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*Goal 11: Make  
cities inclusive,  
safe, resilient and  
sustainable  
(SDG N. 11)*



BPW INTERNATIONAL  
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## DIABETES AND NUTRITIONAL KNOWLEDGE. A GENDER STUDY



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### Scientific background

-**Diabetes** appears to be one of the most frequent non-communicable diseases in the world. Hyperglycemia, one of the major problematic symptoms associated with Type 2 diabetes mellitus (type 2 DM) can lead to cellular damage and contribute to the development of cardiovascular (CVD) complications. An important sex difference has been highlighted in the health consequences of type 2 diabetes mellitus with a 50% higher risk of coronary heart disease mortality in **diabetic women** compared to diabetic men.

-Some authors have postulated that diabetes prompts the loss of the natural hormonal protection against CVD in women. Other factors may explain the excess risk in women relative to men and include a low risk perception by health care providers.

-**Diet** plays a major role in increasing the risks of cardiovascular diseases.

-Maintenance of normal blood glucose levels is important for avoiding chronic diseases such as type 2 diabetes, cardiovascular problems, and obesity.

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## URBAN GREEN SPACE AND ENVIRONMENTAL HEALTH, EQUITY AND RESILIENCE

Modern urban life style is associated with chronic stress, insufficient physical activity and exposure to anthropogenic environmental hazards. Urban green space, such as parks, playgrounds, and residential greenery, can promote mental and physical health and reduce morbidity and mortality in urban residents by providing psychological relaxation and stress alleviation, stimulating social cohesion, supporting physical activity, and reducing exposure to air pollutants, noise and excessive heat.

-The Health2020 strategy calls for the development of resilient and supportive local environments in the WHO European Region (WHO Regional Office for Europe 2013).

The Parma Declaration on Environment and Health adopted by the Member States of the WHO European Region includes the commitment “...to provide each child by 2020 with access to health and safe environments and settings of daily life in which they can walk and cycle to kindergartens and schools, and to green spaces in which to play and undertake physical activity” (WHO Regional Office for Europe 2010)

Pathways Linking Urban Green Space with Health and Well-Being include:

- Improved Relaxation and Restoration
- Improved Functioning of the Immune System
- Improved Pregnancy Outcomes
- Enhanced Physical Activity and Improved Fitness
- Improved Social Capital and Cohesion



***Aim of the project is to collect the best practices and tools in a database to support the growth of more green cities***