

# Alarming Diabetes Statistics

Dr M Reza Bakhtiari, *DCLS, PhD*

# IDF Diabetes Atlas

6<sup>th</sup> Edition

Diabetes prevalence, mortality and health  
expenditure for 2013 and 2035



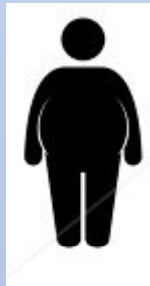
# Types of diabetes

## Type 1 diabetes



- Lack of insulin
- Autoimmune
- Usually children

## Type 2 diabetes

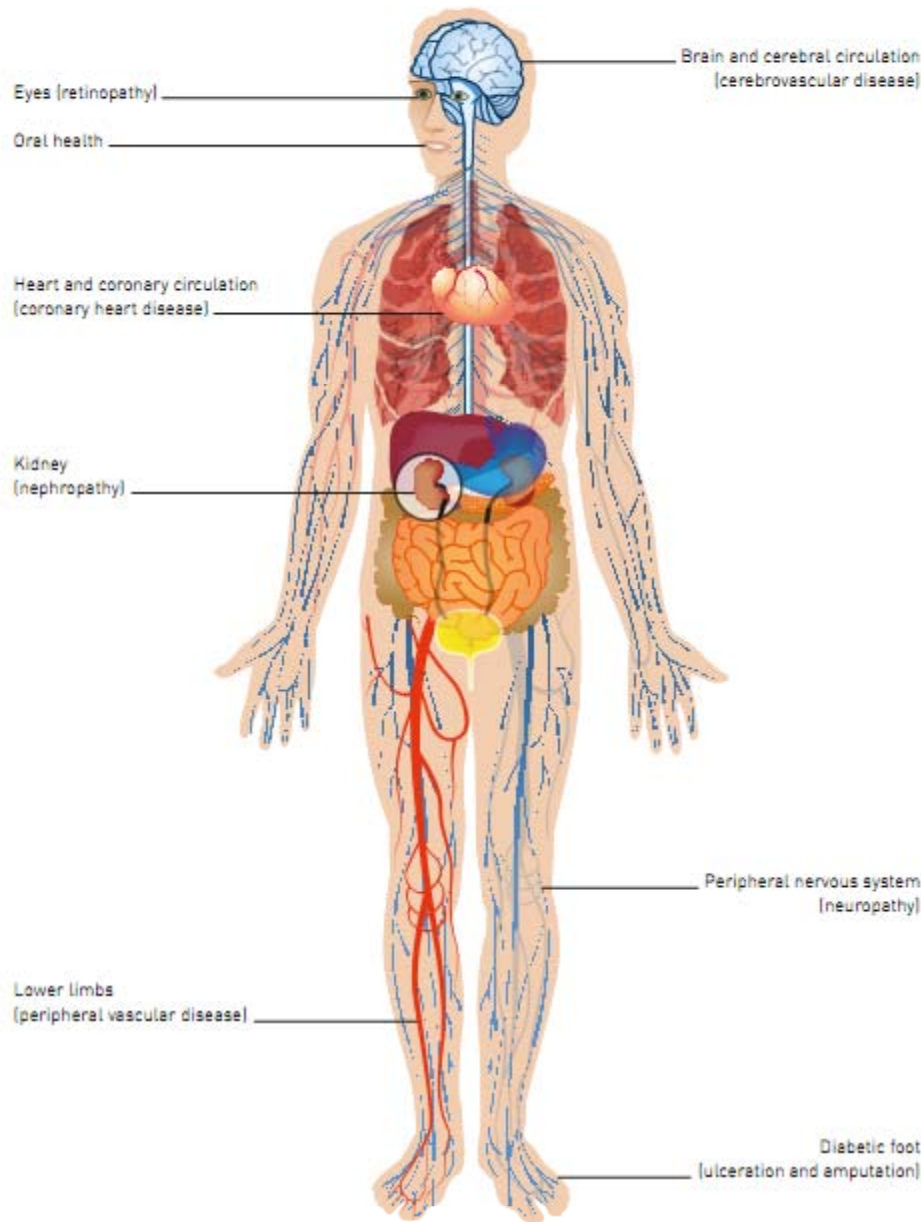


- Insulin resistance
- Lifestyle factors
- Usually adults

## Gestational diabetes



- Insulin resistance
