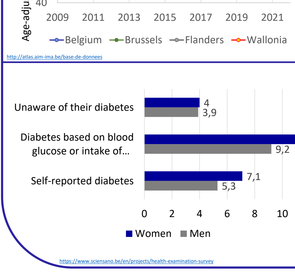
CARE4 DIABETES Joint Action

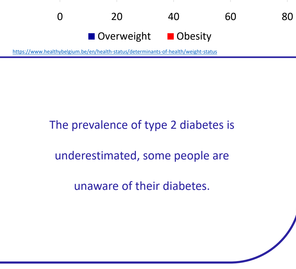
What is the problem?

1

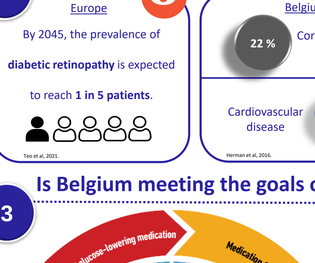
Trends in type 2 diabetes and obesity are both increasing.



http://atlas.aim.ima.be/base-de-donnees



https://www.healthybelgium.be/en/health-status/determinants-of-health/weight-status



The prevalence of type 2 diabetes is underestimated, some people are unaware of their diabetes.

https://www.sciensano.be/en/projects/health-examination-survey

What are the complications in type 2 diabetes patients?

2

Europe

By 2045, the prevalence of **diabetic retinopathy** is expected to reach **1 in 5 patients**.

Teo et al, 2021.

Belgium

22 % Coronary artery disease

Cardiovascular disease 30 %

Herman et al, 2016.

Belgium

By 2024, **1 in 4 patients** are expected to enter in **stage 3 of chronic kidney disease**.

Kainz et al, 2015.

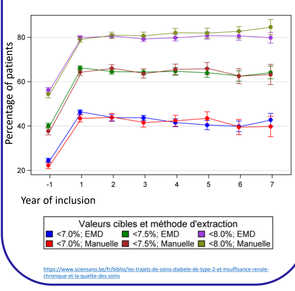
Is Belgium meeting the goals of care?

3

Davies et al, 2022.

Goals of care based on the latest recommendations from the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD).

In care trajectory, HbA1c improves during the first year after enrollment.



https://www.sciensano.be/fr/biblio/les-trajets-de-soins-diabete-de-type-2-et-insuffisance-renale-chronique-et-la-qualite-des-soins

In convention, the percentages of patients reaching the target values for HbA1c, LDL & BP have increased significantly.

HbA1c<7.5 % 56.8 % +10.7 % since 2001

HbA1c<7 % 36.7 % +5,4 % since 2001

LDL<100 mg/dl 81.3 % +53.5 % since 2001

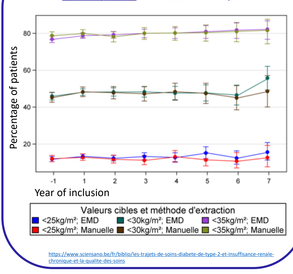
BP<140/90 mmHg 57.3 % +20.6 % since 2001

https://www.sciensano.be/sites/default/files/report_sped_dc11_total_fr_1.pdf

Why does type 2 diabetes continue to rise?

4

In care trajectory, BMI does not improve.



https://www.sciensano.be/fr/biblio/les-trajets-de-soins-diabete-de-type-2-et-insuffisance-renale-chronique-et-la-qualite-des-soins

In convention, the percentages of patients reaching the target values for BMI & waistline have worsened.

BMI<25kg/m2 10.5% -3.5% since 2007/8

Waistline* 19.9% -6.8% since 2007/8

*≤ 102cm for men and 88cm for women

https://www.sciensano.be/sites/default/files/report_sped_dc11_total_fr_1.pdf

What opportunities brings Care4Diabetes?

5

Care should be tailored based on the phenotype of type 2 diabetes. Patients with an adiposity-related type 2 diabetes phenotype may benefit from a weight-centric approach.

Weight management

Intensive evidence-based structured weight management program

	Adiposity related type 2 diabetes	Type 2 diabetes with cardiovascular or kidney disease
Primary pathophysiological driver	Insulin resistance	Atherosclerosis, inflammation, blood vessel damage
Approximate prevalence*	40-70%	20-40%?
Primary morbidity	Obesity	Cardiovascular and kidney disease
Foundational diabetes treatment target	Weight-centric	Cardiorenal-centric
Target	>15% bodyweight loss	Use of proven cardiorenal protective agents
Examples of foundational diabetes treatment target	**Weight management program** or anti-obesity agents or GLP1R agonist, SGLT2 inhibitor, metformin	SGLT2 inhibitor, GLP1R agonist (thiazolidinediones)
Secondary treatment targets	Glucose, blood pressure, lipids	Weight, glucose, blood pressure, lipids, coagulation

*Prevalence varies by definition and population

Table adapted from Ildiko et al, 2022.

Reverse Diabetes 2 Now | Care4Diabetes

C4D is based on Reverse Diabetes 2 Now best practice that provides an intensive, evidence-based weight loss program.

9 out of 10 participants fully or partly reverse* type 2 diabetes.

*Reduce or stop medications and/or improve blood sugar levels.

Pot et al, 2020.

Average weight loss 7 kg

Pot et al, 2020.

Improved quality of life and more energy

Pot et al, 2020.

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