



PAN AMERICAN HEALTH ORGANIZATION
WORLD HEALTH ORGANIZATION



142nd SESSION OF THE EXECUTIVE COMMITTEE

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RESOLUTION

CE142.R6

POPULATION-BASED AND INDIVIDUAL APPROACHES TO THE PREVENTION AND MANAGEMENT OF DIABETES AND OBESITY

THE 142nd SESSION OF THE EXECUTIVE COMMITTEE,

Having reviewed the report of the Director, *Population and Individual Approaches to the Prevention and Management of Diabetes and Obesity* (Document CE142/9),

RESOLVES:

To recommend that the Directing Council adopt a resolution along the following lines:

THE 48th DIRECTING COUNCIL,

Having reviewed the report of the Director, *Population-based and Individual Approaches to the Prevention and Management of Diabetes and Obesity*, (Document CD48/__);

Noting Resolution CD47.R9 (2006), Regional Strategy and Plan of Action on an Integrated Approach to the Prevention and Control of Chronic Diseases Including Diet, Physical Activity and Health, which called for integrated action to prevent and reduce the burden of chronic diseases and related risk factors in the Americas; and Resolution CSP26.R15 (2002) on the public health response to chronic diseases, which

recognizes the heavy economic and social burden of noncommunicable diseases and calls for increased and coordinated technical cooperation from the Pan American Health Organization;

Considering Resolution WHA57.17, Global Strategy on Diet, Physical Activity, and Health (2004), which emphasizes an integrated approach and intersectoral collaboration to improve diet and increase physical activity;

Taking into account United Nations General Assembly Resolution 61/225, World Diabetes Day (2006), which recognizes diabetes as a chronic, debilitating and costly disease associated with major complications that pose severe risks for families, countries and the entire world and designates 14 November, the current World Diabetes Day, as a United Nations Day to be observed every year beginning in 2007;

Considering Resolution WHA61.23, Prevention and Control of Noncommunicable Diseases: Implementation of the Global Strategy (2008), which urges Member States to strengthen national capacity and increase resources for the prevention and control of chronic diseases;

Cognizant that obesity and diabetes have reached epidemic proportions in the Region and are projected to continue to increase if drastic action is not taken;

Taking note that obesity and diabetes are largely preventable and that scientific evidence and cost-effective interventions are available that combine population-based and individual approaches; and

Recognizing the importance for governments, the private sector, civil society, and the international community of renewing their commitment to the prevention and control of obesity and diabetes,

RESOLVES:

1. To urge Member States to:
 - (a) prioritize the prevention of obesity and diabetes and their common risk factors by establishing and/or strengthening policies and programs, integrating them into public and private health systems and working to ensure adequate allocation of resources to carry out such policies and programs;
 - (b) work to develop public policies that permit healthy lifestyle choices such as healthy eating and greater opportunities for physical activity;

- (c) create partnerships and engage with the private sector and civil society so that consumers are better informed, healthy choices are more available, and affordable workplace wellness programs are implemented;
 - (d) create supportive environments that contribute to the prevention and management of obesity and diabetes through greater opportunities for physical activity and choices for healthier eating, in collaboration with sectors outside the public health sector;
 - (e) implement the Global Strategy on Diet and Physical Activity and Health and the Regional Strategy and Plan of Action on an Integrated Approach to the Prevention and Control of Chronic Diseases, Including Diet, Physical Activity and Health;
 - (f) establish incentives and policies that favor the production and consumption of fruits and vegetables;
 - (g) improve food labeling and public education that facilitates the choice of healthy nutrition;
 - (h) develop guidelines and policies to promote the responsible marketing of food to children and adolescents;
 - (i) use the media (i.e. radio, television, print, internet) to implement educational campaigns and disseminate information, including mass media communication;
 - (j) improve surveillance and monitoring of obesity and diabetes at the population level, in order to advocate for policies and evaluate outcomes;
 - (k) develop and implement plans and programs to improve the management of obesity and diabetes within the public and private health systems, integrating prevention into care;
 - (l) reorient health services in the context of primary care to ensure the necessary resources for prevention strategies, including diagnostic media and drugs, for early detection and treatment of preventable or controllable diabetes complications with interventions of proven effectiveness, especially those addressing foot care, ocular health, renal health, glycemia and blood pressure.
2. To request the Director to:

- (a) develop integrated interventions for the prevention and control of obesity and diabetes, including norms and protocols, focusing on the needs of low-income countries and vulnerable populations throughout the CARMEN network;
- (b) support Member States in their efforts to strengthen their health information systems to monitor obesity and diabetes and to evaluate the results of related public health interventions;
- (c) support Member States to strengthen their capacity, including research, means of diagnosis and treatment, as well as the competencies of the health system, for integrated management of obesity and diabetes;
- (d) develop new or strengthen existing partnerships for resource mobilization, advocacy, and collaborative research related to obesity and diabetes prevention.

(Eighth meeting, 26 June 2008)