Cities Changing Diabetes works in partnerships to fight the rise of diabetes in urban areas

Cities Changing Diabetes is a global program sponsored by Novo Nordisk in partnership with University College London and Steno Diabetes Center Copenhagen, in which cities around the world are learning how to improve diabetes prevention, detection and care in their communities. Urban areas have unique features and challenges, and this program aims to map the problem, share solutions and drive action to fight the diabetes challenge.

Houston was selected due to its challenging future with diabetes

The Cities Changing Diabetes program invested more than a year researching the diabetes epidemic in Houston. A community-wide assessment identified the populations most at risk for developing the disease and developed profiles of those most at risk.

Today, about 1 in 10 Houstonians has diabetes¹

and about 3 in 10 Houstonians have prediabetes¹

MAP the problem

In Houston, Cities Changing Diabetes found fresh insights from localized research

By establishing profiles of Houstonians, the Cities Changing Diabetes program is able to think in new ways about people at risk for diabetes and prediabetes

Isolated Skeptics
Disconnected from community, lack trust in health care system

Financially-pressed caregivers
Caregiver responsibilities, long commutes

Concerned Seniors
Low health literacy, dealing with change and transition in neighborhood

Time-pressed Young Adults
Facing time pressure, peer influence on appearance and health decisions
Cities Changing Diabetes connects a network of participating organizations

Cities Changing Diabetes - Houston works in partnerships. Local organizations lead the efforts; approaches that make sense for each urban area are generated and implemented.

Core Team Members
- American Association of Diabetes Educators
- American Diabetes Association
- American Heart Association
- Asian American Health Coalition of the Greater Houston Area
- City of Houston HR Department
- Core Initiatives
- The Fountain of Praise
- Harris County Medical Society
- Harris County Public Health
- Harris Health System
- Hispanic Health Coalition
- Houston Business Coalition on Health
- Houston Health Department
- Institute for Spirituality and Health at the Texas Medical Center

Interest at the National Level

In 2016, the Robert Wood Johnson Foundation awarded a $2.4 million grant to UTHealth to support collaboration, evaluation, and sharing best practices from Cities Changing Diabetes. The grant will create the Healthy Cities Research Hub, a virtual hub that will focus on the social and environmental conditions that impact health in urban settings throughout North America. Research efforts will span three Cities Changing Diabetes cities – Houston, Mexico City and Vancouver.

For more information on how to get involved in the fight against #urbandiabetes, please contact:

Karin Gillespie
Director, Changing Diabetes Policy
KGIL@novonordisk.com

Klaus Madsen
Houston stakeholder engagement consultant
Klaus@madsenhealth.com  ▷ 512.947.3308

The Houston program establishes initiatives to improve diabetes care, outreach, and prevention

Peer Support Initiative
Connects employer, provider and community partners to create peer support networks for people with diabetes

Faith and Diabetes Initiative
Helps houses of faith develop diabetes prevention and awareness efforts for their congregations

Disaster Preparedness & Diabetes
Creates a plan to implement diabetes pop-up clinics in Houston-area shelters in the event of a natural disaster.

Houston Diabetes Resource Center
A one-stop-shop website that connects patients, providers and employers with educational resources, programs in the community and navigation services

Employer National Diabetes Prevention Program
An effort to improve the availability of the National Diabetes Prevention Program among community providers and engage employers in adopting the program

Cities Changing Diabetes Global Summit

Held every two years, the October 2017 Cities Changing Diabetes Global Summit held in Houston puts an international spotlight on our efforts in the city. The event is by personal invitation only and hosted jointly by the City of Houston, University College London, Steno Diabetes Center Copenhagen and Novo Nordisk and will allow 300+ participants to highlight their efforts and activities. Participants will also discuss plans for the future, like the creation of networks between cities to facilitate continued knowledge sharing and future actions in partner cities and beyond.

Sources: