



## **MEXICO CITY** **A SPECIALIST** **DIABETES CLINIC**

With a diabetes prevalence of almost 16%, there are 2.3 million adults living with diabetes in Mexico City<sup>1</sup>. One way in which Mexico City addresses the problem is through a specialised diabetes clinic in one of the city's most vulnerable communities.

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### **Partners**

- Government of Mexico City
- Ministry of Health, Government of Mexico City
- National Institute of Public Health of Mexico
- World Diabetes Foundation



## **A specialised clinic makes diabetes care accessible to vulnerable citizens**

### **Diabetes prevalence likely to rise**

Since becoming the first city to join the Cities Changing Diabetes programme in 2014, Mexico City has been making a concerted effort to tackle its diabetes problem. Despite this, the city is likely to see an increase in the prevalence of diabetes as 34.7% of the adult population is living with obesity<sup>2</sup>.

As part of the mapping phase of the Cities Changing Diabetes programme, Iztapalapa was identified as an underserved and marginalised district of the city, making it the ideal location for a specialised diabetes clinic.

“The insights we’ve gained from the Cities Changing Diabetes research have fundamentally changed the way we think about diabetes in our city.”  
– Dr Armando Ahued Ortega, secretary of health, Mexico City.

### **A one-stop-shop for diabetes care**

Established in 2016 as a result of a collaboration between the World Diabetes Foundation and Mexico City’s Ministry of Health, the Iztapalapa Diabetes Clinic now serves 8,000 diabetes patients a year.

The patient-centred clinic provides comprehensive diabetes services to the surrounding community. It offers an integrated care programme that includes a shared medical appointment scheme, a diabetes therapeutic education programme, interdisciplinary care and support, and a guaranteed supply of medicine. People living with diabetes can be

seen by a range of specialists at the clinic, including internal medicine, nephrology, cardiology, dentistry, and ophthalmology specialists. This makes adequate treatment more accessible, and patients who have regular contact with the clinic see a considerable reduction in their HbA1C levels.

### More positive effects of the clinic

The presence of the clinic has also had a positive effect on the primary care units in Iztapalapa. The

healthcare professionals in these primary care units implemented interventions proposed by the clinic using materials developed by the clinic. The interventions include short diabetes education sessions, group sessions, nutrition therapy and physical activity recommendations.

Based on the success of the clinic in Iztapalapa, two more clinics following a similar model are set to open in other disadvantaged districts of Mexico City.