- During pregnancy
- Risks to mother and child



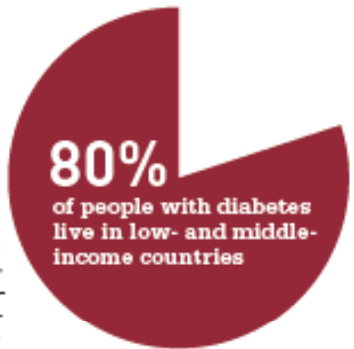
# Major diabetes complications

- Cardiovascular disease
- Eyes
- Kidney
- Feet

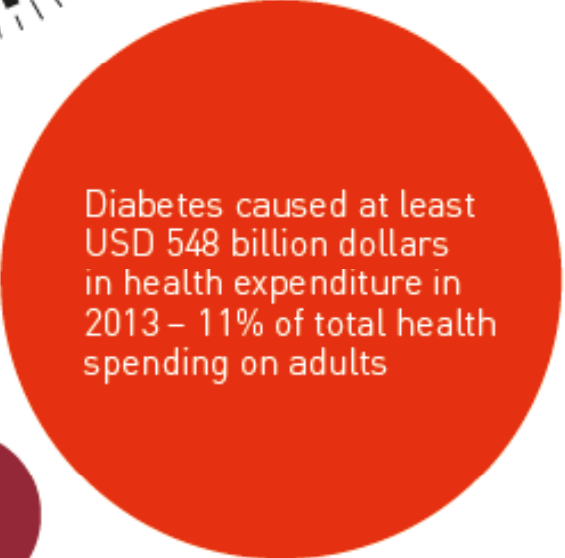
# Co-morbidities

- Fatty liver
- Sleep apnea





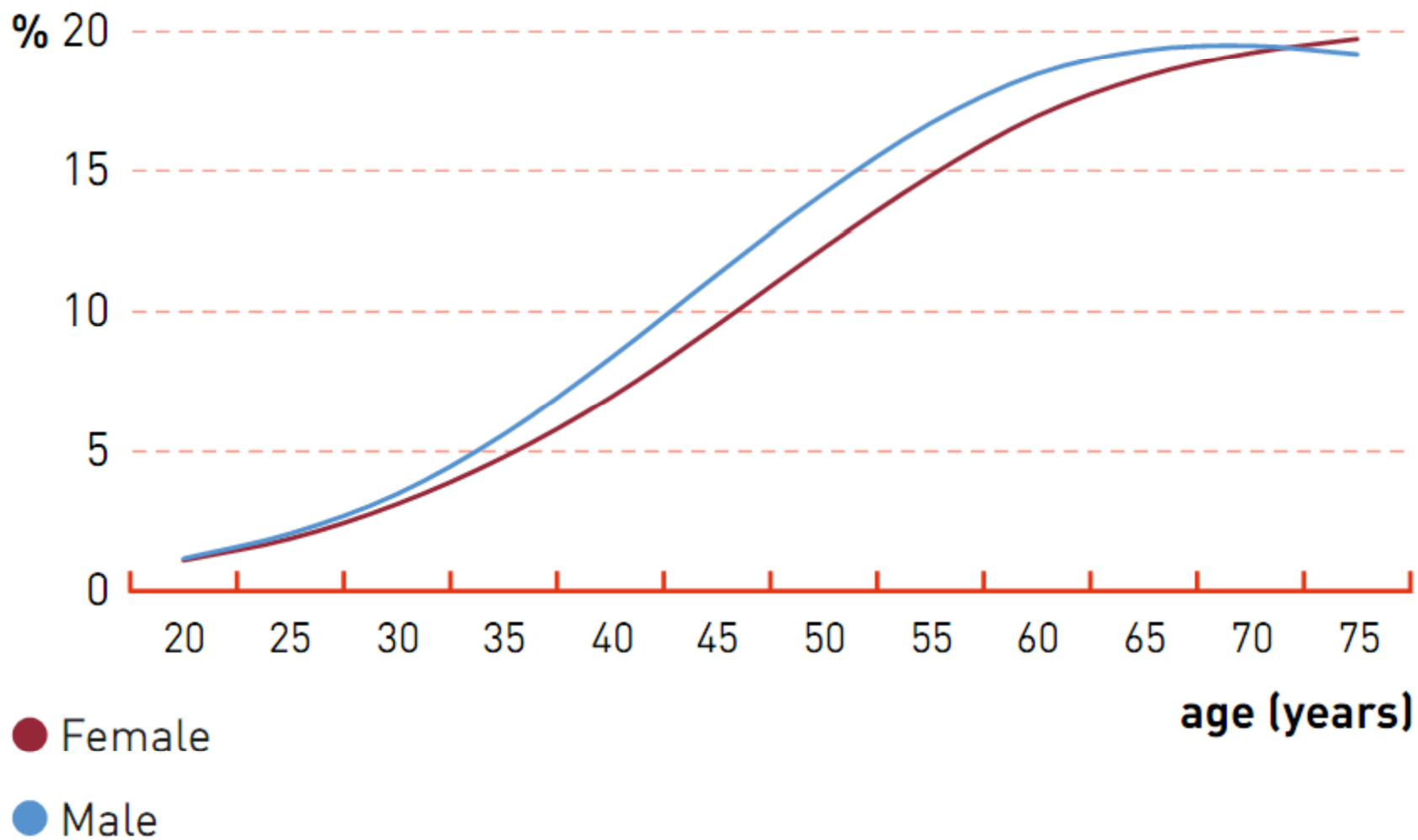
More than **79,000 children** developed type 1 diabetes in 2013



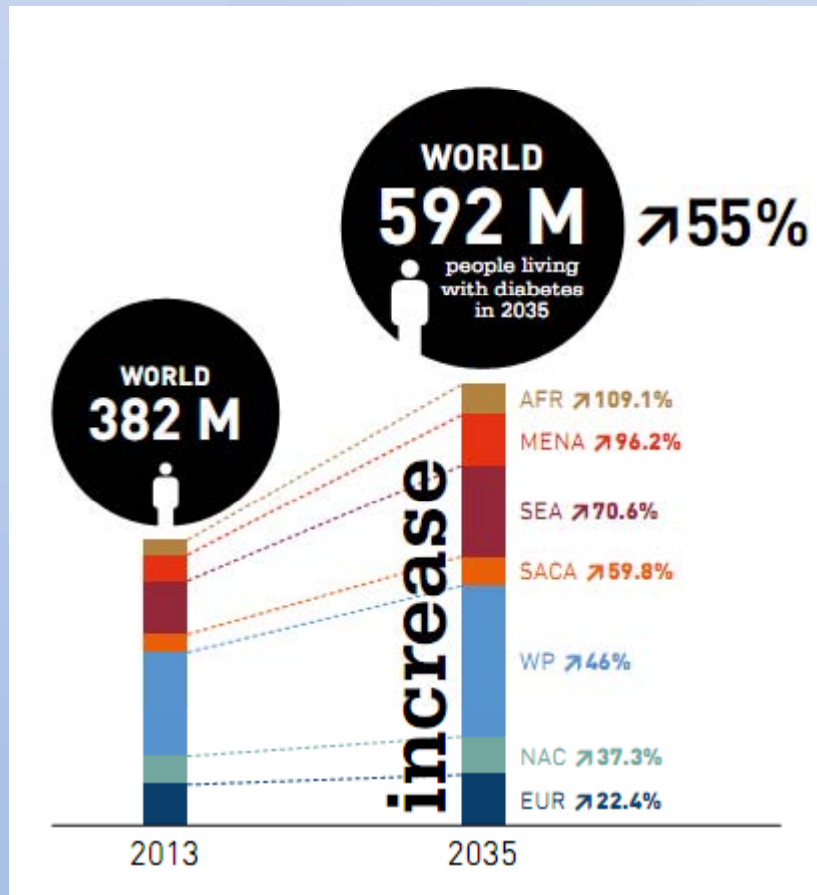
More than **21 million** live births were affected by diabetes during pregnancy in 2013



