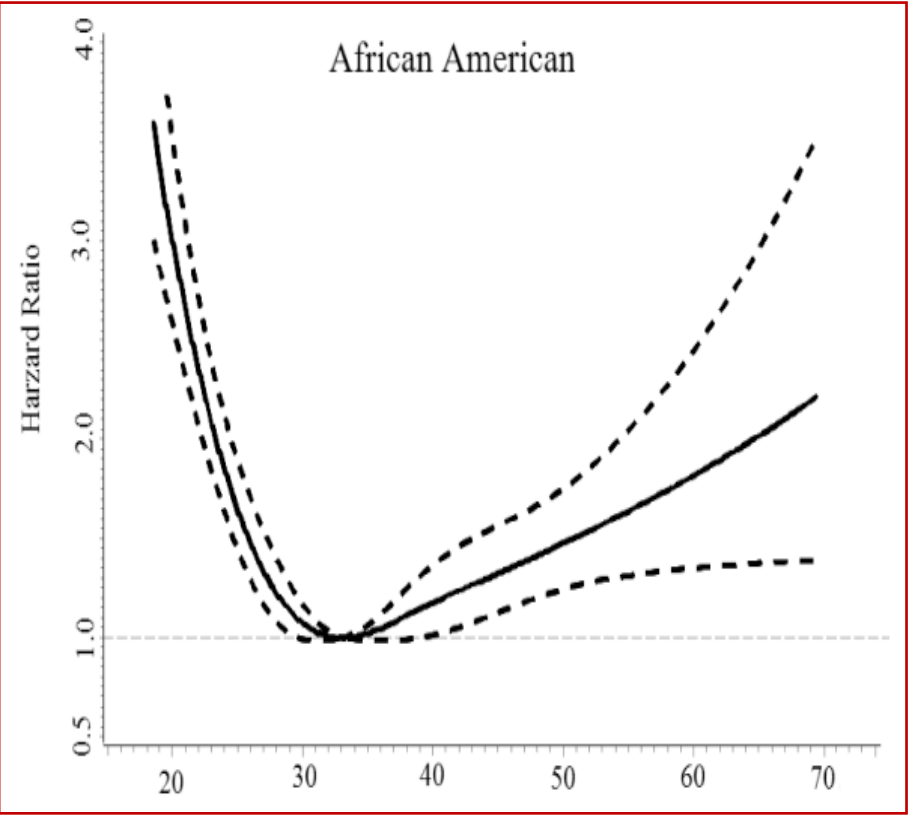
A White Women



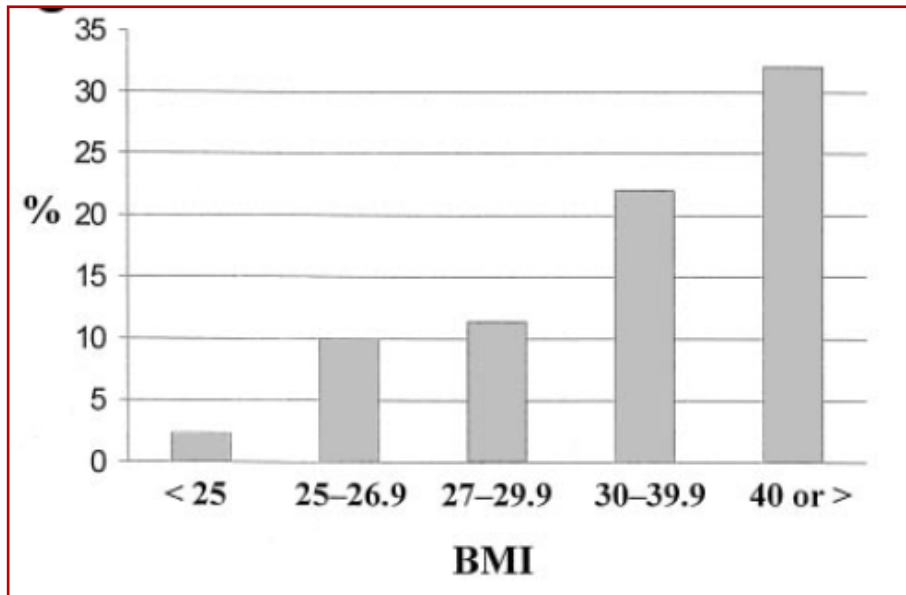
B White Men



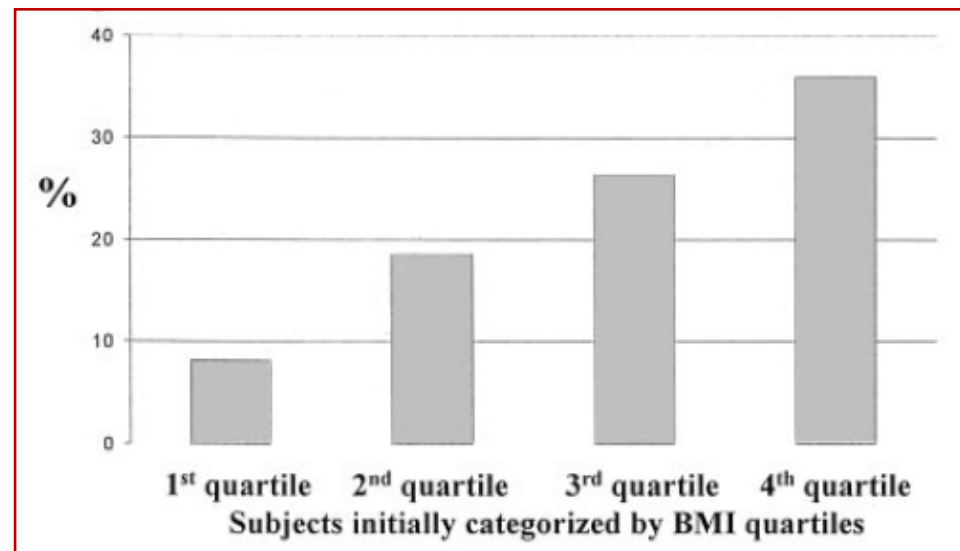




Síndrome metabólico

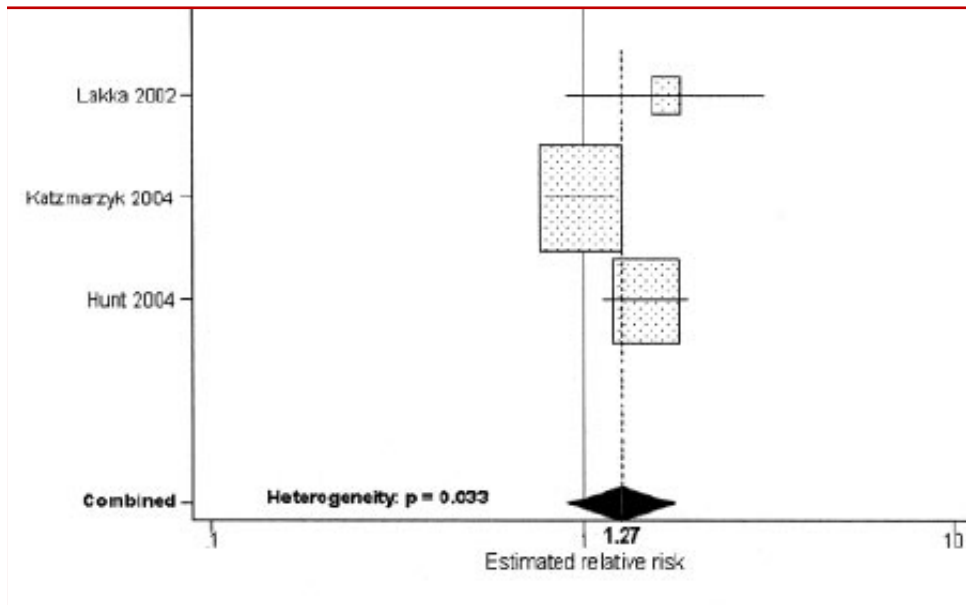


Prevalencia:
Global 34,5%
33,7% Hombres
35,4% Mujeres

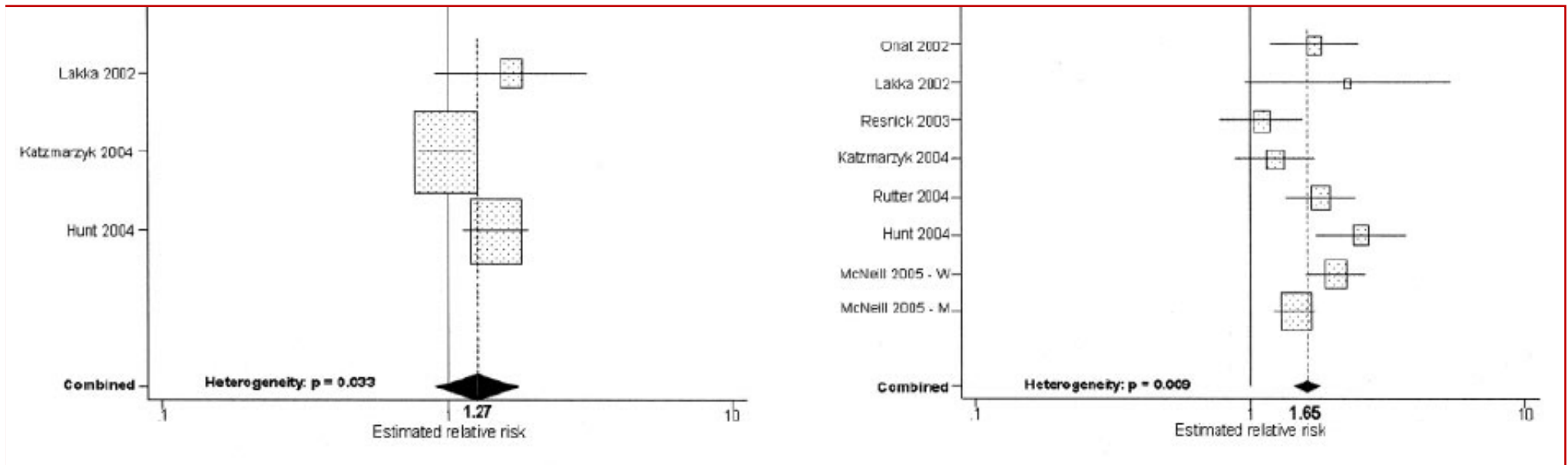


	<i>n</i>	NCEP definition	IDF definition
BMI (kg/m²)			
<18.5	50	5.2 ± 3.1*	0.0
18.5 to <25	1,136	10.4 ± 1.1	13.3 ± 0.8
25 to <30	1,310	34.3 ± 0.9	44.3 ± 1.5
≥30	1,063	64.2 ± 2.2	65.1 ± 2.2
Glucose status			
Normoglycemia	2,131	16.8 ± 0.9	21.1 ± 1.2
Impaired fasting glucose	1,068	60.1 ± 1.9	66.4 ± 1.7
Undiagnosed diabetes	142	75.0 ± 6.2	75.5 ± 6.4
Diagnosed diabetes	259	72.1 ± 5.1	84.4 ± 3.4
