

Metabolic Health

One of the biggest health challenges of our time

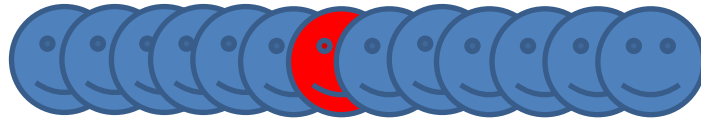


Dr Campbell Murdoch

GP

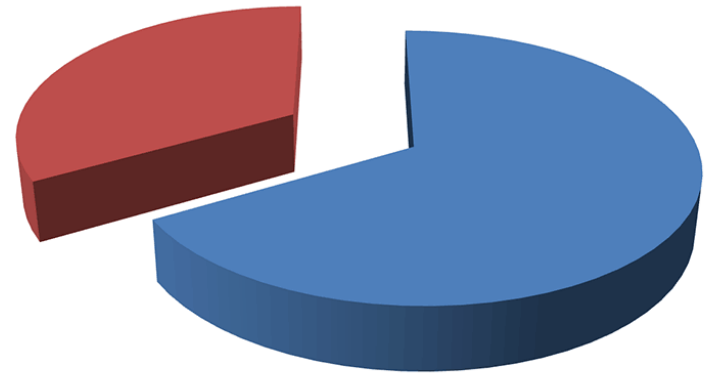
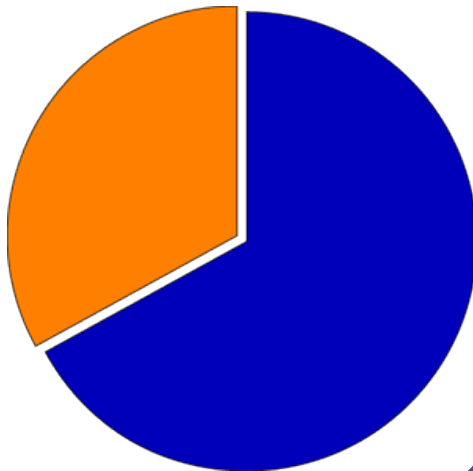
Somerset CCG – Health and Wellbeing Lead

Diabetes.co.uk – Chief Medical Officer



About 7-8% of adults in Somerset have **type 2 diabetes**
= 35,000 people

1/3 UK adults
have **pre-diabetes**



63% of UK adults are
Overweight or Obese

Total health and social care cost in Somerset = > £148 million

Lifestyle Risk Factors

Processed foods, sugar,
refined carbohydrate



Physical inactivity



Stress



Inadequate
sleep



Genetic Risk Factors



POOR METABOLIC HEALTH

Associated Conditions

Type 2 Diabetes

Pre-diabetes

Obesity

Hypertension

Heart Disease

Stroke

Non-Alcoholic Fatty Liver Disease

Hyperuricemia

Some Cancers

Dementia (Alzheimer's and Vascular)

Inflammation (& associated conditions)

Polycystic Ovarian Syndrome

Thrombosis (e.g. DVT)

Kidney Disease

Depression & Anxiety