

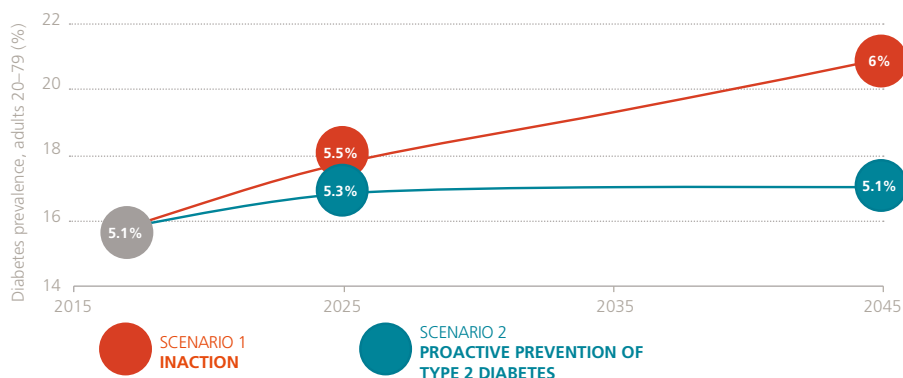
# cities changing diabetes copenhagen



## COPENHAGEN


is systematically working to **bend the curve** on type 2 diabetes


Two scenarios illustrate that taking action on obesity can hold back the rise of type 2 diabetes.<sup>1</sup>



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.<sup>1</sup>

**Obesity is the biggest modifiable risk factor for type 2 diabetes<sup>2</sup>**

**11%**   
OF ADULTS IN COPENHAGEN  
HAD OBESITY IN 2017.<sup>3</sup>

**18–20%**   
OF CHILDREN AGED 6–9 IN  
DENMARK ARE OVERWEIGHT OR  
HAVE OBESITY.<sup>4</sup>

### 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](http://CitiesChangingDiabetes.com)

Reducing obesity by 25% by 2045, could:

**prevent**  
**4,600**  
CASES OF TYPE 2  
DIABETES.<sup>1</sup>

**save**  
**33 MILLION**  
US DOLLARS IN HEALTHCARE  
EXPENDITURE.<sup>1</sup>

CITIES CHANGING DIABETES  
PARTNERS IN COPENHAGEN

Steno Diabetes Center Copenhagen  
Danish Diabetes Association  
University of Copenhagen  
City of Copenhagen



### REFERENCES:

1. Cities Changing Diabetes. Diabetes Projection Model, Copenhagen. Data on file. Novo Nordisk. In: Incentive, ed. Holte, Denmark 2017.
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. Kilsmark J. Sundhedsprofil 2017 – Resultater for Københavns Kommune. Copenhagen: Copenhagen Municipality; 2017.
4. World Health Organization. Childhood overweight and obesity. [www.who.int/dietphysicalactivity/childhood/ov/](http://www.who.int/dietphysicalactivity/childhood/ov/). Published 2017. Accessed June, 2017.

