

Advocating for better hormone health: key messages to share with policymakers

Please adapt this information to suit your communications with policymakers and others.

Why Hormones Matter

Endocrinology is the study of hormones, which are essential for human health and wellbeing. These biological messengers determine our development and growth, how our metabolism handles the food we consume, our sexual function and fertility, and our cognitive processes.

When our endocrine system becomes out of balance or fails, this can lead to the development of prevalent non-communicable diseases with enormous socioeconomic impact, like diabetes, thyroid disorders, cancer, osteoporosis and obesity, and other health challenges such as infertility. There are also more than 400 rare endocrine conditions that affect millions of people in Europe, but often go undetected or present with late diagnosis. More than three quarters of the population will need to see a hormone specialist at some point in their life.

A few facts:

- More than [90,000 new cases of thyroid cancer](#) are diagnosed each year
- More than [1500 chemicals of concern](#) contribute to incidences of endocrine cancer, obesity, diabetes, thyroid disease and infertility
- Almost [6 in 10 adults and 1 in 3 children](#) in Europe live with overweight or obesity and this causes more than 1.2 million deaths per year across the WHO Europe region
- In Europe more than [200,000 new cases of cancer](#) are linked to obesity.

Many factors can cause the hormone system to fail, including genetics and lifestyle. The external environment is increasingly recognised as a key driver, and endocrine disruption through exposure to chemicals is now widely accepted.

The [‘10 Recommendations for Good Hormone Health’](#), published as an annex to the Milano Declaration, include steps each of us can take to lead a healthier life, including preventing hormone deficiencies and reducing exposure to endocrine disruptors.

More information

- [Video](#) about endocrinology and the endocrine system, prepared for European Hormone Day 2023

- White paper on [“Hormones in European Health Policies: How endocrinologists can contribute towards a healthier Europe”](#), published by the European Society of Endocrinology (ESE) in 2021
- [“Recognising the Key Role of Hormones in European Health: the Milano Declaration”](#), which summarises the main challenges in the field of endocrinology in Europe along with seven specific policy steps to overcome them, published by ESE and the ESE Foundation in 2022
- [Annex to the Milano Declaration with “10 Recommendations for Good Hormone Health”](#), published by ESE and the ESE Foundation in 2023.

European Society of Endocrinology

March 2024