Diabetes is a global health challenge. There are now an estimated 382 million people worldwide with diabetes and the number is expected to rise to over half a billion by 2035.¹

The unfolding global diabetes epidemic is fuelled by the rapid growth of cities. Urban lifestyle with increased consumption, change in nutrition and more sedentary lifestyles are all factors that contribute to this development.
Cities are home to **3.6 billion** people worldwide – more than half of the world’s population\(^2\)

By 2050, nearly **70%** of the world’s population will live in urban areas\(^3\)

In 1975, the world had three megacities; by 2025, there will be **37** megacities\(^4\)

The UN estimates that by 2050 the number of people living in urban slums might triple to **3 billion** unless decisive actions are taken\(^5\)

**64%** of people with diabetes live in urban areas\(^6\)

Urban residence is associated with **2–5** times increased risk of diabetes compared to rural dwellers\(^7\)

In the first decade after moving to a city, Indian men had **11%** higher body fat percentage than those that stayed in rural settings\(^8\)

In China, large cities have **seven times** the levels of obesity and overweight combined as poor rural villages\(^9\)

Urban vs rural residence was associated with a **70%** increase in risk of diabetes in a study in Oman\(^6\)

**Urbanisation and diabetes in MEXICO**

Today, there are **13 million** people living with diabetes in Mexico\(^10\)

**80%** of people with diabetes in Mexico, almost **7 million**, are living in urban areas\(^11\)

Diabetes is the primary cause of death in Mexico, and the number of diabetes-related deaths was **70,281** in 2013\(^12\)

In Mexico, urban diabetes prevalence is higher, **15.5%**, than rural prevalence, **10.4%**\(^13\)

Mexico City had the **highest diabetes prevalence** in a study of seven urban areas of Latin America\(^14\)

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2. World Urbanization Prospects, the 2011 Revision. United Nations, Department of Economic and Social Affairs.
3. World Urbanization Prospects, the 2011 Revision. United Nations, Department of Economic and Social Affairs.
4. World Urbanization Prospects, the 2011 Revision. United Nations, Department of Economic and Social Affairs.
5. World Urbanization Prospects, the 2011 Revision. United Nations, Department of Economic and Social Affairs.