

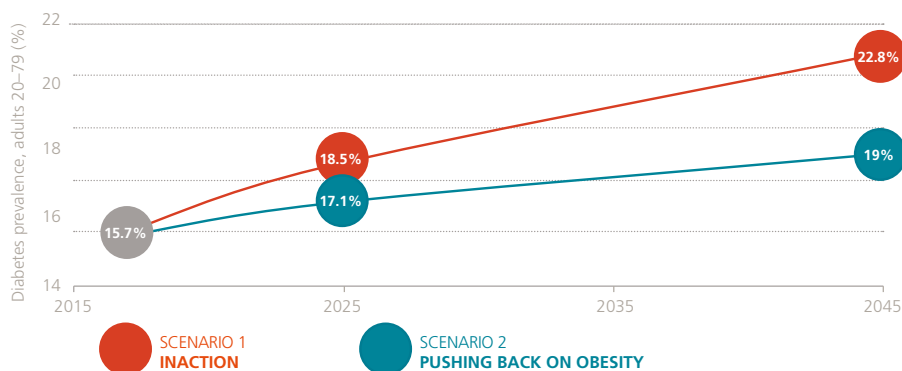
cities changing diabetes mexico city



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



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 diabetes²

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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Steno Diabetes Center
Copenhagen