Hypertension			
Yes	1,311	62.9 ± 3.3	69.4 ± 2.8
No	2,290	25.0 ± 1.2	29.1 ± 1.1
Smoking status			
Current	799	35.2 ± 1.9	38.1 ± 2.1
Former	980	31.8 ± 1.6	39.2 ± 2.2
Never	1,816	34.3 ± 1.6	38.6 ± 1.6
Total cholesterol ≥200 mg/dl or use of cholesterol- lowering medications			
Yes	1,969	38.1 ± 1.5	44.2 ± 1.8
No	1,632	31.3 ± 1.4	34.4 ± 1.5
Concentrations of C-reactive protein (mg/l)			
<1	923	18.8 ± 1.3	23.5 ± 1.6
1–3	1,235	33.8 ± 1.1	38.4 ± 1.5
>3	1,443	47.3 ± 1.6	51.9 ± 1.5
Coronary heart disease			
Yes	136	72.4 ± 4.6	75.8 ± 4.7
No	3,443	34.3 ± 1.0	38.8 ± 1.1
Myocardial infarction			
Yes	148	36.1 ± 3.5	41.1 ± 3.8
No	3,448	34.3 ± 1.0	38.7 ± 1.0
Angina pectoris			
Yes	124	44.1 ± 4.3	46.5 ± 4.5
No	3,460	34.2 ± 0.9	38.8 ± 1.0