**Figure 2.2** Prevalence (%) of people with diabetes by age and sex, 2013



Diabetes is a **huge and growing problem**, and the costs to society are **high and escalating**

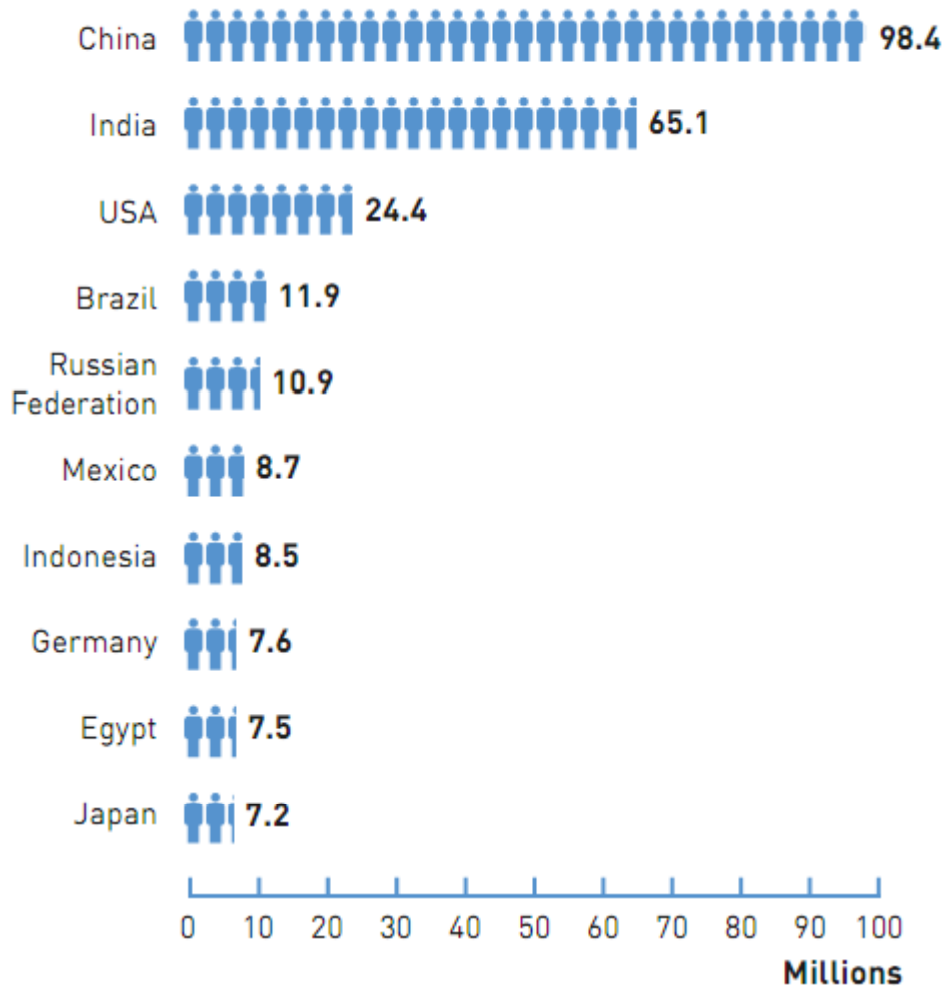


**382 million** people have diabetes

By **2035**, this number will rise to **592 million**



**Top 10 countries/territories of number  
of people with diabetes (20-79 years), 2013**



Almost **half** of all  
people with diabetes  
**live in just three**  
countries

**China**  
**India**  
**USA**





## AT A GLANCE

	2013	2035
Total world population (billions)	7.2	8.7
Adult population (20-79 years, billions)	4.6	5.9

