

## China accounts for 1 in 4 of all people living with diabetes worldwide

*New data from the International Diabetes Federation shows 13% of the adult population in China is now living with diabetes*

*China has the highest number of deaths from diabetes in the world, at approximately 1.4 million*

*The diabetes-related health expenditure in China is the second highest in the world*

November 12, 2021 – In advance of World Diabetes Day, the International Diabetes Federation (IDF) has released new figures to show that 537 million adults are now living with diabetes worldwide — a rise of 16% (74 million) in the past two years. These findings from the 10<sup>th</sup> Edition of the IDF Diabetes Atlas, which will be published in December, report that one in four adults with diabetes live in China.

An estimated 141 million adults are living with diabetes in China – a rise of 20% over the past two years. The country has the highest number of deaths from diabetes in the Western Pacific region, at approximately 1.4 million, and the second-highest diabetes-related health expenditure in the world, at 165.3 billion USD.

More than half (50.5%) of adults currently living with diabetes in China 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 increasing prevalence in China confirms diabetes as a significant challenge to the health and wellbeing of individuals and families in the country,” says Professor Juliana Chan, Professor of Medicine and Therapeutics and Director, Hong Kong Institute of Diabetes and Obesity.

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.

This year marks 100 years since the discovery of insulin. This milestone presents a unique opportunity to reflect on the impact of diabetes and highlights the urgent need to improve access to care for the millions affected. An estimated 1 in 2 people with diabetes across the world who need insulin cannot access or afford it.

“More must be done to provide affordable and uninterrupted access to care for all people living with diabetes worldwide. 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,” concludes Chan.

Key global and regional findings from the of 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 9 adults (206 million) are living with diabetes in the Western Pacific Region - 38% of the global total.
- An estimated 240 million people are living with undiagnosed diabetes worldwide – 45% of which live in the Western Pacific 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 Western Pacific Region accounts for 25% (241 billion USD) of the global expenditure.
- Excluding the mortality risks associated with COVID-19, 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 Western Pacific Region accounts for 34% (2.3 billion) 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 two (253 million) people affected by IGT live in the Western Pacific 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. In China, IDF is pleased to announce the launch of its new WeChat channel. Developed with the support from inaugural partner, Gan & Lee Pharmaceuticals, the channel will allow IDF to expand the reach of its advocacy, awareness and education activities to health professionals and people living with diabetes in China. Learn more at:



**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.