



# IDF Diabetes Atlas estimates for the global diabetes prevalence among adults older than 60 years (2017)



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## Introduction:

Diabetes is a global epidemic. One third of the people who live with diabetes are older than 60 years (177.4 million). As life expectancy increases, the burden for the healthcare sector will also increase. For the first time, the IDF Diabetes Atlas has estimated the prevalence of diabetes for people older than 80 years. The estimates will help to understand better the social and economic burden of diabetes among aging people.

## Methodology:

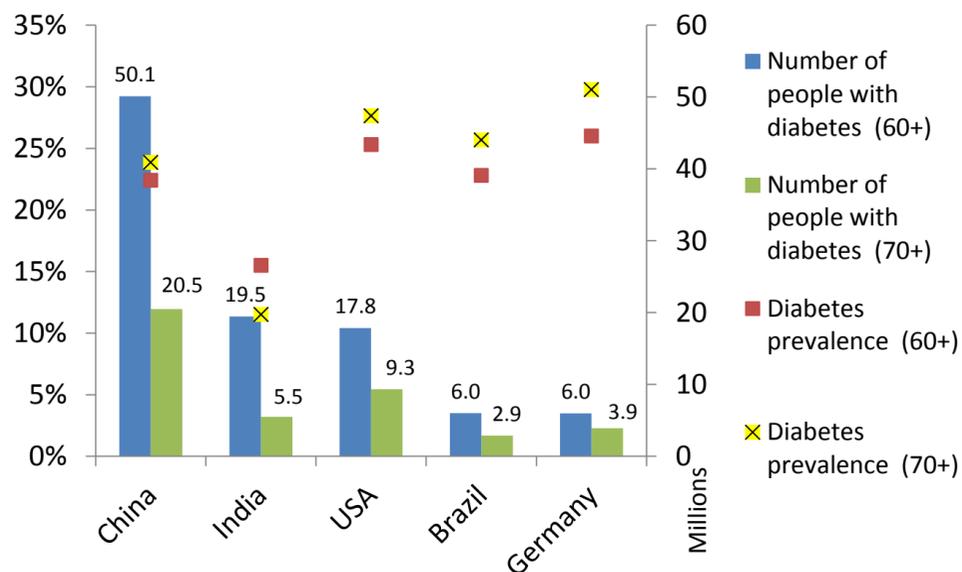
Population-based high-quality data sources containing diabetes prevalence were used to estimate age-dependent diabetes prevalence for each country and territory in 2017. Diabetes prevalence for people above 60 years in each country and territory were calculated based on country level age-specific diabetes prevalence estimates. Extrapolations were made for countries without good quality data based on similar geography, economics and ethnicity. The UN population projections in 2045 was used to project the diabetes prevalence in 2045 for each country and territory. The details of this methodology were described in the Methodology chapter of *IDF Diabetes Atlas 8<sup>th</sup>* edition. <sup>1</sup>

**Table 1 Global Diabetes Estimates for people older than 60 years**

	2017	2045
<b>Population</b>	956.3 million (60-99 years) 415.7 million (70-99 years)	1.9 billion (60-99 years) 1.0 billion (70-99 years)
<b>Diabetes prevalence</b>	18.5% (60-99 years) 18.7% (70-99 years)	17.8% (60-99 years) 17.7% (70-99 years)
<b>Number of people with diabetes</b>	177.4 million (60-99 years) 77.8 million (70-99 years)	337.8 million (60-99 years) 179.2 million (70-99 years)
<b>Number of deaths due to diabetes</b>	3.2 million (60-99 years) 2.1 million (70-99 years)	
<b>Total Healthcare Expenditures for Diabetes ,R=2*</b>	527 billion (60-99 years) 281 billion (70-99 years)	615 billion (70-99 years) 385 billion (70-99 years)

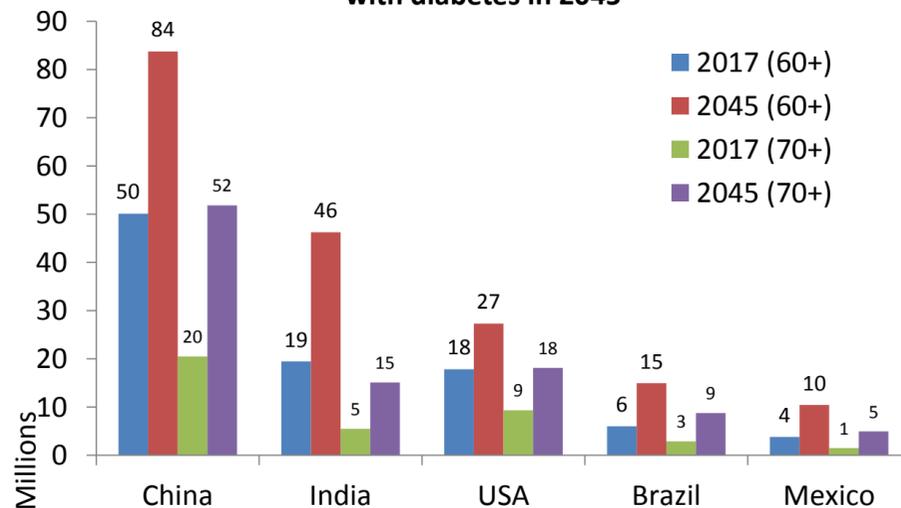
\* Healthcare expenditure for people with diabetes are assumed to be an average two-fold higher than people without diabetes

