

WOMEN AND DIABETES OUR RIGHT TO A HEALTHY FUTURE

THE ISSUE

415 MILLION PEOPLE WITH DIABETES
OVER **640 MILLION** BY 2040
MOST OF THESE CASES ARE TYPE 2 DIABETES


WHAT DOES THIS MEAN?

DIABETES WAS RESPONSIBLE FOR **12% OF HEALTHCARE SPENDING IN 2015** AND IS EXPECTED TO REACH **USD 802 BILLION** BY 2040

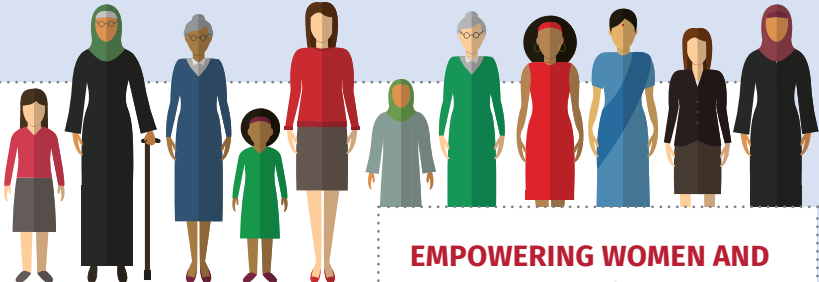
THE CHALLENGE

UP TO **70% OF CASES OF TYPE 2 DIABETES** COULD **BE PREVENTED** THROUGH LIFESTYLE INTERVENTIONS.

SOLUTIONS



COMPREHENSIVE LIFESTYLE PROGRAMMES, AIMED AT IMPROVING NUTRITION AND PHYSICAL ACTIVITY, ARE COST-EFFECTIVE FROM A HEALTH SYSTEM PERSPECTIVE AND **POTENTIALLY COST-SAVING FOR SOCIETY AS A WHOLE**



WOMEN AND GIRLS ARE KEY AGENTS IN THE ADOPTION OF HEALTHY LIFESTYLES **TO IMPROVE THE HEALTH AND WELL-BEING OF FUTURE GENERATIONS**

EMPOWERING WOMEN AND GIRLS WITH EASY AND EQUITABLE ACCESS TO KNOWLEDGE AND RESOURCES WILL STRENGTHEN THEIR CAPACITY TO **PREVENT TYPE 2 DIABETES** IN THEIR FAMILIES AND BETTER **SAFEGUARD THEIR OWN HEALTH**

ACT TODAY TO CHANGE TOMORROW

www.worlddiabetesday.org



International
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world diabetes day
14 November