## DIABETES AND IGT (20-79 YEARS)

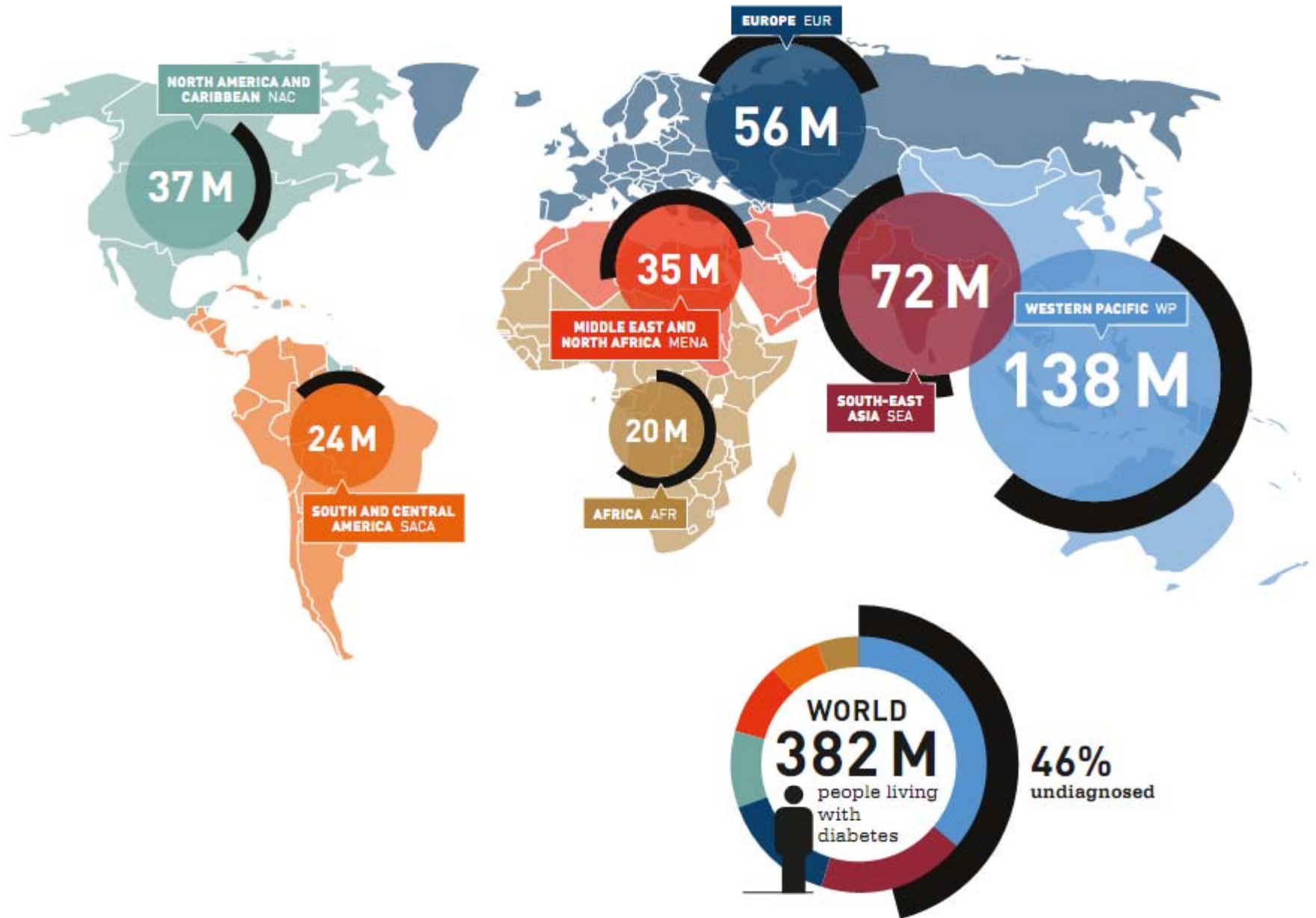
### Diabetes

Global prevalence (%)	8.3	10.1
Comparative prevalence (%)	8.3	8.8
Number of people with diabetes (millions)	382	592

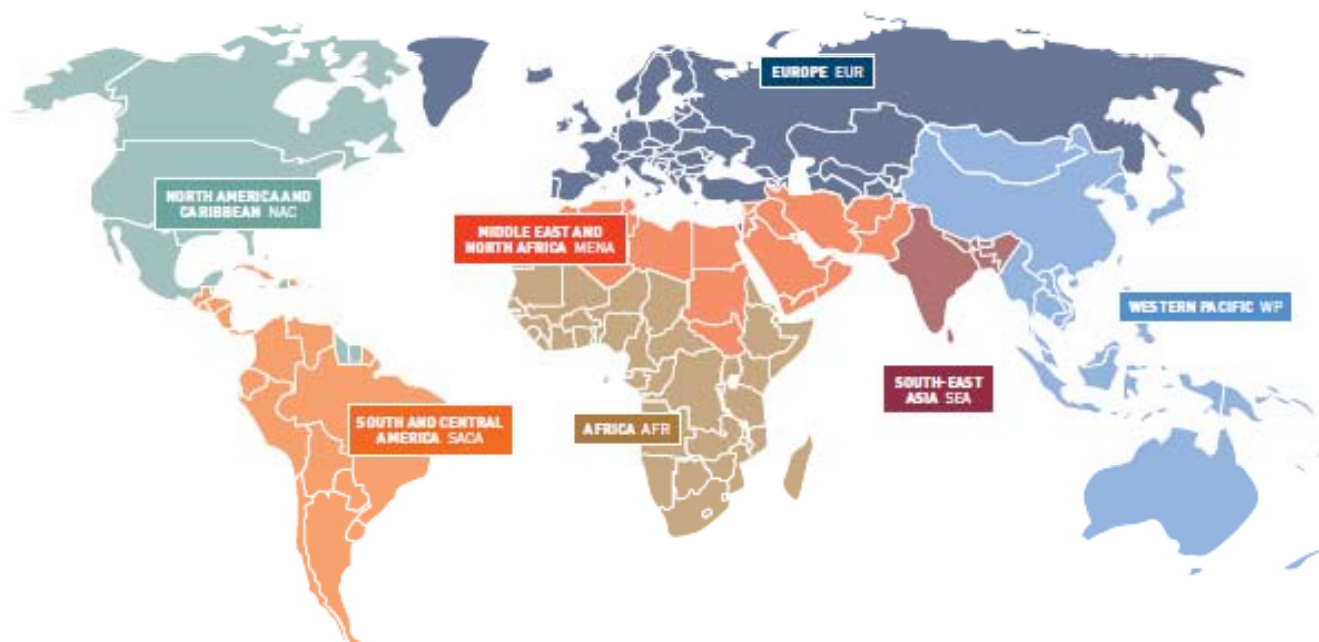
### IGT

Global prevalence (%)	6.9	8.0
Comparative prevalence (%)	6.9	7.3
Number of people with IGT (millions)	316	471