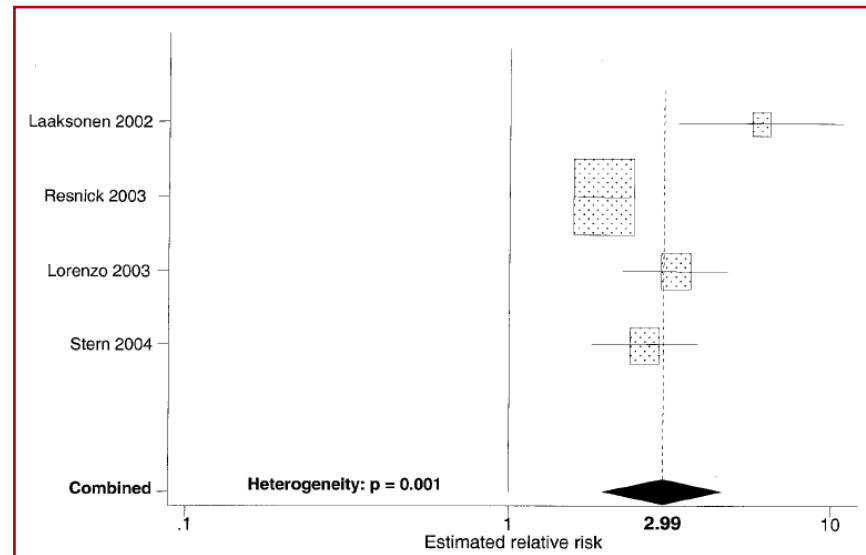
Mortalidad global

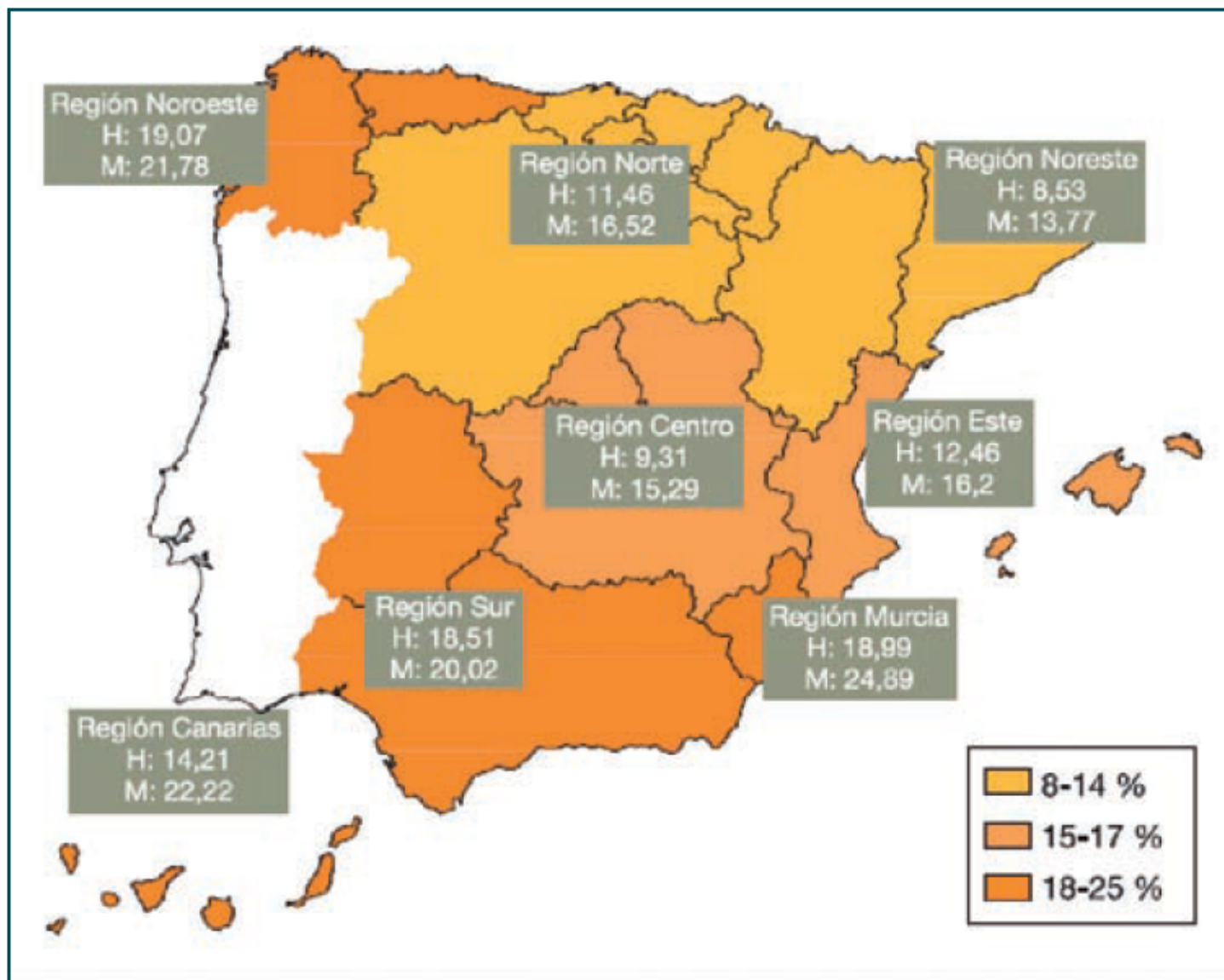


Enfermedad CV

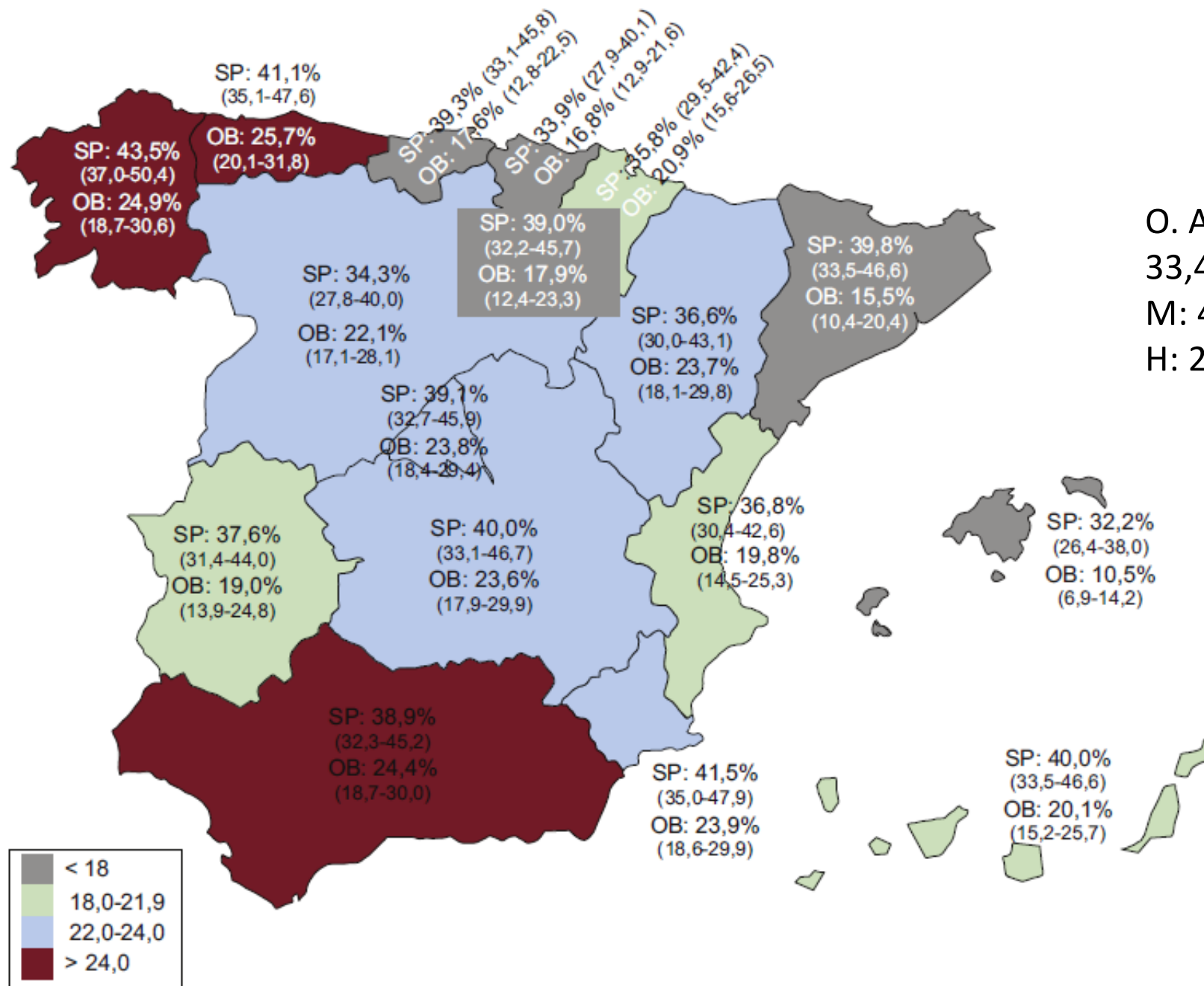


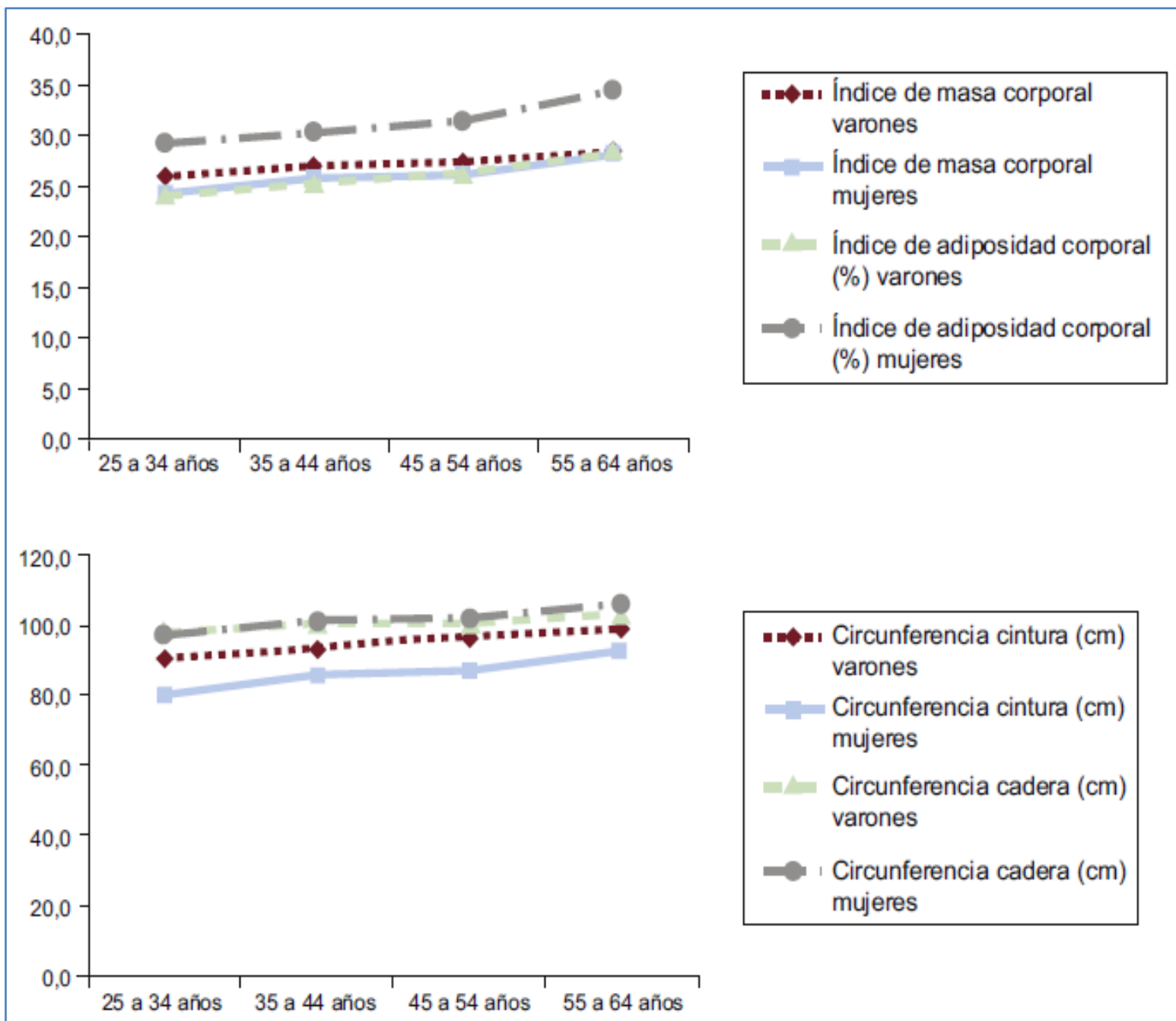
Diabetes



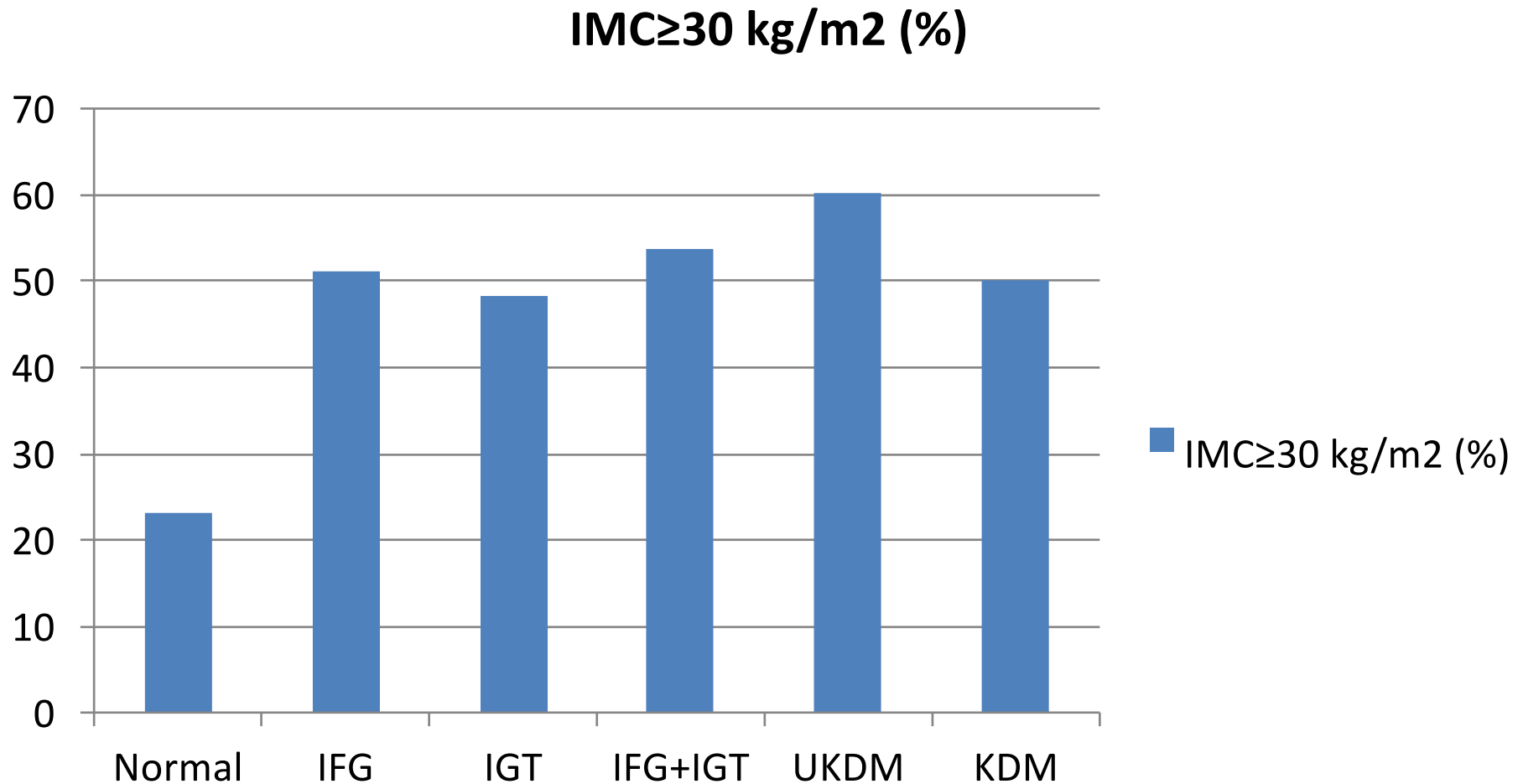


Obesidad:
 15,5%
 M: 17,5%
 H: 13,2%



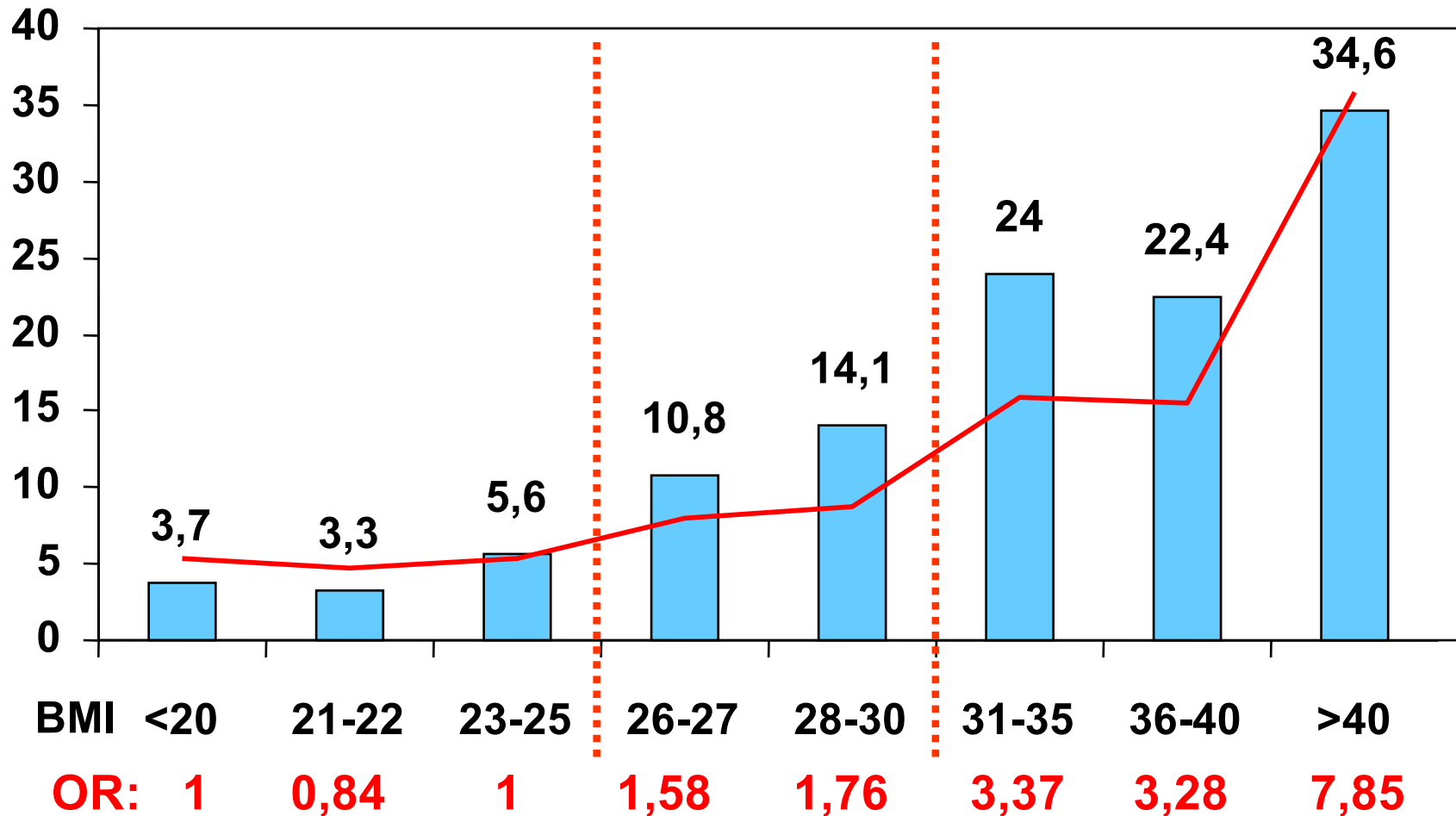


