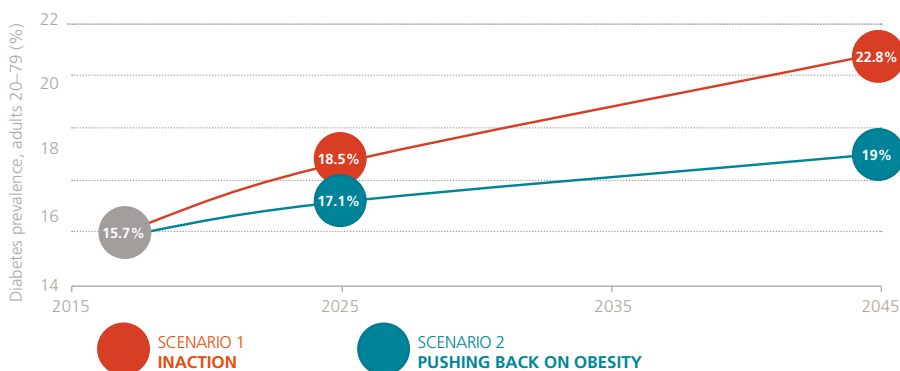# cities changing diabetes
mexico city

MEXICO CITY
is pushing back on obesity to bend the curve on type 2 diabetes

Two scenarios illustrate that inaction is not an option and that to hold back the rise of type 2 diabetes requires taking action on obesity.[1]

Diabetes prevalence, adults 20–79 (%)

15.7% · 18.5% · 17.1% · 22.8% · 19%

2015 · 2025 · 2035 · 2045

SCENARIO 1 INACTION

SCENARIO 2 PUSHING BACK ON OBESITY

The Diabetes Projection Model plots the trajectory of diabetes prevalence over time and illustrates how reducing the prevalence of obesity by 25% would reduce the burden of diabetes.[1]

Obesity is the biggest modifiable risk factor for type 2 diabetes[2]

34.7% OF ADULTS HAD OBESITY IN 2015.[3]

33% OF SCHOOL AGE CHILDREN WERE OVERWEIGHT OR HAD OBESITY IN 2016.[4]

About Cities Changing Diabetes

Cities Changing Diabetes is a first-of-its-kind partnership programme initiated between Novo Nordisk, University College London and Steno Diabetes Center Copenhagen. The programme has been a part of raising urban diabetes as a growing global concern and is now working to help cities identify how they can integrate diabetes prevention into their city strategies in order to create long-term, sustainable change.

For more information, visit **CitiesChangingDiabetes.com**

Reducing obesity by 25% by 2045, could:

prevent
700,000
CASES OF TYPE 2 DIABETES.[1]

save
3.3 BILLION
US DOLLARS IN HEALTHCARE EXPENDITURE.[1]

CITIES CHANGING DIABETES PARTNERS IN MEXICO CITY

Government of Mexico City
Ministry of Health, Government of Mexico City
National Institute of Public Health of Mexico

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1. Cities Changing Diabetes. Diabetes Projection Model, Mexico City. Data on file. Novo Nordisk. In: Incentive, ed. Holte, Denmark2017. **2.** Chen L, Magliano DJ, Zimmet PZ. The worldwide epidemiology of type 2 diabetes mellitus – present and future perspectives. *Nature reviews endocrinology.* 2012;8(4):228. **3.** Barquera S. *Cities Changing Diabetes. Survey of Diabetes Mellitus in Mexico City 2015 (ERDM-DF).* 2015. **4.** Cuevas-Nasu L, Levy TS, Arcos MAA, Gomez IM, Dommarco JR. Overweight and obesity in Mexican children and adolescents: Data from National Nutrition and Health Surveys in 2016. *The FASEB Journal.* 2017;31(1_supplement):640.635–640.635.