## Number of people with diabetes by IDF Region, 2013

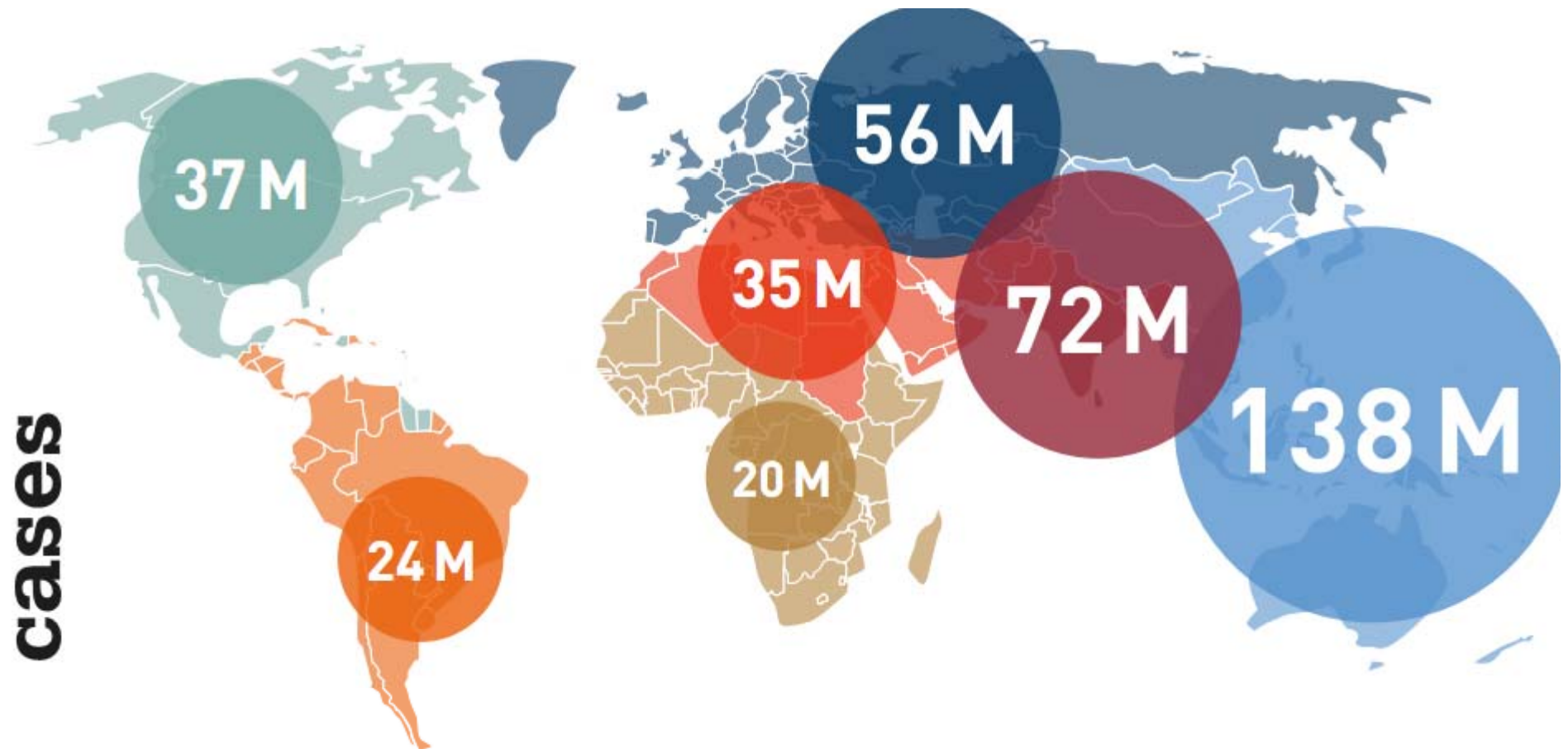


**IDF Regions and global projections of the number of people with diabetes (20-79 years), 2013 and 2035**



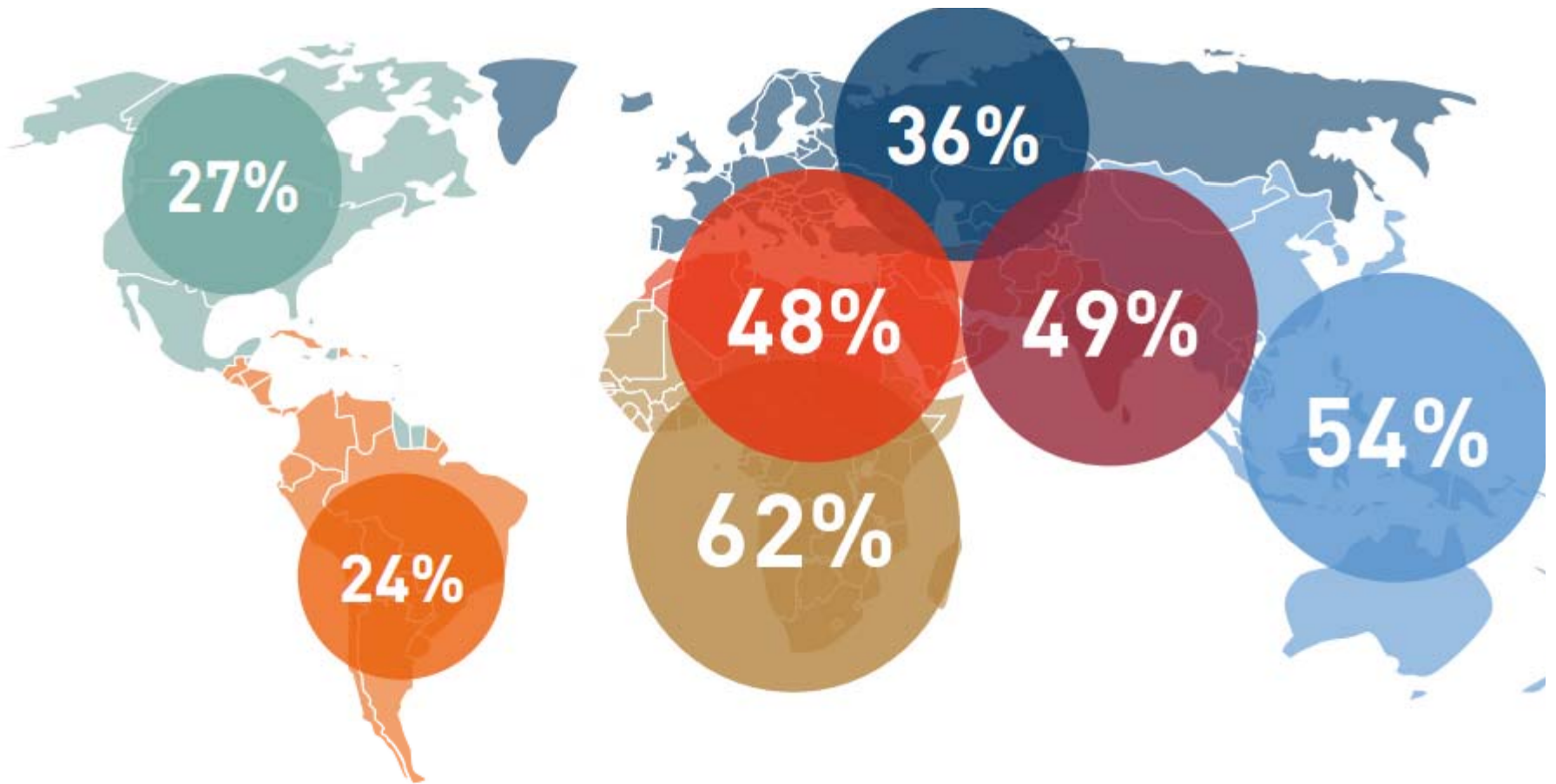
<b>IDF REGION</b>	<b>2013 MILLIONS</b>	<b>2035 MILLIONS</b>	<b>INCREASE %</b>
● Africa	19.8	41.4	109%