Asociación entre Obesidad y DM



Prevalencia de DM en función del IMC

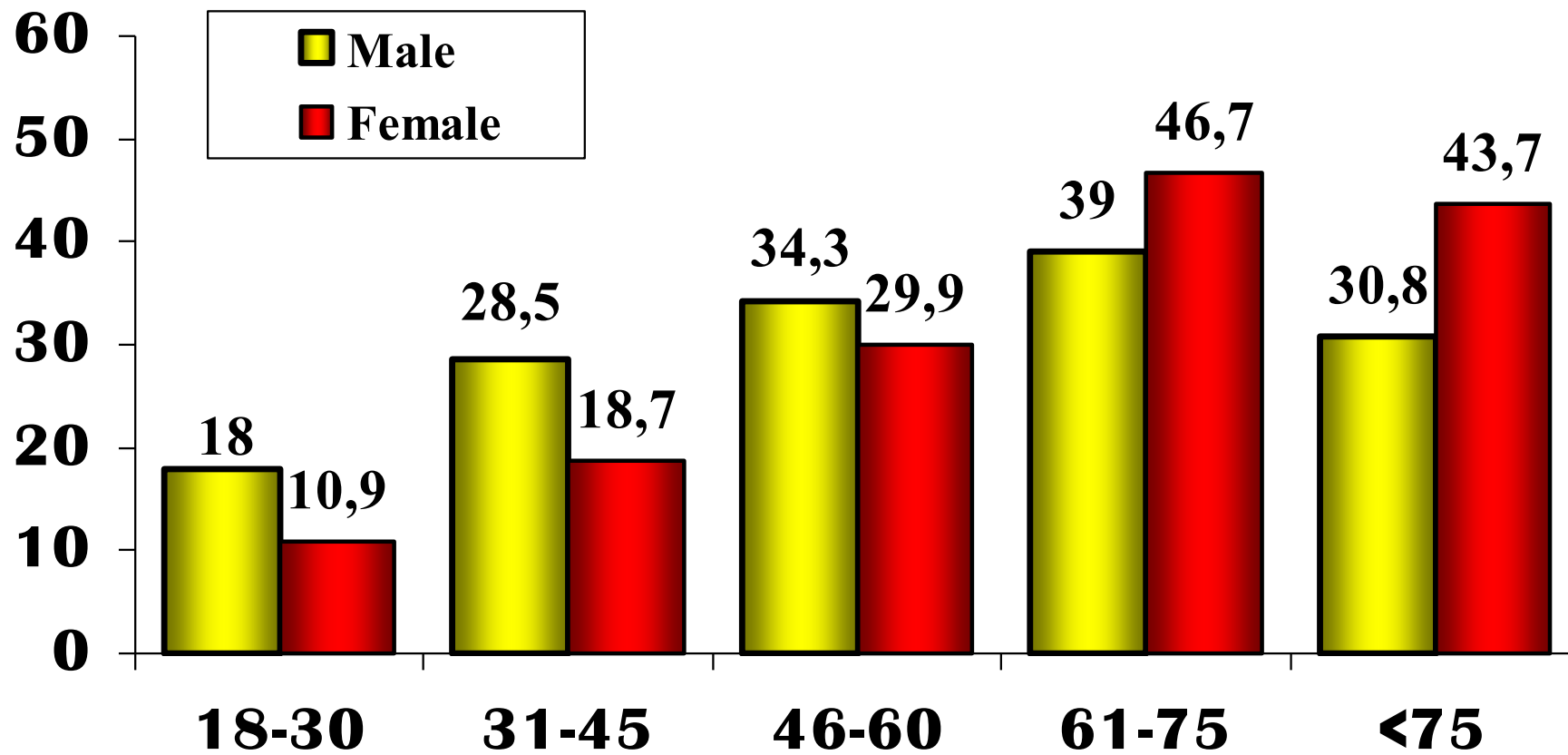
Diabetes prevalence



Prevalencia de la obesidad

28,25 % (26,97-29,52%)

Men: 28,97 % (27,01-30,93%), Women: 27,55 % (25,88-29,23%)



(Obesity: BMI>30)

Age groups

