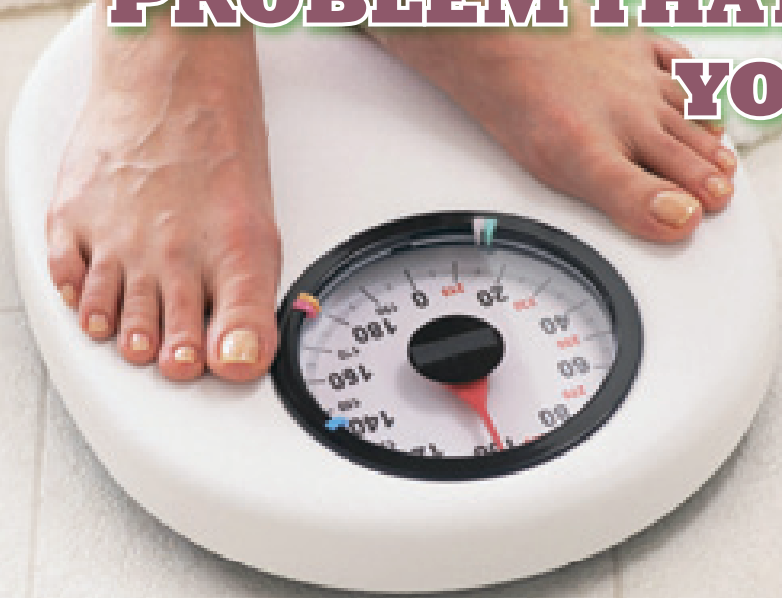


# AN OVERSIZED PROBLEM THAT NEEDS YOUR HELP



The statistics from the most recent (2010) National Health Survey reveal that of the three chronic medical conditions - high blood pressure, high cholesterol and diabetes (high blood sugar) - diabetes numbers are continuing unabated, rising from 8.2% (1 in 12 adult Singaporeans) in 2004 to 11.3% (1 in 9) in 2010, even whilst numbers with high blood pressure and high cholesterol have fallen.

Part of the reason is the ageing population in Singapore, but another must be the parallel rise in obesity rates. The numbers categorised as obese (body mass index  $\geq 30$  kg/m<sup>2</sup>) have almost doubled from 6.9% (prevalence rate) in 2004 to 10.8% in 2010.

It is well known that being overweight is the biggest environmental factor contributing to Type 2 diabetes in the modern world. Regular exercise and reducing just 5 to 10% of body weight has been shown to reduce the risk of diabetes. This is especially pertinent to the 14.4% (another 1 in 7) of adult Singaporeans who have pre-diabetes (the stage before diabetes).

These numbers are meaningless until you realise that 1 in every 4 adult Singaporeans either has diabetes or is in a pre-diabetes state! The Diabetic Society of Singapore has an important role to play, together with governmental bodies, to work with Singaporeans to reduce diabetes rates and numbers, prevent those at risk from developing diabetes and to help those living with diabetes maintain good health and prevent complications.

This year is election year for the Management Committee of the Society and there should be no shortage of concerned volunteers eager to guide and lead the Society to achieve its role in Singapore. Will you be one of them?

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