

DAIRY, YOGURT AND DIABETES BY FIGURES:

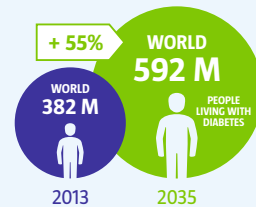
FACTS TO KNOW

Diabetes is a huge problem, and it is still growing. The high costs to society are escalating. Although diagnoses of diabetes are on the increase, it is possible to prevent or delay the disease by maintaining a healthy weight, eating well and being active

▶ Recent research presented at the **2nd Global Summit on the Health Effects of Yogurt in San Diego** has shown that yogurt may reduce the risk of type 2 diabetes by as much as 28%

1. DIABETES: AN INCREASING CONCERN IN YOUNG PEOPLE

All types of diabetes are on the increase, type 2 diabetes in particular. The number of people with diabetes will rise by **55%** by 2035⁽¹⁾



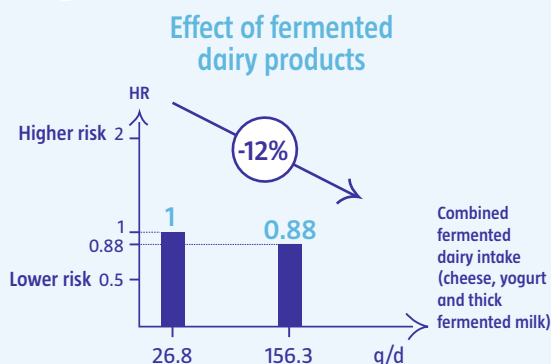
2. W.H.O. PROJECTS THAT DIABETES WILL BE THE 7TH LEADING CAUSE OF DEATH IN 2030⁽²⁾



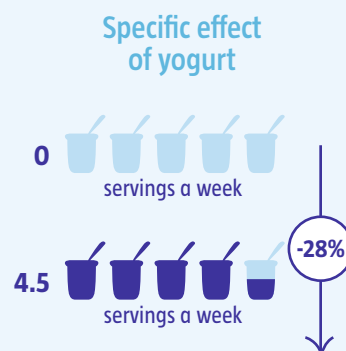
In financial terms, the burden of diabetes is huge, costing worldwide around **USD 548 billion dollars** in health spending in 2013 (11% of the total spent)^(1,3)

NEW FACTS

3. HOW YOGURT MAY PREVENT OR DELAY TYPE 2 DIABETES:



In a large study of 24,475 people, higher combined intake of fermented dairy products is inversely associated with diabetes in adjusted analyses comparing extreme intake quintiles. **Yogurt is a key contributor** to the inverse association⁽⁴⁾



Consuming about **4.5 servings of yogurt a week** (with 125 g as a standard portion) is associated with a 28% decreased risk of diabetes occurring in comparison with not consuming yogurt⁽⁵⁾ in a cohort of 4,000 people monitored over 11 years

4. KEEP IN MIND: HEALTHY LIFESTYLE HELPS TO BEAT TYPE 2 DIABETES⁽⁶⁾



- **30 minutes of exercise a day** can reduce the risk of developing type 2 diabetes by 40%



- A **healthy diet** reduces risk factors for cardiovascular diseases



- **Weight loss** improves insulin resistance and reduces hypertension



- Getting **enough sleep** (6-9 hours/night) is associated with a lower risk of developing type 2 diabetes



- **Quitting smoking** as smoking enhance insulin resistance