

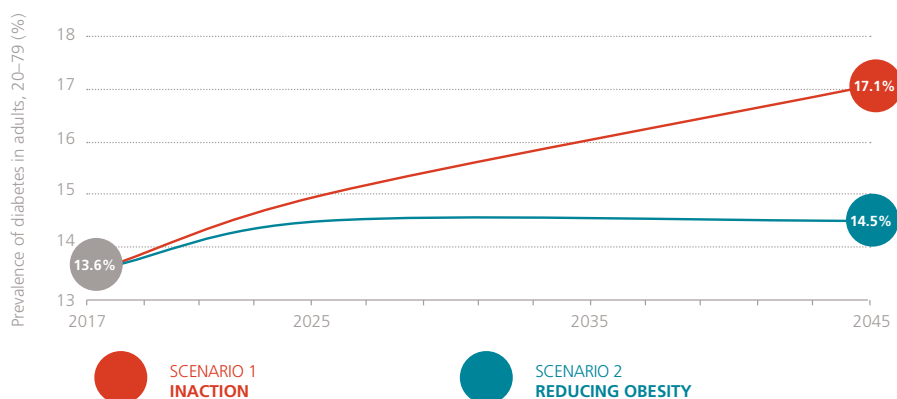
# cities changing diabetes lisbon



## PORTUGAL

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

Two scenarios illustrate that holding back the rise of type 2 diabetes in Portugal 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  
**177,362**  
CASES OF TYPE 2 DIABETES.<sup>1</sup>



save  
**420 MILLION**  
EUROS 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



## LISBON

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

**1.4 MILLION** PEOPLE LIVE  
IN THE LISBON METROPOLITAN  
AREA.<sup>3</sup>

**10.5%** OF ADULTS LIVE  
WITH **DIABETES**.<sup>4</sup>

**22.5%** OF ADULTS LIVE  
WITH **OBESITY**.<sup>5</sup>

Cities Changing Diabetes aims to engage local partners in Lisbon including academics, city authorities and public and private organisations around the cause of bending the curve on diabetes.



**REFERENCES:** 1. Cities Changing Diabetes. Diabetes Projection Model, Portugal. 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. Instituto Nacional de Estatísticas (INE). Statistics Portugal – Annual estimates of resident population. [https://www.ine.pt/xportal/xmain?xpid=INE&xpgid=ine\\_main](https://www.ine.pt/xportal/xmain?xpid=INE&xpgid=ine_main). Published 2013. Accessed 2019, November. 4. Plano Local de Saúde de Lisboa Central 2018-2021. Unidade de Saúde Pública do ACeS Lisboa Central. <http://sobretudo.pt/pls/>. Published 2018. Accessed November, 2019. 5. Nacional de Saúde Doutor Ricardo Jorge. Epidemiological Bulletin 7: Prevalence, knowledge and control of diabetes in Portugal: results from the National Physical Examination Health Survey (INSEF 2015). 2017.