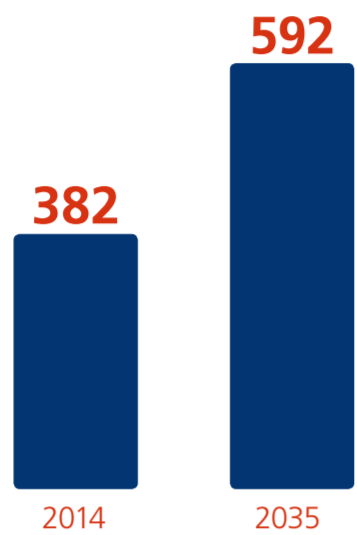


world diabetes day
14 November

JOIN THE FIGHT NOW



382 MILLION PEOPLE HAVE DIABETES BY 2035 THIS WILL RISE TO **592 MILLION**¹

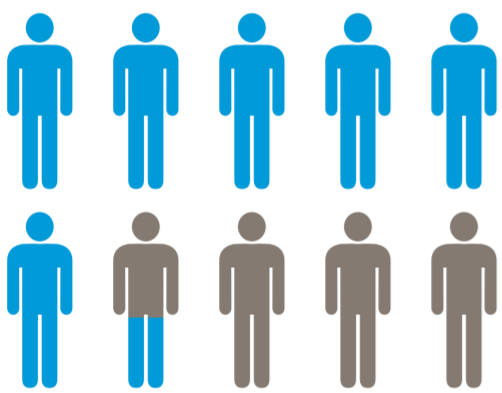
CITIES ARE HOME TO **3.6 BILLION PEOPLE** WORLDWIDE – MORE THAN HALF OF THE WORLD'S POPULATION²



2-5 TIMES

URBAN RESIDENCE IS ASSOCIATED WITH **2-5 TIMES INCREASED RISK OF DIABETES** COMPARED TO RURAL DWELLERS³

64% OF PEOPLE WITH DIABETES LIVE IN **URBAN AREAS**¹



DIABETES CAUSED 5.1 MILLION DEATHS IN 2013 – **EVERY SIX SECONDS A PERSON DIES FROM DIABETES**¹

IF YOU SMOKE YOU ARE **50% MORE LIKELY** TO DEVELOP TYPE 2 DIABETES THAN NON-SMOKERS⁶



IF YOU ARE **OBESSE** YOU ARE AT LEAST **20 TIMES MORE LIKELY** TO DEVELOP TYPE 2 DIABETES⁵

30 MINUTES BRISK WALKING A DAY **REDUCES YOUR RISK OF TYPE 2 DIABETES** BY 30%⁴

