

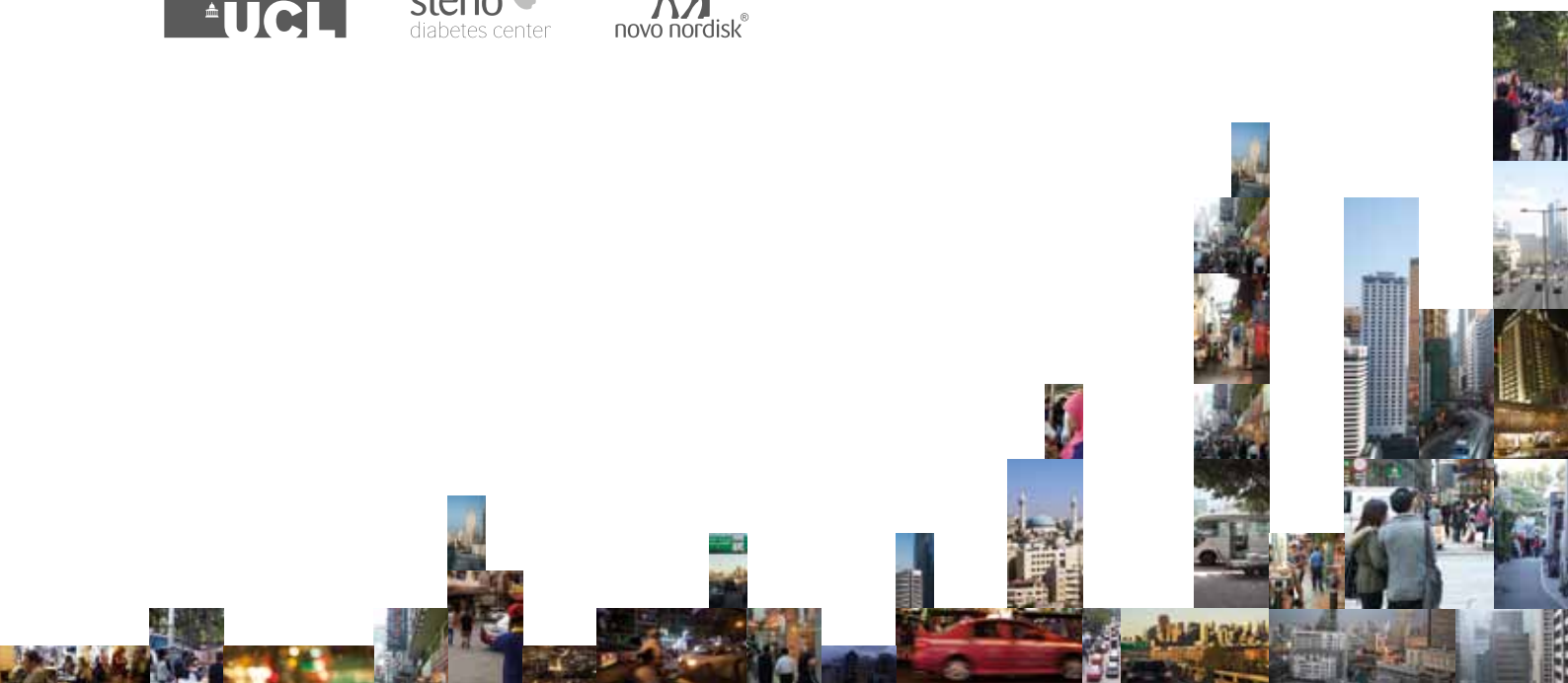
cities changing diabetes

FACT SHEET ON

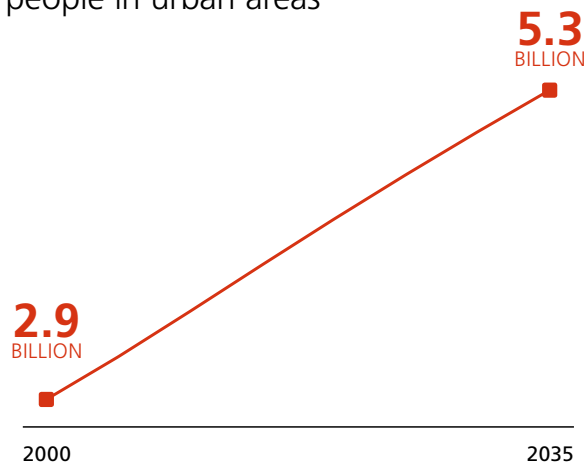
DIABETES AND URBANISATION

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.



UN Global estimates of people in urban areas



Cities are home to **3.6 billion** people worldwide – more than half of the world's population²

By 2050, nearly **70%** of the world's population will live in urban areas³

In 1975, the world had three megacities; by 2025, there will be **37** megacities⁴

The UN estimates that by 2050 the number of people living in urban slums might triple to **3 billion** unless decisive actions are taken⁵

64% of people with diabetes live in urban areas⁶

Urban residence is associated with **2–5** times increased risk of diabetes compared to rural dwellers⁷

In the first decade after moving to a city, Indian men had **11%** higher body fat percentage than those that stayed in rural settings⁸

In China, large cities have **seven times** the levels of obesity and overweight combined as poor rural villages⁹

Urban vs rural residence was associated with a **70%** increase in risk of diabetes in a study in Oman⁶

Urbanisation and diabetes in

MEXICO

Today, there are **13 million** people living with diabetes in Mexico¹⁰

80% of people with diabetes in Mexico, almost **7 million**, are living in urban areas¹¹

Diabetes is the primary cause of death in Mexico, and the number of diabetes-related deaths was **70,281** in 2013¹²

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 America¹⁴

1. IDF Diabetes Atlas, Sixth edition.

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

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

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