



Global Initiative for Glycolipid Metabolic Health

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ABSTRACT

Glycolipid metabolic disorders, linked to cardiovascular diseases and cancer, are a major global health challenge. Current single-disease treatments remain unsatisfied in reducing long-term risks. In 2024, Professor Jiao Guo along with global experts launched the "Global Initiative for Glycolipid Metabolic Health" to enhance prevention through scientific research, public education, and integrated management systems.

Glycolipid metabolic disorders, characterized by high incidence and significant harm, are independent risk factors for cardiovascular and cerebrovascular diseases. They are also initiating factors in the development of major chronic diseases such as cancer, making them a critical global public health issue. The pathogenesis of these disorders is complex, with clinical comorbidities exceeding 70%.^{1,2} The current approach of single-disease, specialized treatment has a low comprehensive, and treatment plans focusing solely on strict control of blood glucose or lipids as single targets fail to significantly reduce the long-term incidence of cardiovascular events in patients with type 2 diabetes or hyperlipidemia.³ Effective prevention and control of these disorders remain a worldwide challenge.

In recent years, governments and scholars worldwide have placed great emphasis on the prevention and treatment of glycolipid metabolic disorders, achieving significant progress. In 2020, the UK National Institute for Health Research published an article in *Nature*, calling for global attention to the issue of comorbidities.⁴ In 2022, experts from ten countries, including the United States, the United Kingdom, and Canada, released a consensus advocating for strengthened scientific research on comorbidities.⁵ Professor Guo Jiao's team proposed the new theory of "Glycolipid Metabolic Disorders: Turbidity", establishing a national-level multidisciplinary joint diagnosis and treatment model. They led the development of international standards such as the International Clinical Practice Guidelines for Glycolipid Metabolic Disorders.^{6–8} This "comorbidity-integrated" prevention and control model has gained widespread recognition in the academic community.

From October 25 to 26, 2024, at the "9th Global Forum on Glycolipid Metabolic Disorders and the 6th Academic Annual Meeting of the World Federation of Chinese Medicine Societies Metabolic Disease Committee" held in Paris, France, Professor Guo Jiao, along with experts from nearly 20 countries and regions across four continents, including China, France, the United States, Australia, Brazil, and the United Kingdom, launched the "Global Initiative for Glycolipid Metabolic Health".

The initiative includes the following key components:

- I. Strengthen the scientific understanding of glycolipid metabolic disorders as a group of comorbidities. The interaction between glucose and lipid metabolism is a key feature of glycolipid metabolic disorders, and the simultaneous regulation of glucose and lipids is crucial for their prevention and control.
- II. Enhance public health education. Advocate for regular monitoring of blood glucose, lipids, and blood pressure among high-risk populations and patients. Promote healthy lifestyles, including maintaining a healthy weight, good dietary habits, moderate exercise, and stress management, to foster a proactive health perspective for preventing glycolipid metabolic disorders.
- III. Develop and implement an integrated "screening-diagnosis-treatment-management" system for glycolipid metabolic disorders. Early screening and intervention for multiple risk factors, comprehensive disease management, and efforts to prevent or delay disease progression, reduce the incidence of comorbidities, and enhance the overall level of prevention and control.
- IV. Focus on key areas such as the pathogenesis of glycolipid metabolic comorbidities, prevention and treatment technologies, and clinical comprehensive diagnosis and treatment guidelines. Accelerate collaborative research and the translation of clinical and basic research achievements into practical applications, ensuring that scientific and technological advancements benefit human health.

Ethics approval and consent to participate

Not Applicable.

Consent for publication

Not Applicable.

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CRediT authorship contribution statement

Jiao Guo: Conceptualization, Supervision, Writing-original draft, Writing- review & editing.

Declaration of competing interest

Author Jiao Guo is a member of the Editorial Board for Journal of Holistic Integrative Pharmacy. The paper was handled by the other Editor and has undergone rigorous peer review process. Author Jiao Guo was not involved in the journal's peer review or decisions related to this manuscript.

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This declaration was released in Paris on October 26, 2024, at the "9th Global Forum on Disorders of Glucose and Lipid Metabolism and the 6th Academic Annual Conference of the Metabolic Disease Committee of the World Federation of Chinese Medicine Societies", jointly

signed and advocated by Professor Jiao Guo and experts from nearly 20 countries and regions across four continents, including China, France, the United States, Australia, Brazil, and the United Kingdom.

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