

Health snapshot: Mexico City

*Interview with Armando Ahued Ortega, Rafael Alvarez Cordero
and Mónica Hurtado Gonzalez*

Do you believe Mayor Bloomberg's initiatives would work in Mexico City?

Mexico Federal District in 2004 adopted a policy for Health Protection of Non Smokers which prohibits smoking in public indoor spaces. Policies have also been put in place requiring producers to include information of food products. However, we need to educate people on how to read labels and how to use this information. At the Health Secretariat we have worked towards empowering people through training and lectures to provide tools that will allow them to choose healthier options and combinations. The Health Secretariat's efforts have been acknowledged through the Bloomberg Award*.

What public health policies has Mexico City established?

Since 2009 Mexico City has opened centres for the management of obesity. We recently opened a Specialized Centre on Diabetes Management, which provides diabetes education and treatment of complications, including sections focused on nutrition and sports. With the creation of the Council for the Prevention and Comprehensive Care for Obesity and Eating Disorders we intend to improve the relation between the public and private sectors. This action will

result in improved collaboration with the Health Secretariat at the Legislative Assembly responsible for formulating policies and reforms.

Name a few activities that promote healthier lifestyles.

In 2008 the Health Secretariat of Mexico implemented the on-going campaign 'Muévete y Métete en Cintura' (Move and change your habits) which promotes the concept that a combination of a healthy diet, physical activity and healthy choices creates a healthier society. We are also promoting a culture of self-management, wherein the individual is educated to make healthy choices.

How many people are diagnosed with diabetes?

In 2012, 582 new cases of type 1 diabetes were diagnosed and 28,297 cases of type 2 diabetes. In a screening programme, 290,754 people were tested and just under 20% were found to be positive and required further investigation.

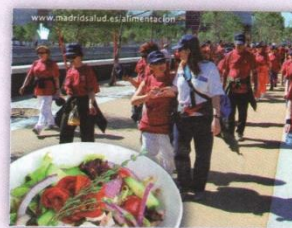
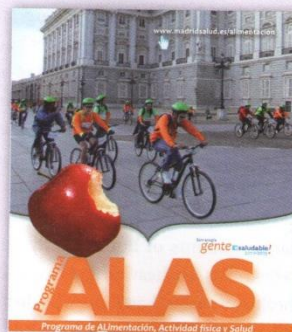


*In 2009, The Union Mexico Office developed the first case study for smoke-free environments, focusing on Mexico City. The successful implementation of the 100% smoke-free city law led Michael Bloomberg to award a 2009 Bloomberg Award for Global Tobacco Control to the Mexico City Secretary of Health.

Spanish steps to

Pilar García Crespo

In 2011, according to the National Statistics Institute, in Spain the life expectancy at birth was 82.1 years for both sexes (84.9 years for women and 79.1 for men). In Madrid it is 83.6 years for both sexes (86.1 for women and 80.7 for men).



a healthy city

The significant development in the last decades of the general socioeconomic status, the development of the health and education systems - both free and universal - and the pension and retirement programmes have contributed to a healthier Spain. The main success factors of the Spanish healthcare system can be attributed to the development of the 1986 Health Act: universal healthcare, the new model of primary care, the development of public health policies, the implementation of a single system with a national test for accessing training for intern and residents doctors, the implementation of administrative systems for the provision of technology to health centres and the salary system was not very high for all public health professionals.

In 2005, the Ministry of Health, through the Spanish Agency for Food Safety and Nutrition, launched NAOS (Strategy for Nutrition Physical

Activity and Obesity Prevention) with the aim of raising awareness among the population on the problem obesity poses to health. This programme promoted initiatives that enabled the public, especially children and adolescents to adopt healthy lifestyles through a healthy diet and regular physical activity. NAOS aims to continue to provide a platform for any action that will help meet this goal. It integrates the efforts of all stakeholders: public, government, experts, private sector. This way, the sectors of action influenced by the NAOS strategy are multiple: family, school environment, businesses and health systems. The Strategy received an award from WHO European Regional Office at the Ministerial Conference in Istanbul in November 2006.

Madrid has adapted the NAOS strategy into their 'Gente Saludable' (Healthy people) programme ALAS (diet, physical activity and health).



Elizabeth Snouffer, Marion Nestle, Armando Ahued Ortega, Rafael Alvarez Cordero, Mónica Hurtado Gonzalez and Pilar García Crespo

Elizabeth Snouffer is Editor of *Diabetes Voice*.

Marion Nestle is Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health at New York University. She is author of three prize-winning books including her most recent: *Why Calories Count: From Science to Politics* (2012). (www.foodpolitics.com, twitter @marionnestle)

Armando Ahued Ortega is Health Secretary and Council Vice-president, Council for the Prevention and Comprehensive Care for Obesity and Eating Disorders in Mexico FD, Health Secretariat Mexico Federal District.

Rafael Alvarez Cordero is Obesity Programme Responsible of Council for the Prevention and Comprehensive Care for Obesity and Eating Disorders in Mexico FD, Health Secretariat Mexico Federal District.

Mónica Hurtado Gonzalez, is the Technical Secretary for the Council for the Prevention and Comprehensive Care for Obesity and Eating Disorders in Mexico FD, Health Secretariat Mexico Federal District.

Pilar García Crespo is responsible for the ALAS Programme, Madrid, Spain.

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