



## **1 in 6 adults are now living with diabetes in Mexico**

*New figures released by the International Diabetes Federation show that over 14 million adults in the country affected by the condition.*

*Diabetes-related health expenditure in Mexico has now reached 20 billion USD.*

*Almost half of people living with diabetes in Mexico are undiagnosed.*

12 November, 2021 - Ahead of World Diabetes Day on November 14th, the International Diabetes Federation (IDF) has released new figures showing that 537 million adults are now living with diabetes worldwide — a rise of 16% (74 million) since the previous IDF estimates in 2019. These findings from the 10th Edition of the IDF Diabetes Atlas, which will be published on December 6th, report that the prevalence of diabetes in Mexico has now reached 16.9%, or one in six adults.

In 2021, an estimated 14 million adults in Mexico are living with diabetes – a rise of 10% in the past two years. An additional 11 million adults in the country have Impaired Glucose tolerance (IGT), which places them at high risk of developing type 2 diabetes. Diabetes-related health expenditure in Mexico has reached USD 20 billion, putting it in the top ten countries or territories with the highest total health expenditure.

Just under half (47.5%) of people living with diabetes in the country are undiagnosed. When diabetes is undetected or inadequately treated, 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 lead to a greater need for access to care.

“The number of people in Mexico living with diabetes or at risk of developing the condition continues to increase, impacting the lives of millions across the country,” comments Dr. Josafat Camacho, Medical President of the Mexican Diabetes Federation.

This year marks 100 years since the discovery of insulin. A milestone that presents a unique opportunity to reflect on the numbers of people living with diabetes, as well as the urgent need to improve access to care for the millions affected.

“100 years on from the discovery of insulin, we must do more to provide affordable and uninterrupted access to diabetes care for all people that need it. Policy makers and health decision-makers must turn words into action to improve the lives of people with diabetes and prevent the condition in those at high risk of developing it.

Globally, 90% of people with diabetes have type 2 diabetes. The rise in the number of people with type 2 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.

Much can be done to reduce the impact of diabetes. Evidence suggests that type 2 diabetes can often be prevented, while early diagnosis and access to appropriate care for all types of diabetes can avoid or delay complications in people living with the condition.

Key global and regional findings from the IDF Diabetes Atlas 10<sup>th</sup> Edition include:



- One in ten (10.5%) adults around the world are currently living with diabetes. The total number is predicted to rise to 643 million (11.3%) by 2030 and to 783 million (12.2%) by 2045.
- 1 in 7 adults (51 million) are living with diabetes in the North America and Caribbean Region.
- An estimated 240 million people are living with undiagnosed diabetes worldwide – 12 million of which live in the North America and Caribbean Region.
- Diabetes was responsible for an estimated USD 966 billion in global health expenditure in 2021. This represents a 316% increase over 15 years. The North America and Caribbean Region accounts for 43% (415 billion USD) of the global expenditure.
- Excluding the mortality risks associated with the COVID-19 pandemic, approximately 6.7 million adults are estimated to have died as a result of diabetes, or its complications, in 2021. That's more than one in ten (12.2%) of global deaths from all causes. The North America and Caribbean Region accounts for 14% (931,000) of total diabetes-related deaths.
- 541 million adults, or 10.6% of adults worldwide, have impaired glucose tolerance (IGT), placing them at high risk of developing type 2 diabetes. Almost one in six (32 million) people affected by IGT live in the North America and Caribbean Region.

More information and supporting data about the national, regional and global prevalence of diabetes from the 10<sup>th</sup> Edition of the IDF Diabetes Atlas can be found at [www.diabetesatlas.org](http://www.diabetesatlas.org).

The theme selected by IDF for World Diabetes Day - 14 November - is Access to Diabetes Care. IDF is calling on national governments to provide the best possible care for people living with diabetes and develop policies to improve diabetes screening and type 2 diabetes prevention, especially among young people. Learn more at [www.worlddiabetesday.org](http://www.worlddiabetesday.org).

## **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 IDF Regions. [www.diabetesatlas.org](http://www.diabetesatlas.org)

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

The International Diabetes Federation (IDF) is an umbrella organisation 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 World Diabetes Day**

World Diabetes Day was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nation Resolution 61/225. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1921. The World Diabetes Day 2021 campaign is supported by Allergan, AstraZeneca, Gan & Lee, Lilly Diabetes, Merck, Novo Nordisk, Pfizer/MSD Alliance and Sanofi.