● Middle East and North Africa	34.6	67.9	96%
● South-East Asia	72.1	123	71%
● South and Central America	24.1	38.5	60%
● Western Pacific	138.2	201.8	46%
● North America and Caribbean	36.7	50.4	37%
● Europe	56.3	68.9	22%
<b>World</b>	<b>381.8</b>	<b>591.9</b>	<b>55%</b>





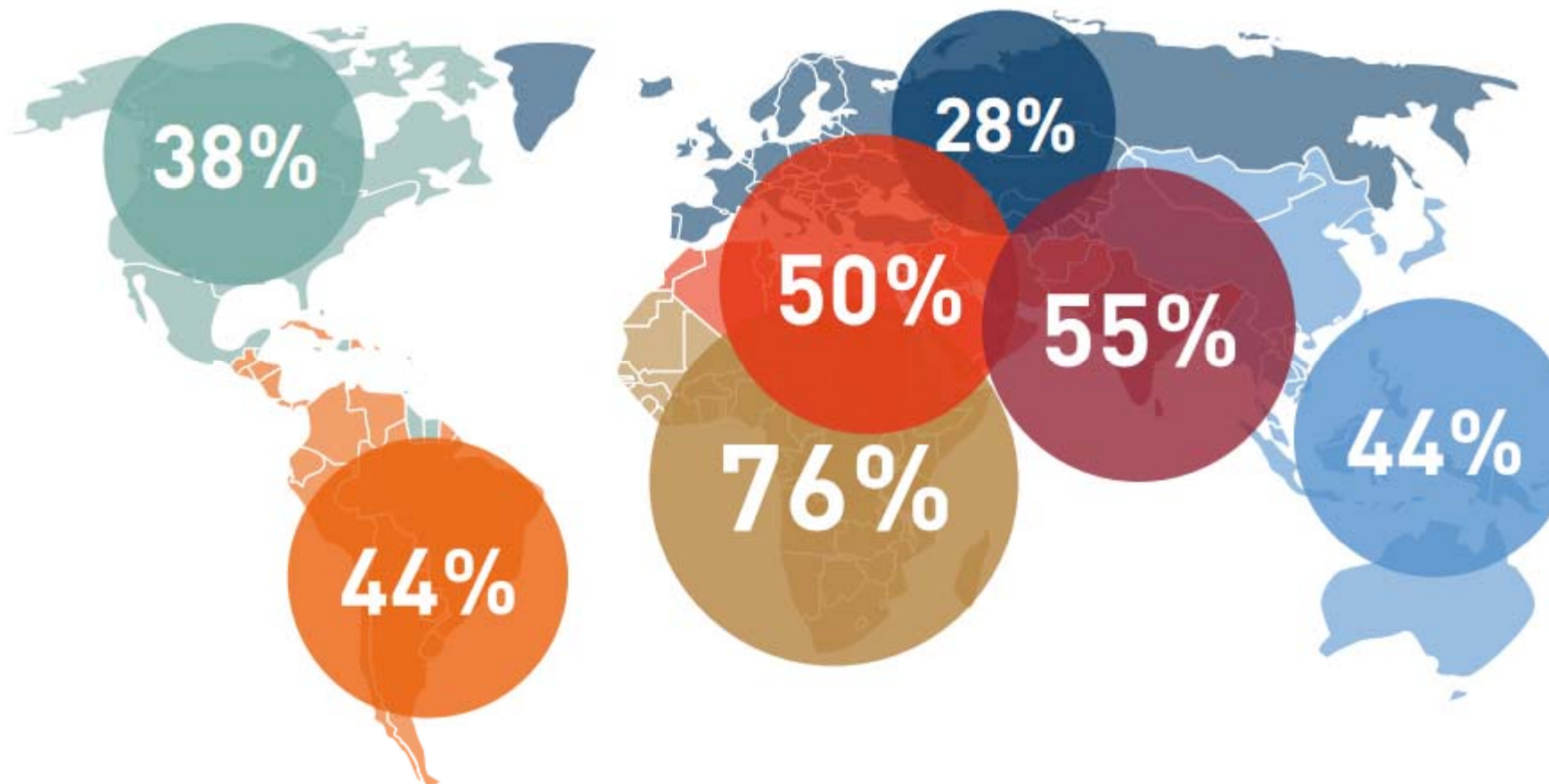
Number of people with diabetes (20-79 years), 2013

