

1 in 10 adults in Brazil now living with diabetes

New figures released by the International Diabetes Federation show that over 15 million adults in the country are affected by the condition.

Diabetes-related health expenditure in Brazil has reached 42.9 billion USD in 2021, the third highest in the world

Nearly 18 million adults in the country at high risk of developing type 2 diabetes

12 November 2021 - Ahead of World Diabetes Day, 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 15.7 million adults (10.5%) are now living with diabetes in Brazil – or one in ten adults.

The cost of diabetes-related health expenditure in Brazil is the third highest in the world, at 42.9 billion USD. In addition, 18 million adults (11.9%) have Impaired Glucose Tolerance (IGT), which places them at high risk of developing type 2 diabetes.

Almost a third (32%) of people living with diabetes in Brazil 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.

“The number of people in Brazil living with diabetes or at risk of developing the condition remains a significant challenge to the health and wellbeing of individuals and families in the country,” comments Dr Mark Barone, ForumDCNTs and Vice-President of IDF.

This year marks 100 years since the discovery of insulin. That milestone 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.

“We must do more to prevent diabetes and its complications in Brazil and around the world. This means uninterrupted access to quality diabetes care and diabetes education for all people who require it, through an equipped healthcare workforce and system. Policy makers and health decision-makers must turn words into action to implement effective policies and programmes to improve the lives of people with diabetes and prevent the condition in those at risk of developing it,” concludes Barone.

Globally, 90% of people with diabetes have type 2 diabetes. 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 people being overweight and developing 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 10th Edition of IDF Diabetes Atlas 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.
- One in eleven (33 million) adults in South and Central America are living with diabetes.
- An estimated 240 million people are living with undiagnosed diabetes worldwide – 11 million in South and Central America.
- Diabetes was responsible for an estimated USD 966 billion in global health expenditure in 2021. This represents a 316% increase over 15 years. South and Central America accounts for 7% (65 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 South and Central America Region accounts for 6% (410,000) 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. Over one in seven (40 million) people affected by IGT live in the South and Central America Region.

More information and supporting data about the national, regional and global prevalence of diabetes from the 10th Edition of the IDF Diabetes Atlas can be found at www.diabetesatlas.org.

The theme of World Diabetes Day this 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.

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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

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

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.