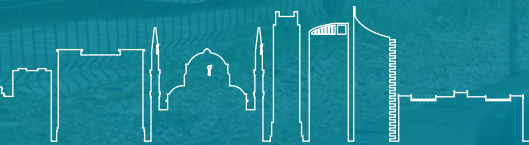


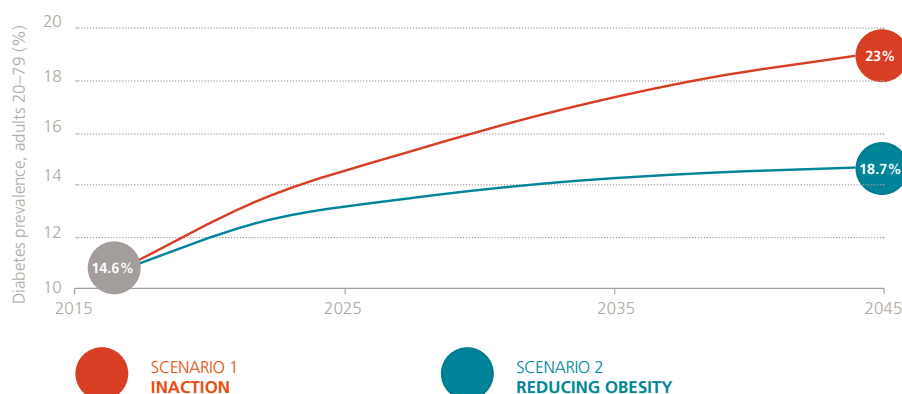
# cities changing diabetes beirut



## LEBANON

### Bending the curve on type 2 diabetes in Lebanon

Two scenarios illustrate that holding back the rise of type 2 diabetes in Lebanon requires reducing the biggest modifiable risk factor: obesity.<sup>1,2</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>

### Reducing obesity by 25% by 2045, could:

prevent  
**169,000**  
CASES OF TYPE 2 DIABETES.<sup>1</sup>



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



Steno Diabetes Center  
Copenhagen



## BEIRUT

### Cities like Beirut are the front line for bending the curve on type 2 diabetes

**93%** OF ADULTS WITH DIABETES IN LEBANON LIVE IN **URBAN AREAS**.<sup>3</sup>

**42%** OF ADULTS IN BEIRUT HAVE **OBESITY**.<sup>4</sup>

**2/5** ADULTS IN BEIRUT ARE AT **HIGH RISK OF DEVELOPING TYPE 2 DIABETES**.<sup>4</sup>

### CITIES CHANGING DIABETES PARTNERS IN BEIRUT

Beirut Municipality  
Chronic Care Center  
Embassy of Denmark  
Lebanese Society of Endocrinology Diabetes and Lipids



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