



## **MUNICH** FIT WITH BIKE

A local study revealed that people living in parts of Munich, Germany who are socially challenged are at greater risk for developing obesity and diabetes. Fit With Bike set out to leave a lasting legacy of health with a group of young residents through the sport of mountain biking.

### **Partners**

- Lichtblick HasenbergI
- Novo Nordisk
- Cities Changing Diabetes
- Beurer
- Bike Emotion



## **Promoting a healthy lifestyle for young people**

### **An identified need**

Approximately 10% of the population in Germany has been diagnosed with diabetes<sup>1</sup>. To better understand the incidence distribution in German cities, the Institute for Health Economics (IfG) in Munich partnered with Novo Nordisk to conduct a detailed analysis of the diabetes situation in five major cities.

The results for Munich showed that more than 7% of the population have diabetes, and the prevalence is significantly higher in certain city areas<sup>2</sup>. The prevalence in the HasenbergI district is 8.6%<sup>3</sup>.

“When comparing inner-city areas, large differences can be seen: In some neighbouring districts of Munich, the difference is almost 55%,” says Prof. Dr Rüdiger Landgraf, specialist in internal medicine, endocrinologist and diabetologist and chairman of the German Diabetes Foundation (DDS).

### **Inspiring a lifetime of healthy activity**

Lichtblick HasenbergI, a support centre for disadvantaged families, is driving action to improve the health and wellbeing of young people in the HasenbergI district. The project’s long-term goal is to help people avoid developing obesity and diabetes through proactive prevention.

Fit With Bike launched in July 2021 with the aim of improving the physical fitness of young people in the area through a mountain bike training course.

The programme was designed to instil a culture of health that lasts beyond the duration of the course itself by fostering a broader understanding of health, a positive mindset, and a healthier approach to food. Participants receive training and support for one year to build strength, coordination, and endurance, culminating with a mountain excursion.

### Leaving an imprint on young people

In addition to improved fitness and wellbeing, the programme awakens a desire for exercise and a healthy lifestyle to protect today's youth against obesity and diabetes in the long term. The first eight participants are 17-21 years old and from the Hasenberg district.

The participants took an initial fitness test to inform personalised training programmes and were still highly motivated six months into the programme. The training includes technique coaching, endurance and basic training. The group meets several times a week to work on their riding skills and health.

The participants have their fitness assessed every three months and a sponsor provides bikes, helmets, and other equipment at low cost. Healthy eating and positive mindset consultants complete the all-around coaching approach.

