

Figures on obesity and diabetes in the European Union

Trends, incidence and cost figures developed by CHEM Trust in association with the report: "Review of the Science Linking Chemical Exposures to the Human Risk of Obesity and Diabetes"

NB Figures from France on obesity and diabetes available in ECOD report, published 14 March 2012, <http://reseau-environnement-sante.fr/> and in English at www.env-health.org

OBESITY

Trends and incidence, adults and children

The CHEM Trust report notes:

"Obesity represents a potential threat to the continued increase in life expectancy that has been achieved by medical and public health advances during the last decade."

Synthesis statement: The rate of obesity has more than doubled over the past 20 years in most countries and now affects 1 in 6 of the adult EU population. Across Europe, on average 1 in 4 of children aged between 6-9 years are overweight or obese, with rates of overweight primary school children being particularly high in Italy (36% of 8-9 year olds), Portugal (31% of 7-9 year olds) and the Czech Republic (31% of 6-10 year olds), whereas in France (11-17 year olds) and Germany (5-17 year olds) around 20% of the children measured were overweight. In Spain, a third of children aged between 13 and 14 years of age were reported to be overweight.

The rate of obesity has more than doubled over the past 20 years in most countries and now affects 1 in 6 (15.5%) of the adult EU population.

Across Europe, on average 1 in 4 (24%) of the children aged between 6-9 years are overweight or obese.

Source: [EU Platform on Diet, Physical Activity and Health, 2011 Annual report, page 1](#)

Rates of overweight primary school children were particularly high in Italy (36% of 8-9 year olds), Portugal (31% of 7-9 year olds) and the Czech Republic (31% of 6-10 year olds).

Source: [European Commission, DG Health & Consumers \(SANCO\), Strategy for Europe on nutrition, overweight and obesity related health issues. Implementation progress report, December 2010](#)

In France (11-17 year olds) and Germany (5-17 year olds) around 20% of the children measured were overweight. In Spain, a third of children aged between 13 and 14 years of age were reported to be overweight.

Source: [International Association for the Study of Obesity, London September 2010](#)

In England, 6 out of 10 adults and 3 out of 10 children are overweight or obese and it is particularly worrying that the number of children and adolescents who are overweight has risen in parallel with that reported for adults.

Source: [Health Survey for England report 2009](#)

DIABETES

Trends, incidence and costs to the health services

Synthesis statement: Diabetes is undergoing a rapid increase in the EU. The number of people with diabetes in the EU is estimated to rise from approximately 33 million in 2010 to 37 million in 2025. In the UK, diabetes more than doubled in the past 15 years. Current estimates of the prevalence of diabetes in adults aged 20-79 years range from less than 5% in the UK, to about 6% in Italy and Greece, to around 6.5% in Spain and France, to over 7.5% in Poland and Portugal, and up to around 9% in Germany and Cyprus.

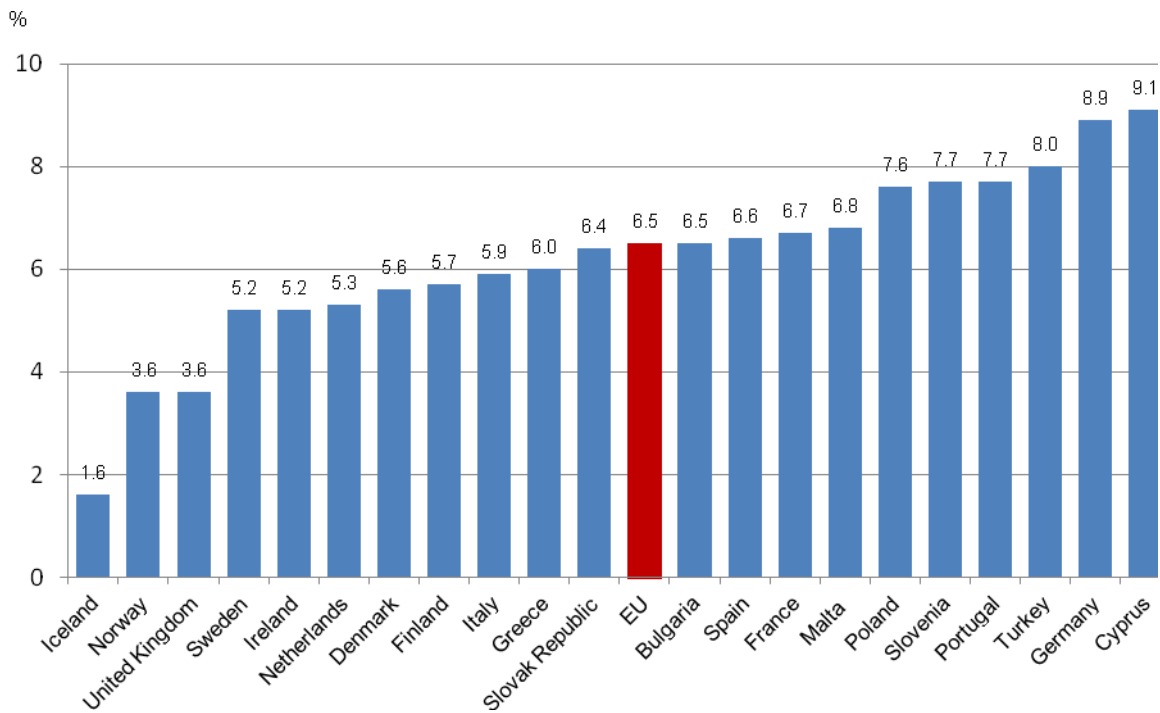
The number of people with diabetes in the EU is estimated to rise from approximately 33 million in 2010 to 37 million in 2025.

Source: [OECD \(2010\) Health at a Glance, Europe 2010, Section 1.14, Diabetes Prevalence and Incidence, p52](#)

Diabetes in the UK has more than doubled in the last 15 years. Since 1996, the number of people diagnosed with diabetes has increased from 1.4 million to 2.9 million."

Source: [Diabetes UK, "Diabetes in the UK 2011-2012"](#)

Prevalence estimates of diabetes, adults aged 20-79 years, 2010



Note: The data are age-standardised to the World Standard Population.

Source: [IDF \(2009\)](#)

[Please credit OECD.](#)

Note: The data are age-standardised to the World Standard Population.

Costs to health services

The CHEM Trust report shows that proportion of the total healthcare budget estimated to be spent on diabetes in some other EU countries is as follows:

Czech Republic 15%
Lithuania 11%
Finland 11%
UK 10%
Ireland 10%
Poland 8%
Belgium 7%
Denmark 7%
Italy 6%
Spain 6%
France 5%
The Netherlands 3%.

Source: [European Commission, DG Sanco document entitled European comparison on cost of diabetes and % of total health care budget developed by Federation of European Nurses in Diabetes \(FEND\)](#).

In the UK, the National Health Service (NHS) spent £1Million per hour on diabetes in 2008, which equates to £9 billion/year or 10% of NHS spending. A similar spending pattern is true for the USA and many other EU nations (see chart above).

Source: [Diabetes UK, Diabetes in the UK 2010](#).

A study of diabetes in five EU countries published in January 2012 also provides worrying estimates of the costs of diabetes. The report compared diabetes costs in 5 EU countries: France, Germany, Italy, Spain and the UK. .

Source: [“A new research report on diabetes in 5 European Union Member States”](#)
<http://www2.lse.ac.uk/LSEHealthAndSocialCare/research/LSEHealth/MTRG/ResearchReportOnDiabetes.aspx>