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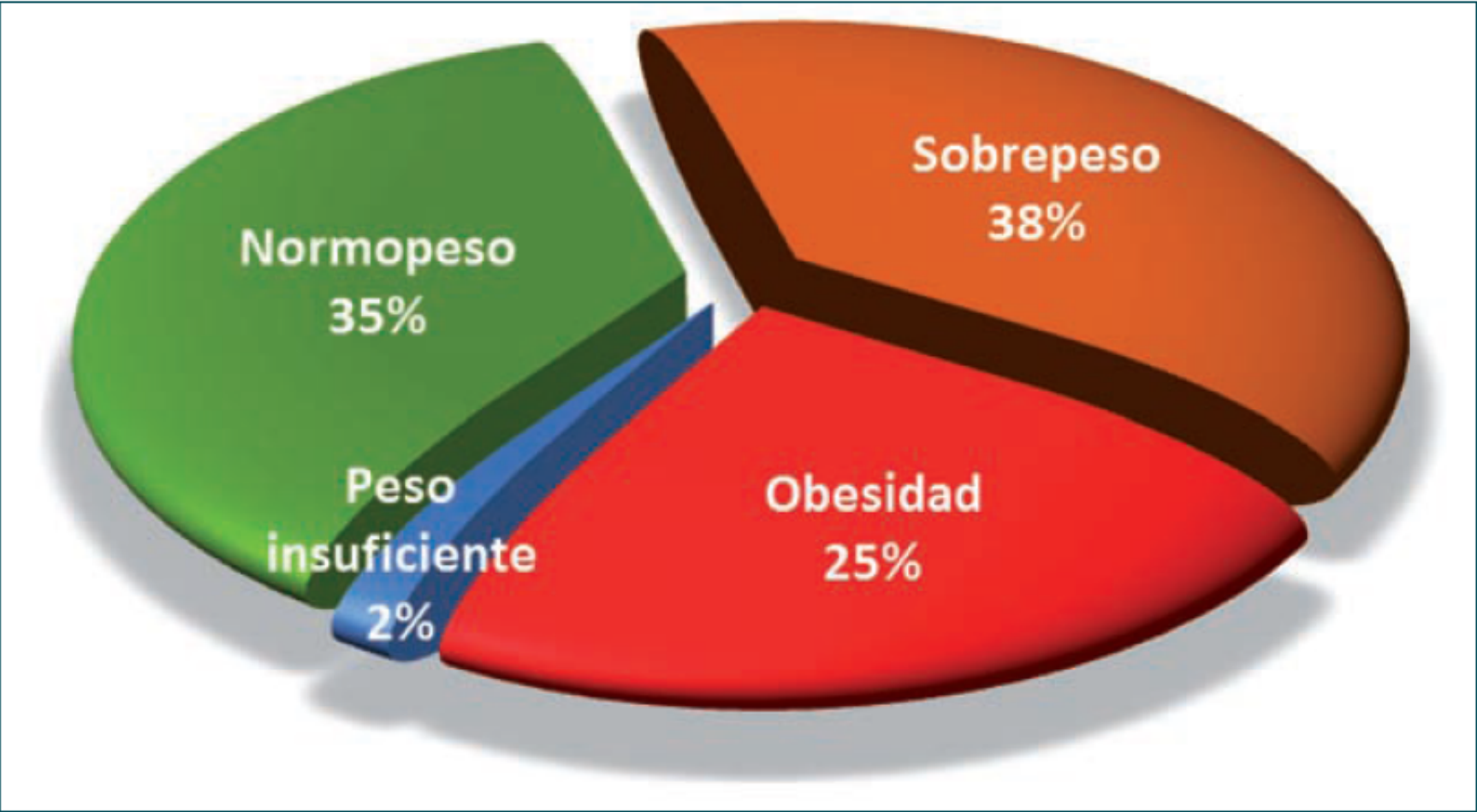
Asociación entre obesidad y DM

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KDM vs UKDM	OR	IC 95 %	p
Obesity	2,013	1,67-2,41	<0,0001
Abdominal Obesity	2,54	2,03-3,12	<0,0001
<u>Adjusted for:</u>			
Sex	0,39	0,32-0,47	<0,0001
Age	1,06	1,05-1,067	<0,0001

