

## Latest figures show over 9.5 million people now living with diabetes in Germany as the numbers continue to rise

*15.3% of adult population in Germany now living with diabetes*

*International Diabetes Federation launches 9<sup>th</sup> Edition of the IDF Diabetes Atlas to mark World Diabetes Day 2019*

*diabetesDE – German Diabetes Aid and publisher Kirchheim invite people living with diabetes, families and friends to visit World Diabetes Adventure Day in Berlin*

(Brussels, Belgium, 14 November 2019) - On World Diabetes Day, the International Diabetes Federation (IDF) is releasing new figures that highlight the alarming growth in the prevalence of diabetes around the world. 38 million more adults are now estimated to be living with diabetes globally compared to the results published in 2017. New findings published today in the 9<sup>th</sup> Edition of the IDF Diabetes Atlas, show that Germany is now in the top 10 countries for absolute increase in diabetes prevalence.

The 9<sup>th</sup> Edition of the IDF Diabetes Atlas reports that the prevalence of diabetes in Germany has reached 15.3%. This is 25% higher than the figure (12.2%) previously reported by IDF in 2017. In 2019, an estimated 9.5 million adults in Germany are living with diabetes – putting them at risk of life-threatening complications. 4.5 million of these 9.5 million, are undiagnosed and, as a result, may be particularly at risk.

“These alarming figures underline the necessity to finally, and with no further delay, implement the national diabetes strategy in Germany, mandated in the 2018 coalition treaty”, summarized Dr Jens Kröger, Chairman of the Board of diabetesDE – German Diabetes Aid.

“Much can be done to reduce the impact of diabetes. Evidence suggests that type 2 diabetes can often be prevented, while early diagnosis and securing the quality of diabetes care for the rising number of people living with the disease can avoid or delay complications. We also need to focus on building a health promoting environment that enables people to make the healthy choice the easier choice”, said diabetologist Kröger. The rise in the number of people with type 2 diabetes is driven by a complex interplay of socio-economic, demographic, environmental and genetic factors. Key contributors include urbanisation, an ageing population, decreasing levels of physical activity and increasing levels of overweight and obesity. For reasons which are unknown, type 1 diabetes is also on the rise.

Diabetes has an impact on all age groups, regardless of geography and income. The rise in prevalence is putting a strain on the capacity of countries to guarantee regular and affordable access to essential medicines and appropriate care. This leaves many struggling to manage their diabetes, placing their health at serious risk.

When their diabetes is undetected or when they are inadequately supported, people with diabetes are at risk of serious and life-threatening complications, such as heart attack, stroke, kidney failure, blindness and lower-limb amputation. These result in reduced quality of life and higher healthcare costs, and place undue stress on families.

“Diabetes is a serious threat to global health that respects neither socioeconomic status nor national boundaries,” said Prof. Wolfgang Rathmann at the German Diabetes Center, Institute for Biometrics and Epidemiology, and member of the IDF Diabetes Atlas Committee. “The increasing prevalence of diabetes in Germany is a wake-up call. We must do more to prevent type 2 diabetes, diagnose all



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forms of diabetes early and prevent complications. We must also ensure that every person with diabetes has affordable and uninterrupted access to the care they need.”

Globally, an estimated 463 million adults are living with diabetes and 59 million are in Europe alone. Type 2 diabetes accounts for up to 90% of the total.

For more information and supporting data about the national, regional and global prevalence of diabetes included in the IDF Diabetes Atlas 9<sup>th</sup> Edition, visit [www.diabetesatlas.org](http://www.diabetesatlas.org).

#### **World Diabetes Day 2019 events at the Sony Center, Berlin:**

- **Thursday, November 14<sup>th</sup>: Blue Monument Challenge (Illumination of the Sony Center), 19:00**
- **Saturday, November 16<sup>th</sup>: World Diabetes Adventure Day, 10:00 – 18:00 by diabetesDE – German Diabetes Aid and publisher Kirchheim. People with diabetes, families and friends and everybody who is interested to learn more about the condition is invited to take part in a range of activities, including: the diabetes market, diabetes lectures in a cinema, infotainment programme on stage, family fun run (14:00, register at <https://www.diabetesde.org/family-fun-run>), and a foam cloud event (16:20)**

**ENDS**

#### **About the IDF Diabetes Atlas**

The IDF Diabetes Atlas is an authoritative resource on the global impact of diabetes. First published in 2000, it is updated periodically by IDF in collaboration with experts from around the world and contains data on diabetes prevalence, mortality and expenditure on global, Regional and national levels. The IDF Diabetes Atlas draws attention to the importance and growing impact of diabetes in all countries and regions. [www.diabetesatlas.org](http://www.diabetesatlas.org)

#### **About the International Diabetes Federation**

The International Diabetes Federation (IDF) is an umbrella organization of over 230 national diabetes associations in 170 countries and territories. It represents the interests of the growing number of people with diabetes and those at risk. The Federation has been leading the global diabetes community since 1950. [www.idf.org](http://www.idf.org)

#### **About diabetesDE – German Diabetes Aid**

diabetesDE – German Diabetes Aid is a non-for-profit, patient centered health organisation, actively engaging for more than 7 mio people with diabetes, their families and persons at risk. We focus on informing the public, building awareness, campaigning and mobilising political will for necessary improvements in diabetes care, early detection, effective primary prevention and research capacity building. There is a close cooperation with our funding organisations, the German Diabetes Society (DDG), the German Association of Diabetes Councillors and Educating Professions (VDBD) and the German Diabetes Aid – People with Diabetes (DDH-M) and other stakeholders. diabetesDE-German Diabetes Aid is a member of the German NCD Alliance (DANK). [www.diabetesde.org](http://www.diabetesde.org), [www.diabetesstimme.de](http://www.diabetesstimme.de)

