The prevalence of obesity and diabetes are rapidly increasing in the U.S. and worldwide. In response to these public health challenges, the goals of the Healthy People 2020 initiative include the reduction of obesity and diabetes, in an effort to lower their incidence, complications, and mortality rates in the U.S. population.

The U.S. Diabetes Prevention Program (DPP) has demonstrated the benefits of intensive lifestyle intervention and of pharmacotherapy using Metformin to reduce diabetes risk in overweight or obese adults with prediabetes.

Dr. Florez will review lessons learned in diabetes epidemiology and prevention, and discuss how the implementation of DPP strategies in the U.S. and Latin America are essential to address the obesity and diabetes epidemics and to promote healthier aging in our population.