

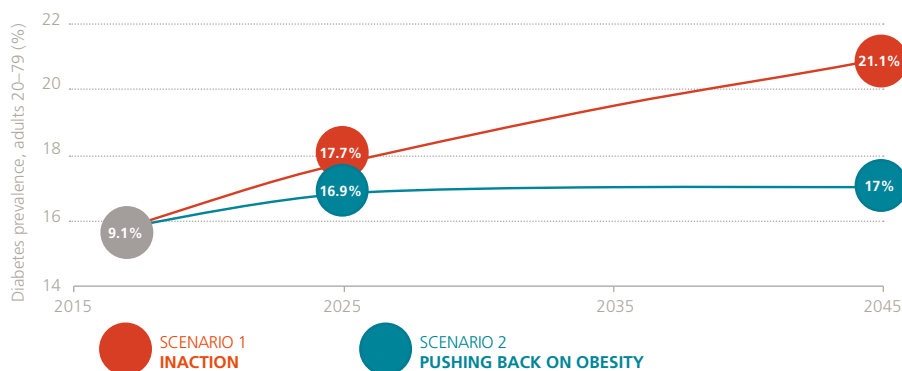
cities changing diabetes houston



HOUSTON

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

31%  OF ADULTS HAD OBESITY IN 2012.³

47%  OF CHILDREN WERE OVERWEIGHT OR HAD OBESITY IN 2012.³

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
149,000
CASES OF TYPE 2
DIABETES.¹

save
1.5 BILLION
US DOLLARS IN HEALTHCARE
EXPENDITURE.¹

CITIES CHANGING DIABETES PARTNERS IN HOUSTON

- American Association of Diabetes Educators
- American Diabetes Association
- American Heart Association
- Asian American Health Coalition of the Greater Houston Area
- City of Houston HR Department
- The Fountain of Praise
- Harris County Medical Society
- Harris County Public Health
- Hispanic Health Coalition
- Houston Business Coalition on Health
- Houston Health Department
- Institute for Spirituality and Health at the Texas Medical Center

REFERENCES:

1. Cities Changing Diabetes. Diabetes Projection Model, Houston. Data on file. Novo Nordisk. In: Incentive, ed. Holte, Denmark 2017. 2. Chen L, Magliano DJ, Zimmet PZ. The worldwide epidemiology of type 2 diabetes mellitus—present and future perspectives. *Nature reviews endocrinology*. 2012;8(4):228. 3. Behavioral Risk Factor Surveillance Survey. Harris County 2012. Houston State of Health. <http://www.houstonstateofhealth.com/index.php?module=indicators&controller=index&action=view&indicatorId=54&localeId=2675>. Accessed June, 2017.