

# cities changing diabetes shanghai



## SHANGHAI

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.<sup>1</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>

## Obesity is the biggest modifiable risk factor for type 2 diabetes<sup>2</sup>

**1/5** ADULTS HAD OBESITY IN SHANGHAI IN 2013.<sup>3</sup>

**29.5%** OF SCHOOL-GOING CHILDREN HAD OBESITY IN SHANGHAI IN 2014.<sup>4</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)

Reducing obesity by 25% by 2045, could:

**prevent**  
**800,000**  
CASES OF TYPE 2  
DIABETES.<sup>1</sup>

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

CITIES CHANGING DIABETES  
PARTNERS IN SHANGHAI

National office for diabetes primary healthcare  
Shanghai Diabetes Institute



#### REFERENCES:

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