

in the outskirts than in the city centre (range: 5.8%-7.3%) and in females (6.8% vs 6.5%). The obesity and physical inactivity prevalence is 9,9% and 40%. Just 50% of patients reach the optimal targets for cholesterol, pressure and haemoglobin glycosylated. Huge discrepancies between the centre and the suburban areas have been shown for age, socio-economic status, immigration, eating habits and physical activity, as well as for diabetes process and outcome indicators. CCD realized in Rome, in collaboration with the Roma City Mayor, 50 walking routes for a total of 320 Km to prevent obesity, T2DM and CDV risk. The project is accompanied by an app that can be downloaded for free on iOS, Android and Windows Phone platforms, for smartphones and tablets, which provides information on routes, as well as indications on their physical fitness, on energy consumption, on the contribution to the reduction of CO2 emissions through walking and the practice of motor activity. Moreover, everyone can become the protagonist of the project, but above all of their own wellbeing, proposing one or more paths and participating in a virtuous 'challenge' between users. Aims the project will be to involve about 100.000 diabetics people and about 1 million of citizens in a year.

Key messages:

- Cities provide tremendous opportunity for studying and understanding the drivers behind T2DM.
- Rome walkable city can reduce the impact of the obesity, T2DM and CDV risks in metropolitan area.

Rome as a walkable city for reduce the impact of the Obesity,T2DM and CDV risks

Federico Serra

F Serra¹, M Damilano², D Ponchio², C Spinato³, A Gaudio³, A Nicolucci⁴, S Frontoni⁵, L Morviducci³, F Dotta³, A Lenzi³

¹Cities Changing Diabetes, Rome, Italy

²FIDAL, Rome, Italy

³Health City Institute, Rome, Italy

⁴AMD Lazio, Rome, Italy

⁵SID Lazio, Rome, Italy

Contact: feds@novonordisk.com

Urbanization and type 2 diabetes (T2DM) are deeply related emerging phenomena: the majority of people with diabetes lives in cities and people who move to cities have a significantly higher risk of developing the disease. This project aims to map and realize acts on the burden of and risk factors for T2DM in the metropolitan area of Rome, which in 2017 joined the "Cities Changing Diabetes" (CCD) initiative. The T2DM prevalence in Rome is 6,6% (around 286.500 patients), higher