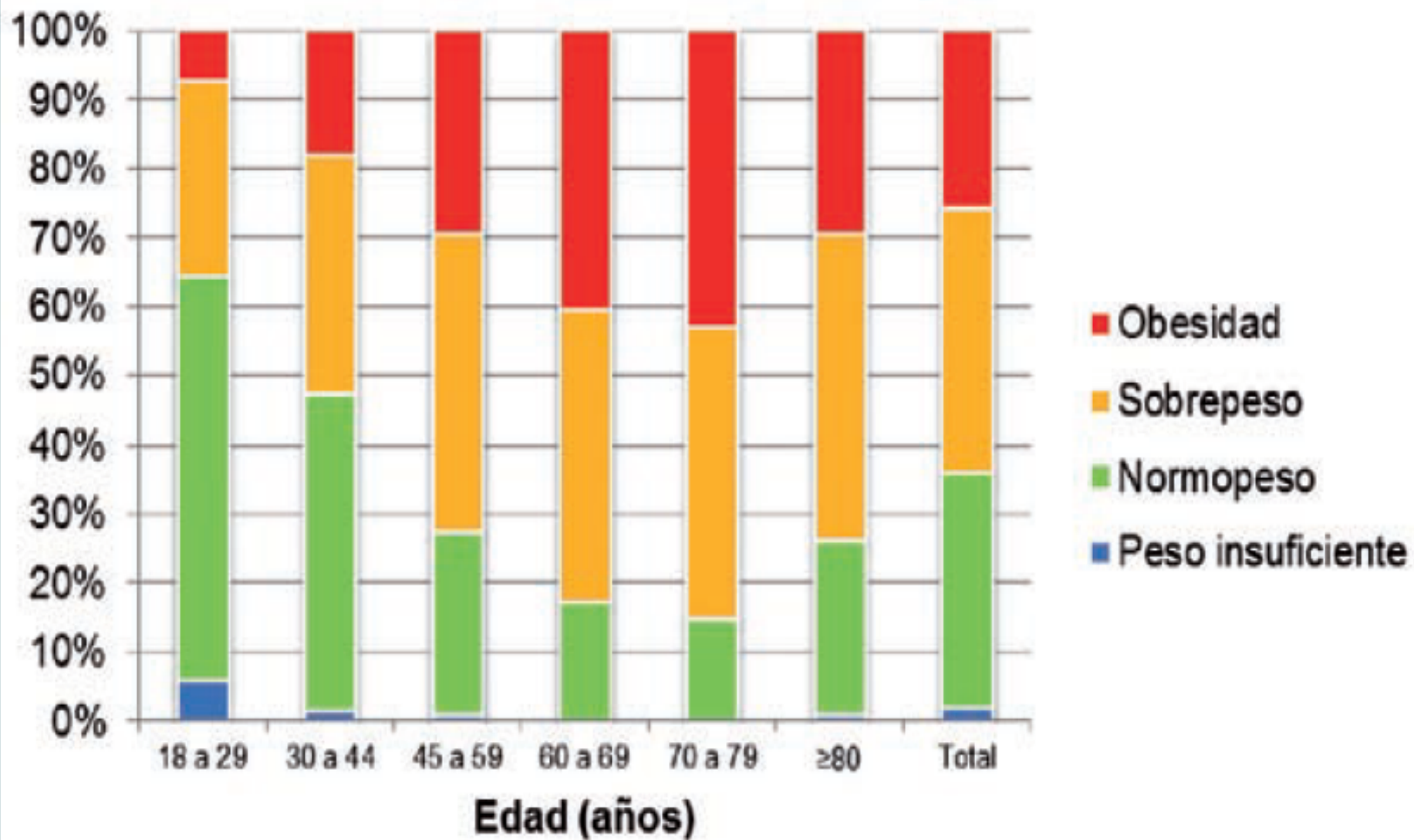
Obesity: BMI >30

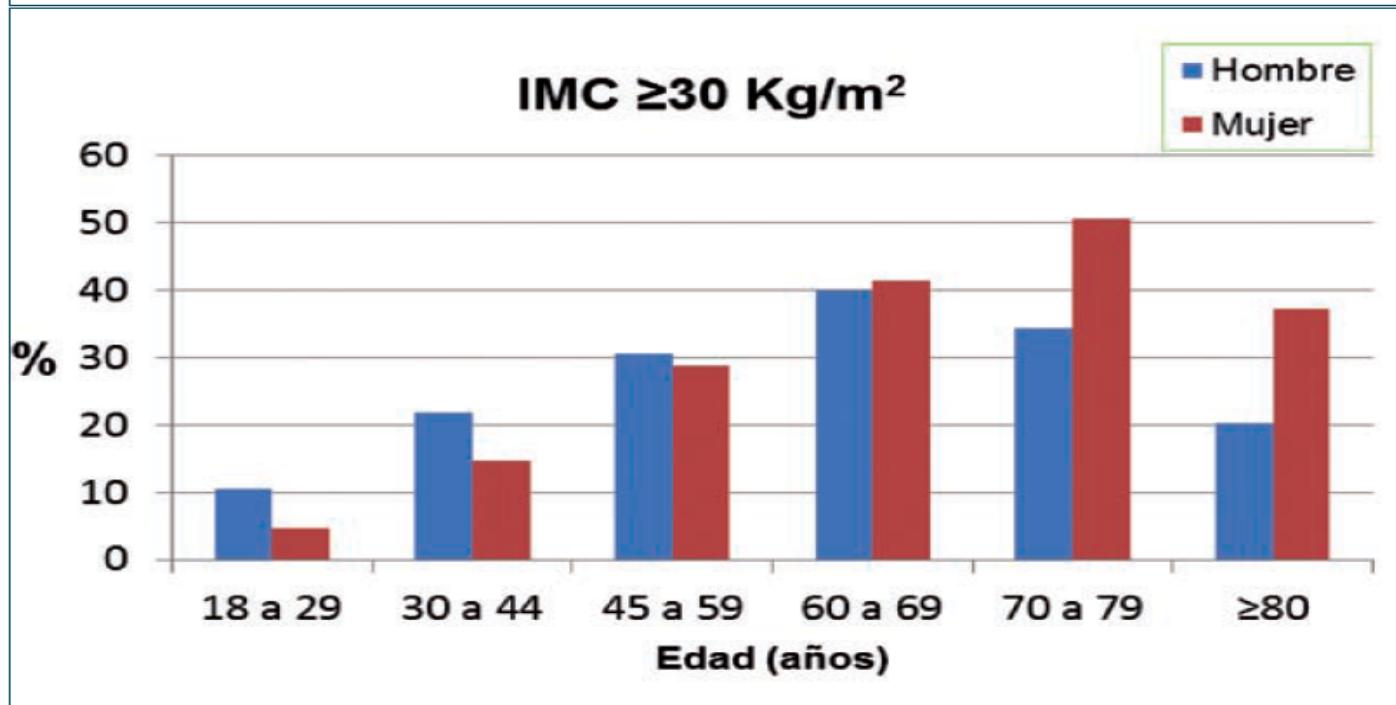
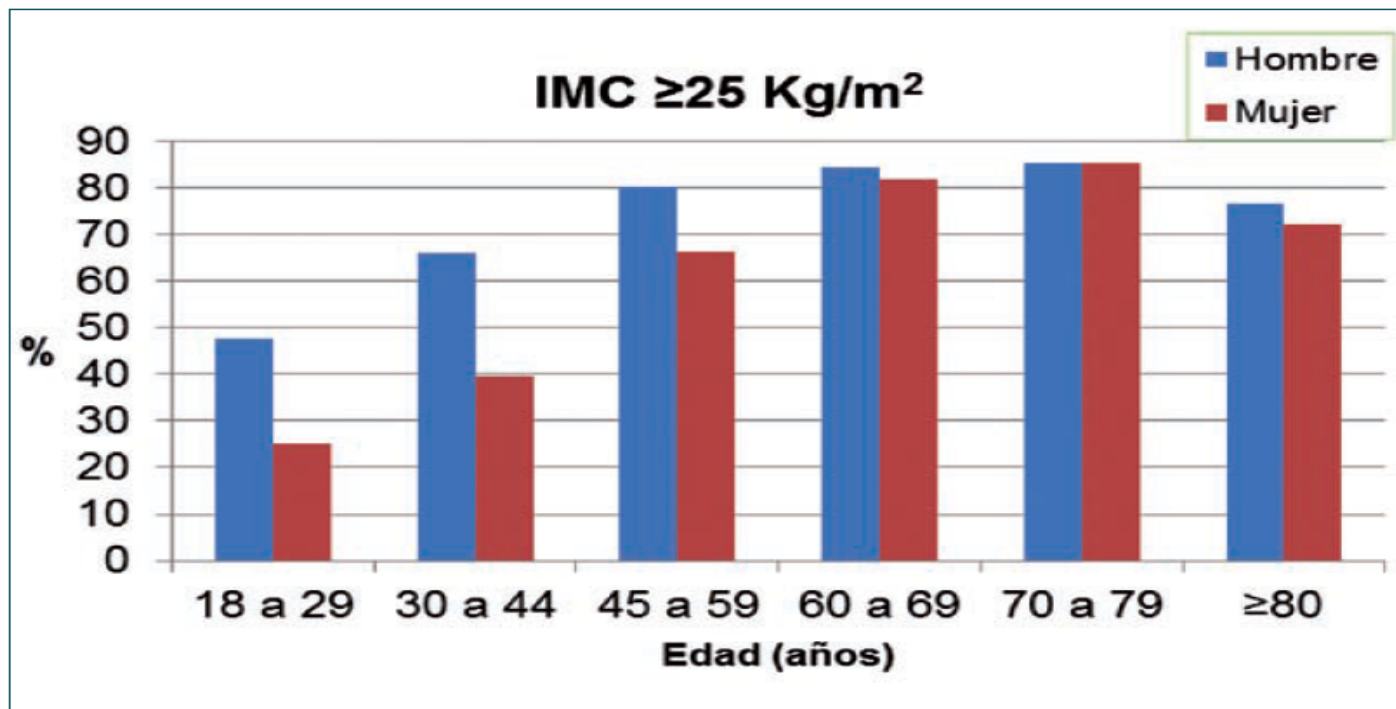
Abdominal Obesity : WHR>1 in males and WHR>0,85 in females



