

## 9.K. Diabetes: from risk factors to therapeutic service

### The map of diabetes and its determinants within the metropolitan area of Rome

Andrea Poscia

A Poscia<sup>1</sup>, A Nicolucci<sup>1</sup>, K Vaccaro<sup>2</sup>, R Crialesi<sup>3</sup>, L Corsaro<sup>4</sup>, F Dotta<sup>5</sup>, A Lenzi<sup>6</sup>, W Ricciardi<sup>7</sup>

<sup>1</sup>Italian Society of Hygiene (SITI), Lazio Section, Rome, Italy

<sup>2</sup>CENSIS Foundation, Rome, Italy

<sup>3</sup>National Institute of Statistics (ISTAT), Rome, Italy

<sup>4</sup>MediPragma, Rome, Italy

<sup>5</sup>IBDO Foundation and University of Siena, Rome, Italy

<sup>6</sup>Health City Institute, Rome, Italy

<sup>7</sup>Italian Health Institute (ISS), Rome, Italy

Contact: andreaposcia@yahoo.com

Urbanization and type 2 diabetes (T2DM) are closely related emerging phenomena: the majority of people with diabetes live in cities and living in a city seriously affects your health for better or worse. This study aims to map the burden of and risk factors for T2DM in the metropolitan area of Rome, which in 2017 joined the “Cities Changing Diabetes” (CCD) initiative. CCD is an international programme to address the urban diabetes challenge, initiated by Novo Nordisk in partnership

with University College London and Steno Diabetes Center. As a first step, the project requires the local analysis of the problem that was performed from January to April 2017 through a review of the quali-quantitative available data regarding T2DM in the metropolitan area of Rome. The sources of information were: ISTAT, CENSIS, AMD (National Association of Diabetologists) and PNE (National Outcome Evaluation Program).

T2DM prevalence in Rome was 6,6% (approximately 286.500 patients), higher in the outskirts than in the city centre (range: 5.8%-7.3%) and in females (6.8% vs 6.5% in males). Prevalence of obesity and physical inactivity was 9.9% and 40% respectively. Just 50% of patients reached the optimal targets for cholesterol, blood pressure and glycated haemoglobin. Major discrepancies between the centre and the suburban areas were observed in terms of age, socio-economic status, immigration, eating habits and physical activity, as well as for diabetes process and outcome indicators.

The Rome map highlights a relevant burden of T2DM and strong inequalities demanding for shared solutions and

concrete actions to address risk factors for citizens and health care services for patients.

**Key messages:**

- Cities provide a tremendous opportunity for studying and understanding T2DM determinants.
- The implementation of the CCD programme in Rome represents a valid model for future strategies to tackle diabetes challenges in several Italian and European Cities.