

# 2<sup>nd</sup> GLOBAL LIVER HEALTH FORUM

## EFFORTS FOR EARLY DETECTION & SCREENING OF NAFLD



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Resources

# EFFORTS FOR EARLY DETECTION & SCREENING OF NAFLD

## The Global Liver Institute

The Global Liver Institute was established in 2014 with a mission to improve the lives of individuals and families impacted by liver disease.<sup>1</sup> The Global Liver Institute works with patients, physicians, and other stakeholders to promote innovation, encourage collaboration, and develop optimal approaches to help eradicate liver diseases.<sup>1</sup>

## The Global Liver Institute's response to NAFLD

The global burden of NAFLD is substantial; from a meta-analysis of 86 studies comprising 8.5 million individuals, the estimated global prevalence of NAFLD is 25%, with the highest prevalence found in the Middle East and South America, and the lowest in Africa.<sup>2</sup> Many patients are not diagnosed until late in the course of disease,<sup>3</sup> and interventions to delay disease progression or appropriately manage comorbidities may not be provided in a timely manner. Consequently, there is an acute need to increase awareness of NAFLD among physicians.<sup>4</sup> To address this awareness gap, the Global Liver Institute works to promote awareness of NAFLD and NASH through a variety of endeavors:

### International NASH Day<sup>5</sup>

In June 2021, the Global Liver Institute and its partners from over 20 countries came together to mark International NASH Day, with the initiative generating 11.5 million impressions on social media.

### Beyond the Biopsy<sup>6</sup>

Liver biopsies for the diagnosis of NAFLD are expensive, invasive, and prone to sampling errors and reader variability.<sup>7</sup> The Global Liver Institute's 'Beyond the Biopsy' campaign was established to highlight the value of non-invasive diagnostics to patients, HCPs, and payors, and to support the integration of non-invasive diagnostics into best practice guidelines; the campaign's activities included, among others, a US radio tour, educational panels, and social media discussion.

### US NASH Action Plan<sup>8</sup>

The Global Liver Institute and the NASH Council also released the US NASH Action Plan, which comprehensively addresses NASH and its impact on families, public health, and the economy.

## References:

1. Global Liver Institute. Available at: <https://www.globalliver.org/about>
2. Younossi ZM, et al. *Hepatology* 2015;64:73–84
3. Zhang J-Z, et al. *Gene Expr* 2019;19:187–98
4. Wessels DH and Rosenberg Z. *World J Hepatol* 2021;27:233–41
5. International NASH Day. Available at <https://www.international-nash-day.com/>
6. Beyond the Biopsy. Available at: <https://www.globalliver.org/beyond>
7. World Gastroenterology Organisation, 2012 WGO Global Guidelines NAFLD/NASH (long version). Available at: <http://www.worldgastroenterology.org/guidelines/global-guidelines/nafl-d-nash>
8. US NASH Action Plan. Available at: <https://www.globalliver.org/resources#nash>

HCP, healthcare professional; NAFLD, non-alcoholic fatty liver disease; NASH, non-alcoholic steatohepatitis.



## Learning objectives:

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- Understand the extent of the global burden of NAFLD
- Gain an insight into the activities of the Global Liver Institute that promote awareness and best practice for NAFLD and NASH

## Main takeaways:

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- The estimated global prevalence of NAFLD is 25%, based on the results of a meta-analysis of 86 studies comprising 8.5 million individuals
  - The highest prevalence of NAFLD is found in the Middle East and South America; Africa has the lowest prevalence

The Global Liver Institute, founded in 2014, works to promote innovation, encourage collaboration, and develop optimal approaches to help eradicate liver diseases, including NAFLD. Their activities include:

- International NASH Day
- The 'Beyond the Biopsy' campaign
- The US NASH Action Plan