

2nd International Conference on Obesity and Weight Loss

October 15-16, 2018 Amsterdam, Netherlands

Obesity Prevention and Control in Mauritius

Sudhir Kowlessur

Ministry of Health and Quality of Life, Mauritius

Introduction: The findings of the continuing rise in the prevalence of obesity in Mauritius mandates that current obesity prevention activities are reviewed against the world's best practices as established both in developed and developing countries

Obesity Prevention Programme:

A National Service Framework for Diabetes has been developed for the prevention, treatment and control of diabetes in Mauritius

A Mobile Clinic Programme has been implemented to carry out screening for NCDs in the Community / Worksite / Secondary School

Physical Activity Programme is being enhanced

Empowerment Programme are organized to empower Health Personnel and Community Health Leaders

Some of the sensitization programs are also backed up by the media campaigns

Sensitization Campaigns are organized regularly to sensitize the community at large

National Plans of Action on Physical Activity and Nutrition have been developed

Findings of the Mauritius Type 2 Diabetes Prevention Study which was a 3-year study

Achievements:

The prevalence of Diabetes has remained stable

Pre-diabetes has declined

There is an increase in prevalence in physical activity among both male and female adults aged 20 to 74 years.

Conclusions:

Various measures for the prevention of obesity in Mauritius have been undertaken. However, though some positive points have been noted, yet more efforts are required to combat obesity in Mauritius.

Biography:

Mr Sudhir Kowlessur, Chief Health Promotion and Research Coordinator is the Head of NCD and Health Promotion Unit at the Ministry of Health and Quality of Life, Mauritius. He is responsible to coordinate NCD and Health Promotion Activities at National Level. He is also involved in research and training programmes. Mr S. Kowlessur holds a MA in Health Promotion and Communication from Middlesex University, UK. He has been actively involved in the Mauritius NCD / Nutrition Surveys since 1987 and he also coordinated the Mauritius Type 2 Diabetes Prevention Study (2013 – 2016). He participated and made presentations at several International Conferences as follows: Diabetic Summit, Nairobi in Kenya, 5th World Congress on Prevention of Diabetes in Helsinki, Finland, 20th World Diabetes Congress in Montreal, Canada, 6th World congress in Prevention of Diabetes in Dresden, Germany, 7th World Congress on Prevention of Diabetes and its Complications, Madrid, Spain, 8th Global Conference on Health Promotion, Helsinki, Finland, World Diabetes Congress, Melbourne, Australia, 8th World Congress on Prevention of Diabetes and its Complication, Colombia, 9th World Congress on Prevention of Diabetes and its Complication, Atlanta, USA, World Diabetes Congress, Vancouver, Canada. Mr Kowlessur is the Co-Author of publications resulting from analysis of data on the Mauritian studies on Diabetes / NCDs in several journals such as the International Journal of Cancer, Obesity Journal, Bio Med Research International Journal, Epidemiology / Health Services research Diabetes Care Journal, among others. He is also the recipient of First Prize for its creative and innovative solutions provided in the struggle against NCDs at the All Africa Public Sector Innovation Award 2010.