



PAN AMERICAN HEALTH ORGANIZATION  
WORLD HEALTH ORGANIZATION



**48th DIRECTING COUNCIL**  
**60th SESSION OF THE REGIONAL COMMITTEE**

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CD48.R9 (Eng.)  
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***RESOLUTION***

***CD48.R9***

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

***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 CD48/5);

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, Member States 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;

Noting the Declaration of Port of Spain of September 2007, which emanated from the special CARICOM Heads of Government's Summit on Chronic Noncommunicable Diseases, and called on Caribbean states to act on the prevention and control of those diseases;

Cognizant that obesity and type 2 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) improve surveillance and monitoring of obesity and diabetes at the population level, to develop the evidence base for policies and evaluation outcomes;
  - (b) prioritize the prevention and management 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;
  - (c) promote the adoption of public policies that address determinants that affect healthy lifestyle choices;
  - (d) create partnerships and engage with the private sector and civil society so that consumers are better informed, healthy choices are more available, and sustainable workplace wellness and school-health programs are implemented;
  - (e) 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 that take into account the life cycle approach;
- (f) 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, and, where applicable, the Framework Convention on Tobacco Control;
  - (g) to collaborate with other sectors to develop policies that favor the production and consumption of fruits and vegetables;
  - (h) improve food labeling and public information that facilitate the choice of healthy diet;
  - (i) develop guidelines and policies to promote the responsible marketing of food to children and adolescents;
  - (j) use the media (i.e. radio, television, print, internet) to implement public educational campaigns and disseminate information on prevention of obesity and diabetes;
  - (k) promote health services in the context of primary care to ensure the necessary resources for evidence-based interventions in (1) prevention strategies, including behavioral change, and (2) diagnostics and treatment for early detection of preventable or controllable diabetes complications with attention to foot care, ocular health, renal health, as well as glycemic, cholesterol, and blood pressure control;
  - (l) integrate appropriate mental health support services into chronic disease programs, such as those planned to address obesity and diabetes, to provide counseling that will empower persons to take responsibility for their own health, and cope with their mental health needs.
2. To request the Director to:
- (a) 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;
  - (b) develop integrated and culturally appropriate, evidence-based 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 and disseminate them through the CARMEN network or other mechanisms;
- (c) support Member States to strengthen their capacity, including research, to make evidence based decisions on 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, 2 October 2008)*