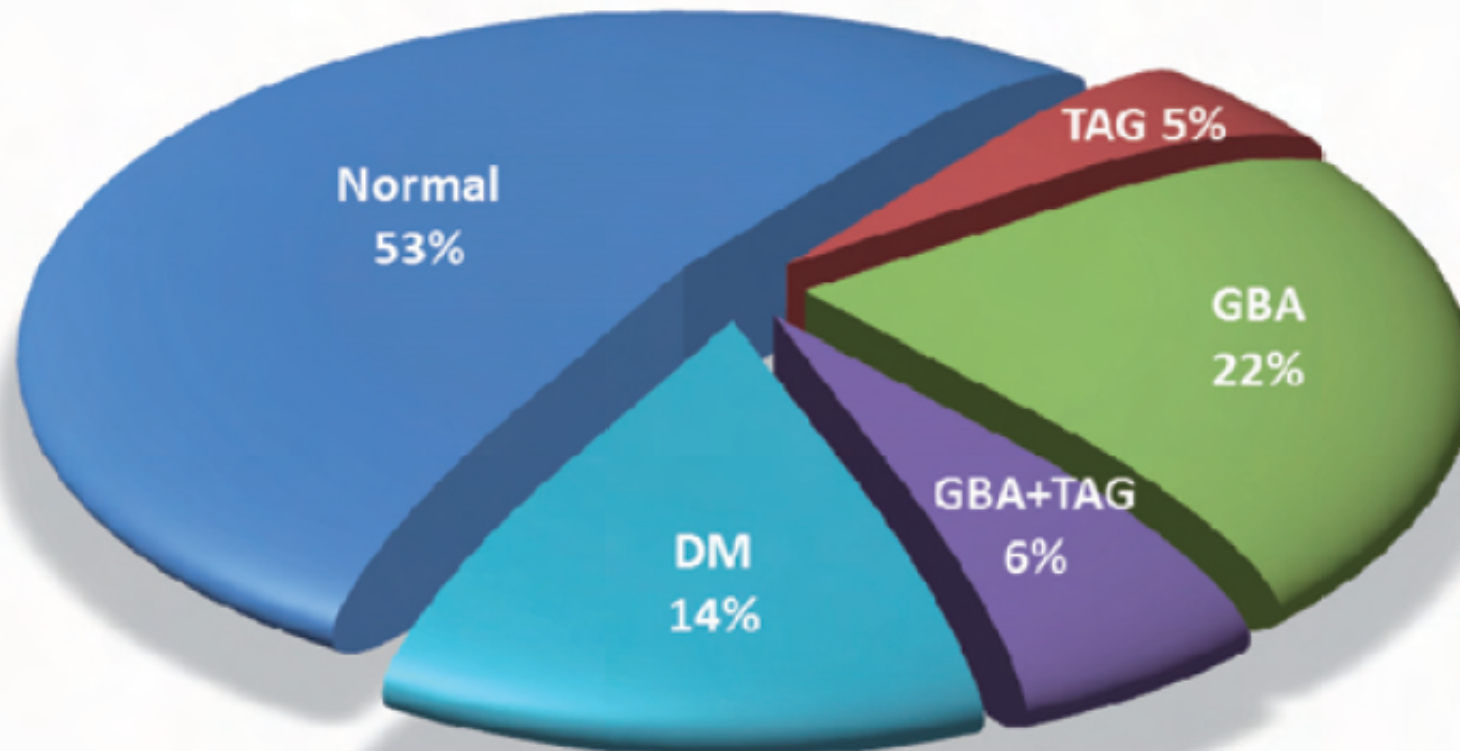
Estudio Valencia, 2010

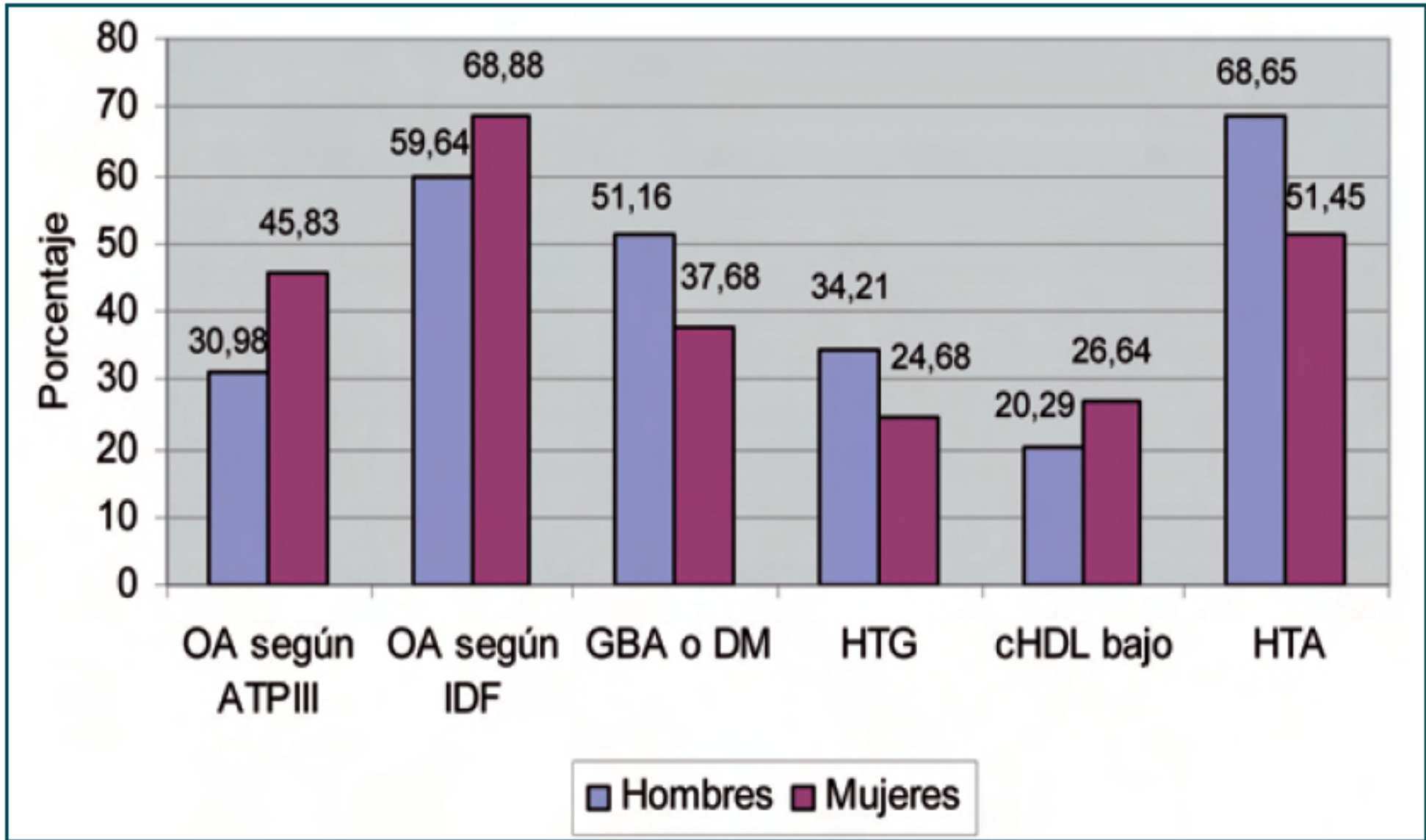
Total



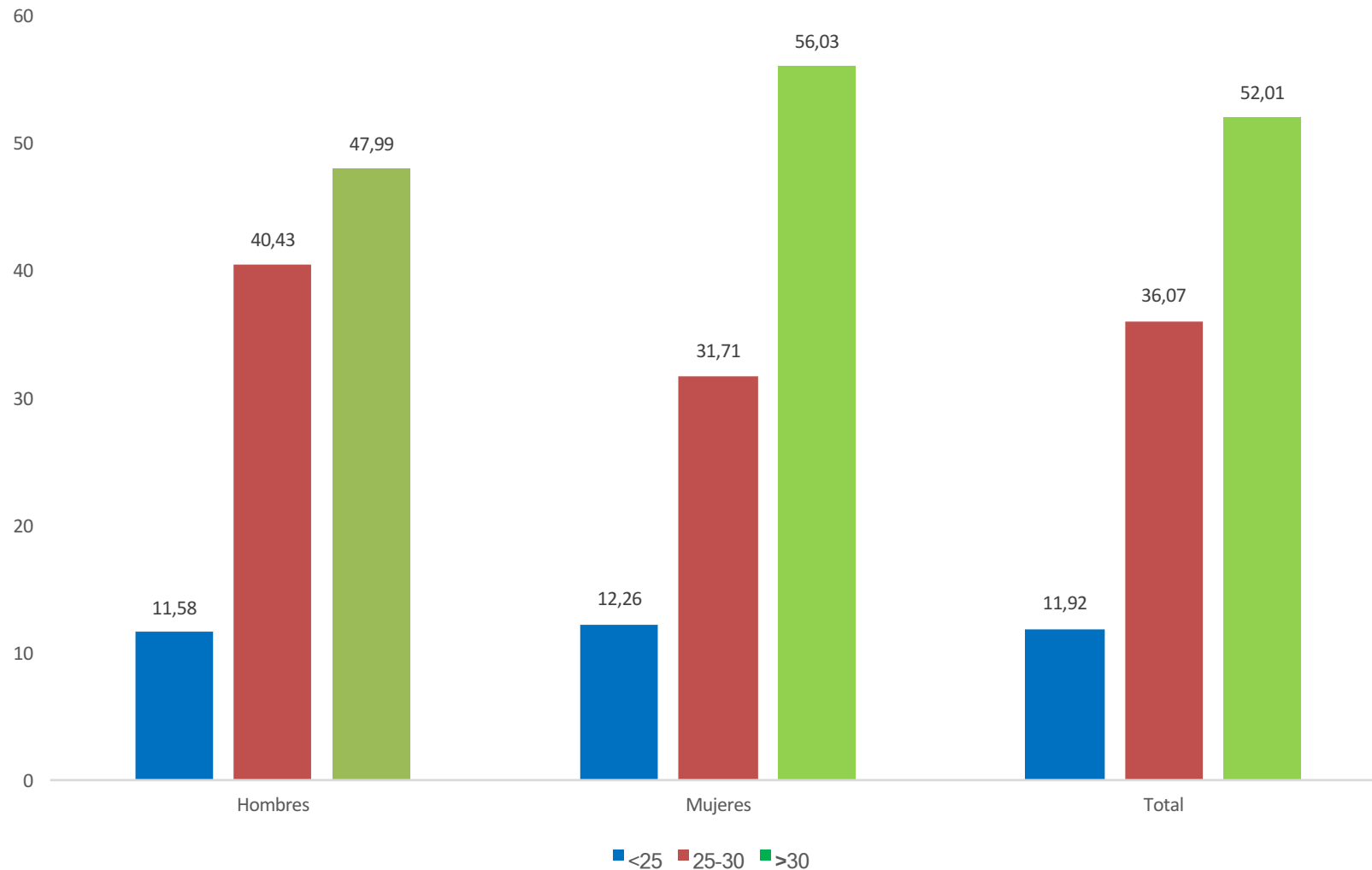


Comunitat Valenciana

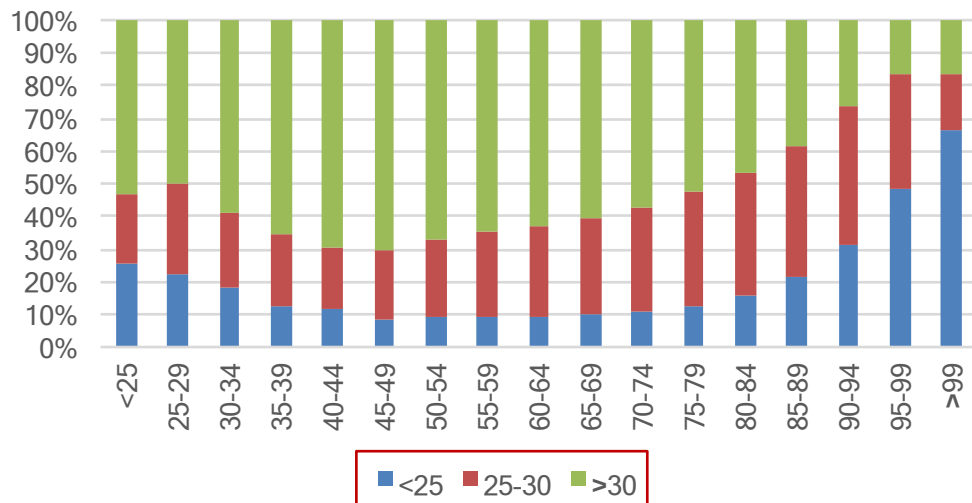