**Figure 2. Top 5 countries for the number of people older than 60 years with diabetes in 2017**



China (50.1 million), India (19.5 million) and United States of America (USA, 17.8 million) are the top 3 countries with the highest number of people older than 60 years with diabetes in the world. These top 3 countries account for almost half (49.3%) of the total number of people older than 60 years living with diabetes in the world. (Figure 2) There are big variation of diabetes prevalence among the top 5 countries, India has the lowest diabetes prevalence (15.5%) and Germany has the highest prevalence 26.0% in people older than 60 years. (Figure 2)

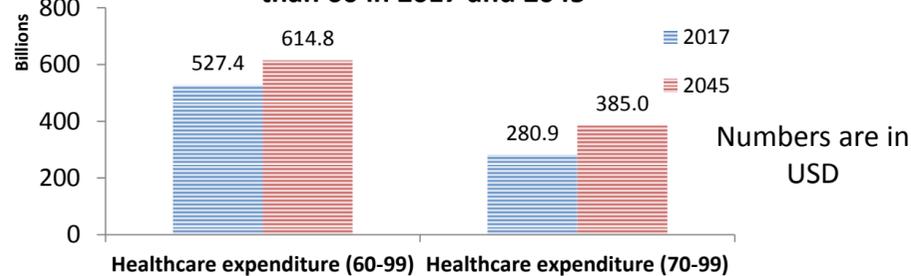
**Figure 3. Top 5 countries of the number of people older than 60 with diabetes in 2045**



Among these top 5 countries with the highest number of people older than 60 years with diabetes, India, Brazil and Mexico show more than two-fold increase in this age category by 2045. China, India, USA, and Brazil remain as the top 4 countries.

All 5 countries show more than two-fold increase of the number of people older than 70 years with diabetes from 2017 to 2045. (Figure 3)

**Figure 4: Total healthcare expenditure for diabetes in people older than 60 in 2017 and 2045**



The total healthcare expenditure for people older than 60 with diabetes is USD 527 billion and the number will reach to USD 614.8 billion in 2045. The total healthcare expenditures for people older than 70 with diabetes is USD 280.9 billion and the number will reach to USD 385.0 billion by 2045. (Figure 4)

## Reference:

1. International Diabetes Federation IDF Diabetes Atlas , 8<sup>th</sup> Ed. Brussels, Belgium : International Diabetes Federation 2017

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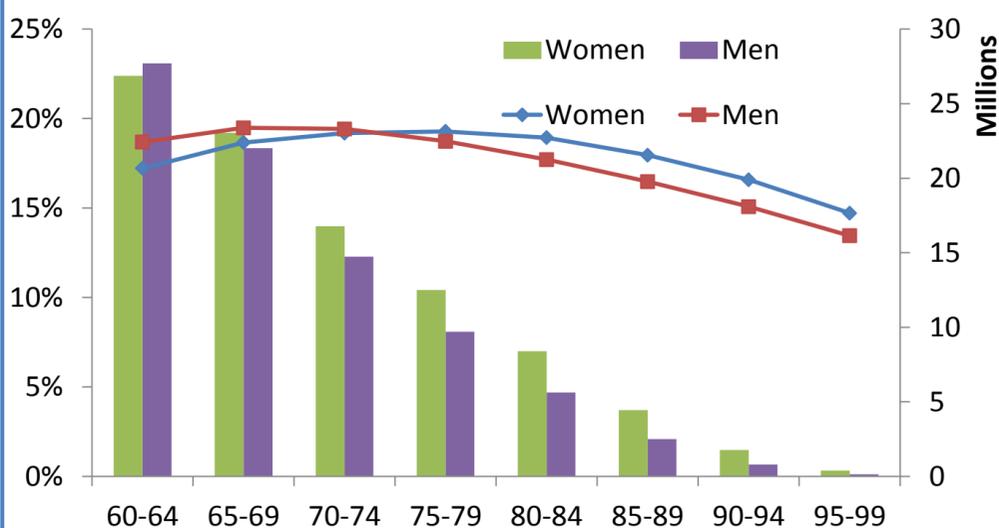
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**Figure 1. Diabetes prevalence and the number of people with diabetes by age group and sex in 2017**



**Results:** Diabetes prevalence peaks at age group 65-69 years in men, and then it shows a slight decrease. The same trend appears among women. Diabetes is more prevalent in women than men at age group 75 to 99 years, probably due to the larger population in women than men. Diabetes prevalence is a little higher in men than women at age group 60 to 69 years (Figure 1)

## Conclusion:

Due to the global population aging, there will be an almost two-fold increase in the number of people older than 60 years with diabetes from 2017 to 2045. The healthcare expenditures for diabetes in this age group account for more than half (62%) of the healthcare expenditures from age 18 to 99 years in 2017. In order to reduce the economic and social burden of diabetes, action plans and strategies need to be implemented.