# undiagnosed



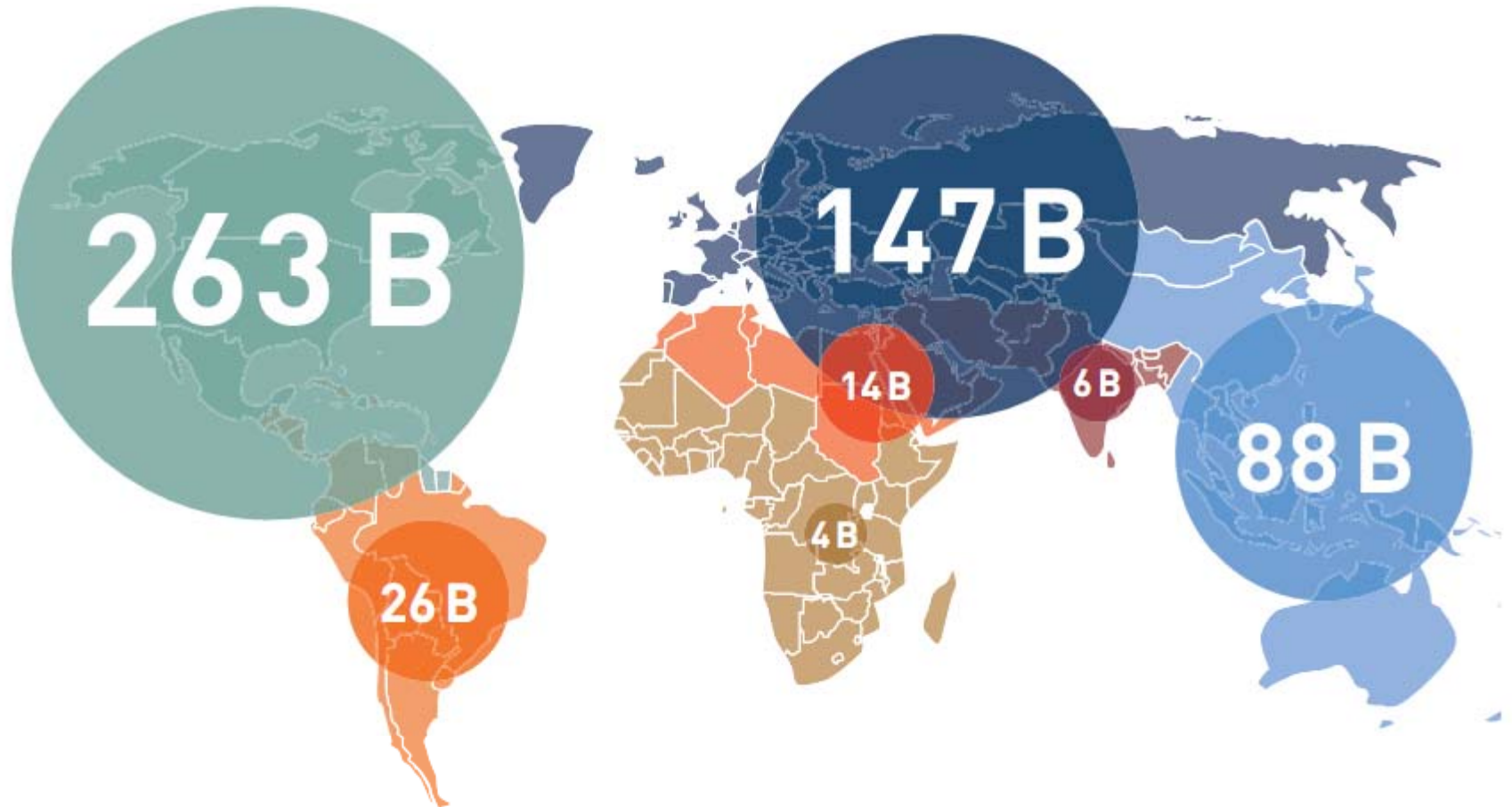
Proportion of cases of diabetes (20-79 years) that are undiagnosed, 2013