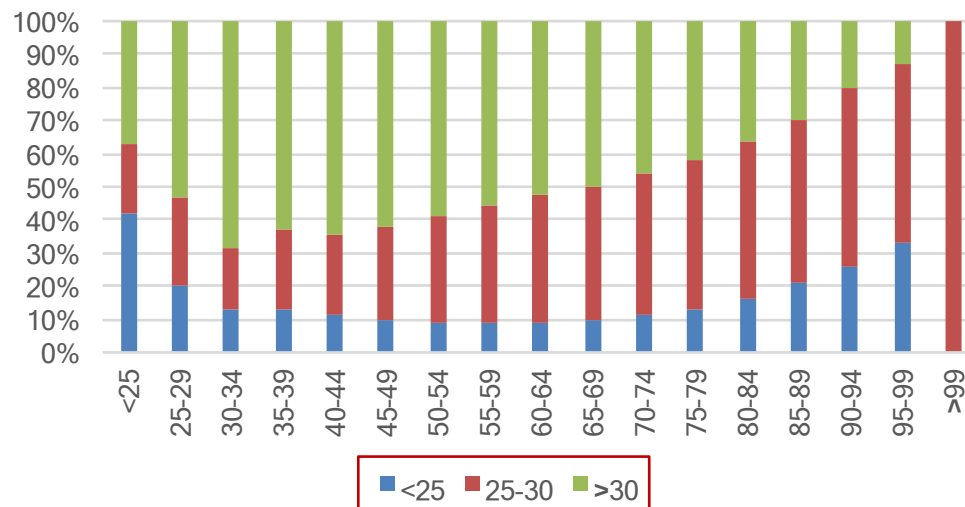
Distribución de la población con DM-2 (%) según el IMC y género en la Comunitat Valenciana, en 2016



Población con DM2 según edad y sexo



Mujeres



Hombres



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