



TYPE 2 DIABETES AND HYPERTENSION



Across the world, 537 million people were living with diabetes in 2021, of whom 67 million in Europe, and this figure is anticipated to increase to 643 million by 2030 (66 million in Europe)*. An estimated 1.13 billion people worldwide live with hypertension, including 1 in 4 men and 1 in 5 women.**

What are Diabetes and Hypertension?

Diabetes is a complex condition, covering a range of causes and expressions. The World Health Organisation recognises 14 different types of diabetes, of which Type 2 is the most common, accounting for about 85-90% of all cases worldwide. Diabetes occurs when the body cannot produce enough insulin or cannot use effectively the insulin it produces, causing elevated levels of glucose in the blood*.



Hypertension, or elevated blood pressure, is a serious medical condition that significantly increases the risks of heart, brain, kidney and other diseases. Hypertension is diagnosed if, when it is measured on two different days, the systolic blood pressure readings on both days is ≥ 140 mmHg and/or the diastolic blood pressure readings on both days is ≥ 90 mmHg. According to the World Health Organisation, hypertension is a major cause of premature death worldwide. Increased body weight consists of a major risk factor for both type 2 diabetes and hypertension

Prevention and Risk Reduction Strategies

On its own, lifestyle will never cause diabetes. Diabetes is a group of diseases, whose onset involves different mechanisms, facilitated by risk factors. Type 2 Diabetes develops as a **result of a combination of unmodifiable factors such as, genetic, physiological, environmental, as well as modifiable behavioural risk factors** such as healthy eating and physical activities.



Type 2 diabetes as well as hypertension might be prevented or delayed, through the adoption of healthy habits and as required, medication.



The family and general community environment plays an important role in promoting behaviours such as healthy eating habits and increased physical activity levels, for example through access to sporting facilities and healthy foods, exposure to certain cultural norms and beliefs, role modelling.

*IDF Diabetes Atlas, 2021, 10th edition,

**WHO, (2021), Hypertension: <https://www.who.int/news-room/fact-sheets/detail/hypertension>

