

Keynote Address

Dr Dawn Harper MBBS MRCP DCH



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About me

- 8 years Hospital Medicine
- 23 years General Practice
- 12 years Media Medicine
 - My EB Interview



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The Obesity Epidemic

- Childhood Obesity Forum – Dame Sally Davis
- The “fat kid”
- Juvenile vs Maturity Onset DM
- Skewed norms



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The real cost of Type 2 Diabetes

- £1 million every hour
- 3.2 million diabetics – 90% type 2
- At least 630,000 not yet been diagnosed
- 11.5 million at risk of developing T2DM
- By 2025 there are likely to be 5 million
- 2/3 British adult population overweight
- T2DM is NOT the “mild” type of DM



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Where are we going wrong?

- Sedentary lifestyles
 - 80% British adults don't do achieve 30 mins exercise 5x/week
 - My kids and me
- Portion sizes
 - Fish and chips – hospital vs takeaway
- BOGOF
- 4-10 year olds eat twice the recommended sugar
- Teenagers eat three times the recommended sugar
- 8% of 11 – 18 year olds eat 5 portions fruit & veg per day





Is the NHS under threat?

- The NHS is like Mum



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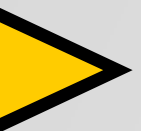
How do we change the future?

- Lifestyle changes not diets
- Sugar tax
- Vegetable summit
- Daily mile
- PHE “look for 100 calorie snacks, 2 a day max”



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Researching “Live Well to 101”

- Acciaroli
 - The Mediterranean Diet
 - The Mayor of Acciaroli

- Meet the centenarians



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What they had in common...

- They moved!
- Fish eaters
- Seasonal vegetables
 - Plant based eating
- Positive thinking
 - Team photos
- Maintained social networks



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NAVIGATING THE MAZE OF CHANGE



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