

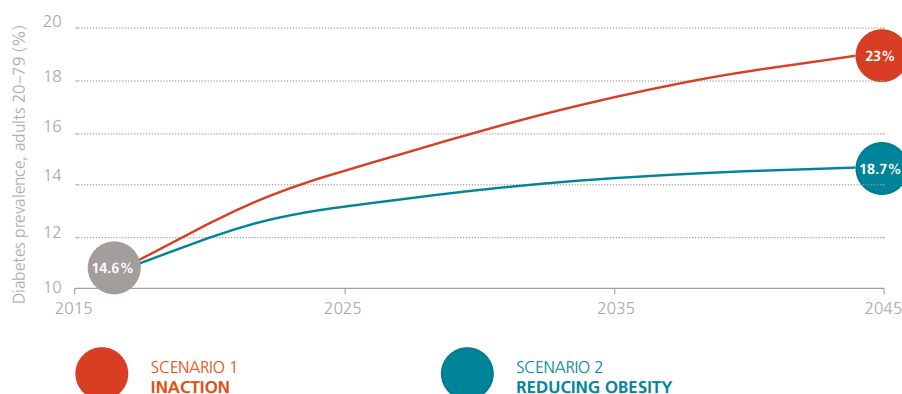
# cities changing diabetes beirut



## LEBANON

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

Two scenarios illustrate that holding back the rise of type 2 diabetes in Lebanon 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  
**169,000**  
CASES OF TYPE 2 DIABETES.<sup>1</sup>



save  
**131 MILLION**  
US DOLLARS 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



## BEIRUT

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

**93%** OF ADULTS WITH DIABETES IN LEBANON LIVE IN **URBAN AREAS**.<sup>3</sup>

**42%** OF ADULTS IN BEIRUT HAVE **OBESITY**.<sup>4</sup>

**2/5** ADULTS IN BEIRUT ARE AT **HIGH RISK OF DEVELOPING TYPE 2 DIABETES**.<sup>4</sup>

### CITIES CHANGING DIABETES PARTNERS IN BEIRUT

Beirut Municipality  
Chronic Care Center  
Embassy of Denmark  
Lebanese Society of Endocrinology Diabetes and Lipids



**REFERENCES:** 1. Cities Changing Diabetes. Diabetes Projection Model, Lebanon. 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. International Diabetes Federation. *IDF Diabetes Atlas, 8 ed.* Brussels, Belgium: International Diabetes Federation; 2017. 4. Isma'eel HA, Almedawar MM, Breidy J, et al. Worsening of the Cardiovascular Profile in a Developing Country: The Greater Beirut Area Cardiovascular Cohort. *Glob Heart*. 2018;1–9e.