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**Obesity and Health
OECD Forum 2004
May 12, 2004**

There is little doubt about the existence of a strong statistical relationship between body weight and morbidity (occurrence of illnesses) and mortality. Both are increased if body weight is too low (infectious diseases for instance) or too high (diabetes, cardio-vascular diseases, some cancers, and even domestic or traffic accidents).

This led to the definition of an « Ideal Body Weight » associated with reduced morbidity and longer life expectancy.

Over the last decades, a major trend towards an increased body weight has been observed worldwide. In the USA, close to 60% of the population is overweight or frankly obese .The phenomenon is now reported in children and adolescents in numerous populations.

The International Diabetes Federation has reported the figure of 189 millions people affected by diabetes worldwide, with a majority of some 95% having Type 2 diabetes due in part to insulin resistance. Obesity is currently recognized as a major cause of insulin resistance. There is little doubt that obesity is a major factor in the current « epidemic »of Type 2 diabetes .Projections have shown that if the current trend is maintained , the number of people with diabetes may reach 325 million at the 2025 horizon .

Even if a genetic component partially determines body weight, the major cause of the current trend of obesity resides in excessive food intake combined to reduced physical activity.

Promoting healthier food and increased physical activity are key factors to slow down the current devastating obesity epidemics .Particular action should be targeted on children and adolescents, including at the school level.