

Management of Diabetes: the case of Basilicata Region in the South of Italy

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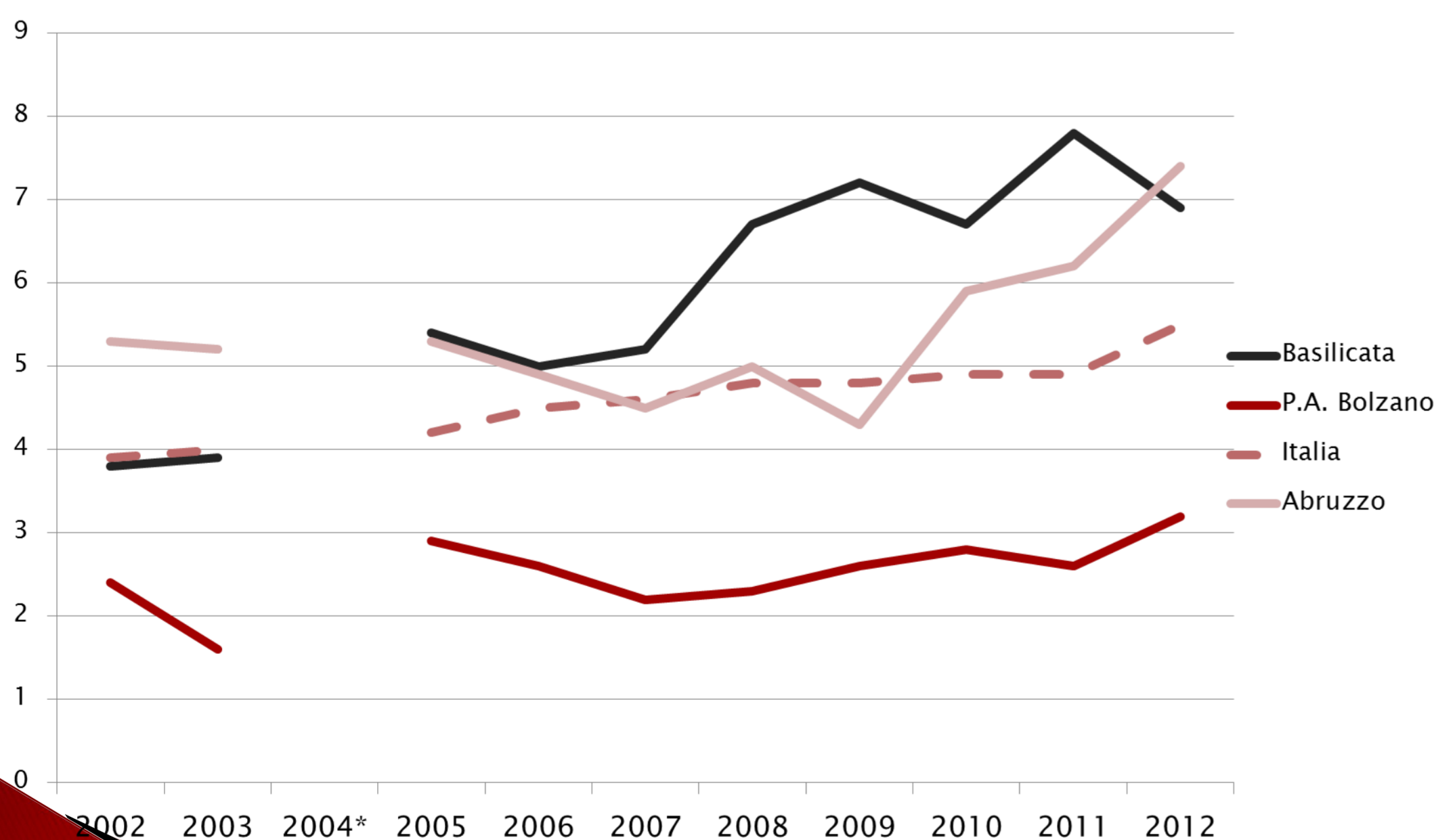
Background

Basilicata Region, in the South of Italy, is the third Italian Region with the highest prevalence of Diabetes. This started to raise public concern and the Department of Health of the Region has started a collaboration with The Catholic University of Sacred Heart. The project included, in the first step, a comprehensive evaluation in order to define action plans based on community based intervention, aimed to reduce disease prevalence.

Methods

Basilicata Region was analyzed and compared to the Italian context and to the national benchmarks in terms of demographic situation, epidemiology and burden of diabetes mellitus, exposure to major risk factors and volume and cost of inpatient and outpatient services provided to citizens of the Region for the same pathology.

Prevalence of Diabetes in Basilicata Region, compared to the highest (Abruzzo Region) and the lowest (Autonomous Province of Bolzano) prevalence in Italy in 2012



Results

The prevalence of diabetes mellitus in the Basilicata Region has been increasing in the recent years and was estimated at 6.9% in 2012 (Italy: 5.5%). The standardized mortality rate for diabetes in the Basilicata Region in 2009 (most recent data) amounted to 35.6 per 100,000 for males (Italy: 33.5) and 38.3 per 100,000 for females (Italy: 39.2). The standardized mortality rate increases with age: in patients over 65 is equal to 163.7 per 100,000 for males (Italy: 155.6) and 252.3 per 100,000 for females (Italy: 256.5). With regard to risk factors, 49.2% of the Basilicata population is in excess of bodyweight (Italy: 45.8%; benchmark - autonomous province of Bolzano: 39.8%) and 13.1% of the population is obese (Italy: 10.0%; benchmark - autonomous province of Bolzano: 6.4%). In the 6-17 age group, fact of major concern, 32.9% of residents are in excess weight (Italy: 27.2%; benchmark, Trentino - Alto Adige: 18.3%).

Conclusions

Management of chronic conditions necessarily requires an integrated approach based on well-structured planning. After a first comprehensive descriptive analysis of the problem, Basilicata Region is launching several projects, pointed towards the overall population, for the management of diabetes.

References

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