

Over 74 million adults are living with diabetes in India – second highest number in the world

New figures released by the International Diabetes Federation show that over 1 in 12 adults in the country affected by the condition

Over half of people living with diabetes in India are undiagnosed

40 million adults in India are at high risk of 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 over 74 million adults in India are living with diabetes – or one in 12 adults.

The number of people with diabetes in India is the second highest in the world, after China (141 million). A further 40 million adults in India have Impaired Glucose Tolerance (IGT), which places them at high risk of developing type 2 diabetes. This is the second highest number in the world.

More than half (53.1%) of people living with diabetes in India are undiagnosed. When diabetes is undetected or inadequately treated, it can cause 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 increasing number of people living with diabetes and at risk of developing the condition in India confirms diabetes as a significant challenge to the health and wellbeing of individuals and families in the country,” says Professor Shashank Joshi, Chair, IDF South-East Asia Region.

This year marks 100 years since the discovery of insulin. This 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 provide affordable and uninterrupted access to diabetes care for all in India, and around the world. 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,” continues Joshi.

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 IDF Diabetes Atlas 10th 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 11 adults (90 million) in South-East Asia are living with diabetes.
- An estimated 240 million people are living with undiagnosed diabetes worldwide – 46 million in South-East Asia.
- Diabetes was responsible for an estimated USD 966 billion in global health expenditure in 2021. This represents a 316% increase over 15 years. South-East Asia accounts for 1% (10 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-East Asia Region accounts for 11% (747,000) 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 nine (47 million) people affected by IGT live in the South-East Asia Region.
- 1 in 4 live births in South-Asia are affected by hyperglycaemia (high blood glucose) in pregnancy.

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.

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

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 1922. The World Diabetes Day 2021 campaign is supported by Allergan, AstraZeneca, Gan & Lee, Lilly Diabetes, Merck, Novo Nordisk, Pfizer/MSD Alliance and Sanofi.