

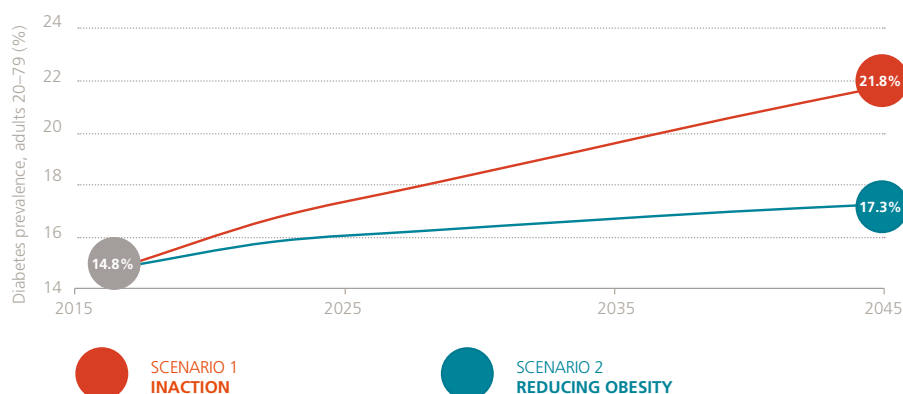
cities changing diabetes mérida



MEXICO

Bending the curve on type 2 diabetes in Mexico

Two scenarios illustrate that holding back the rise of type 2 diabetes in Mexico requires reducing the biggest modifiable risk factor: obesity.^{1,2}



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

Reducing obesity by 25% by 2045, could:

prevent
5 MILLION
CASES OF TYPE 2 DIABETES.¹



save
4.8 BILLION
US DOLLARS IN HEALTHCARE
EXPENDITURE.¹



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



MÉRIDA

Cities like Mérida are the **front line** for bending the curve on type 2 diabetes

89% OF ADULTS WITH DIABETES IN MÉRIDA LIVE IN **URBAN AREAS**.³

78% OF ADULTS IN MEXICO ARE **OVERWEIGHT** OR HAVE **OBESITY**.⁴

51% OF CHILDREN IN MÉRIDA **AGED 6–12 WERE OVERWEIGHT** OR HAD **OBESITY** IN 2012.⁵

CITIES CHANGING DIABETES
PARTNERS IN MÉRIDA

City Council of Mérida



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