# mortality <60



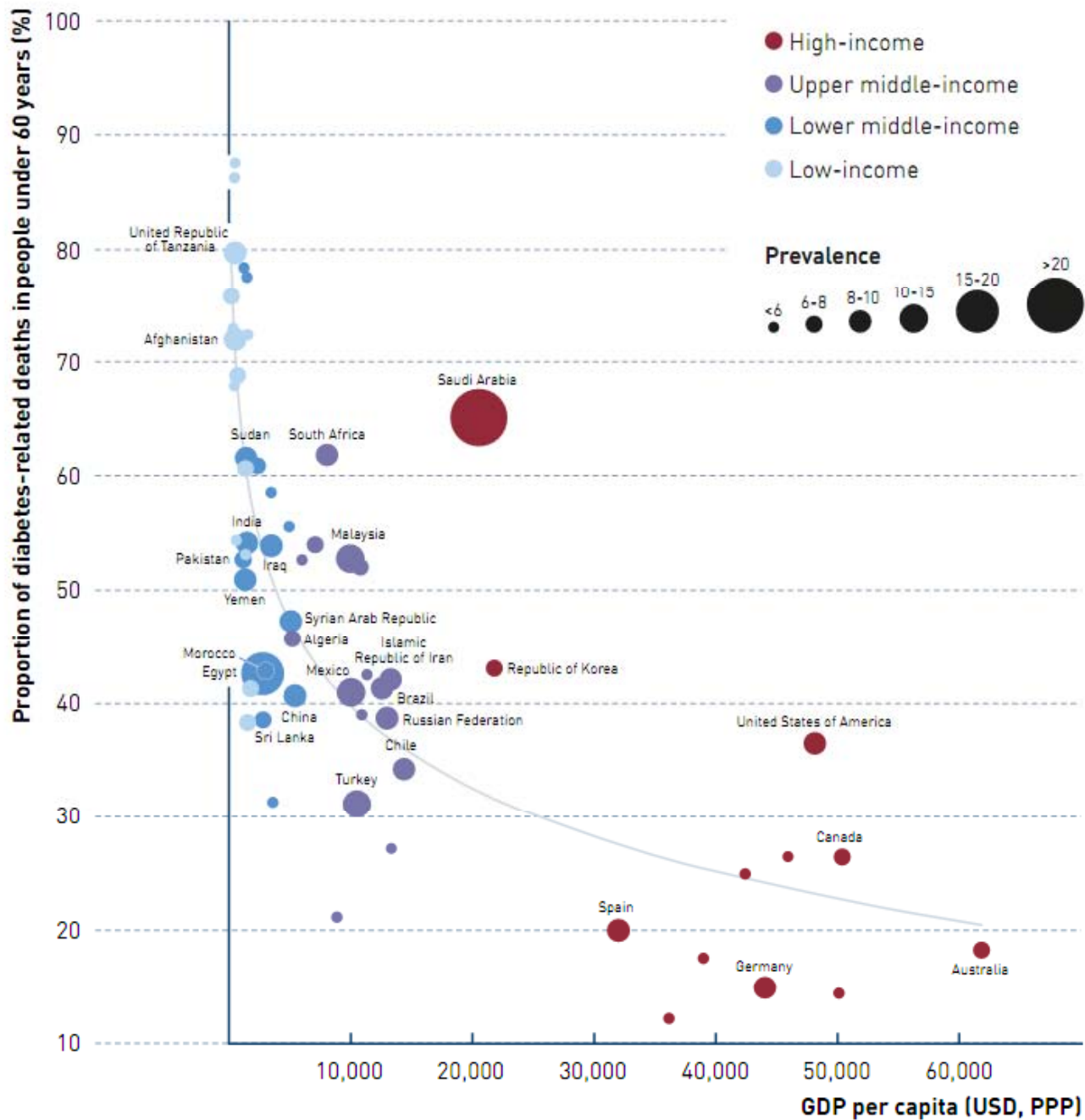
Proportion of deaths due to diabetes in people under 60 years of age, 2013

# expenditures



Health expenditure (USD) due to diabetes (20-79 years), 2013

**Figure 4.1** Deaths due to diabetes in people under 60 (%) by GDP per capita (USD, PPP), 2013\*

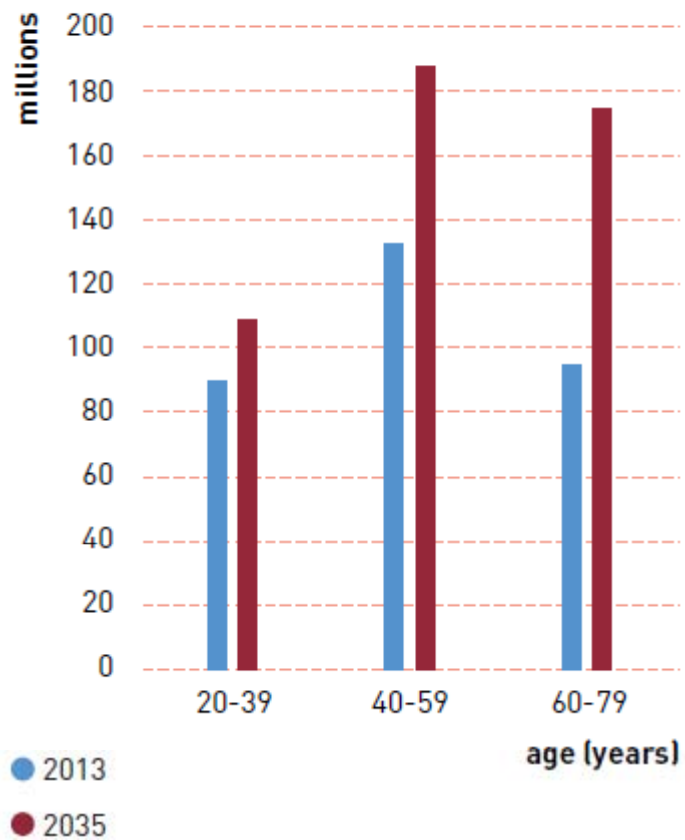


\* Only countries with adult populations greater than 10,000,000 were plotted.

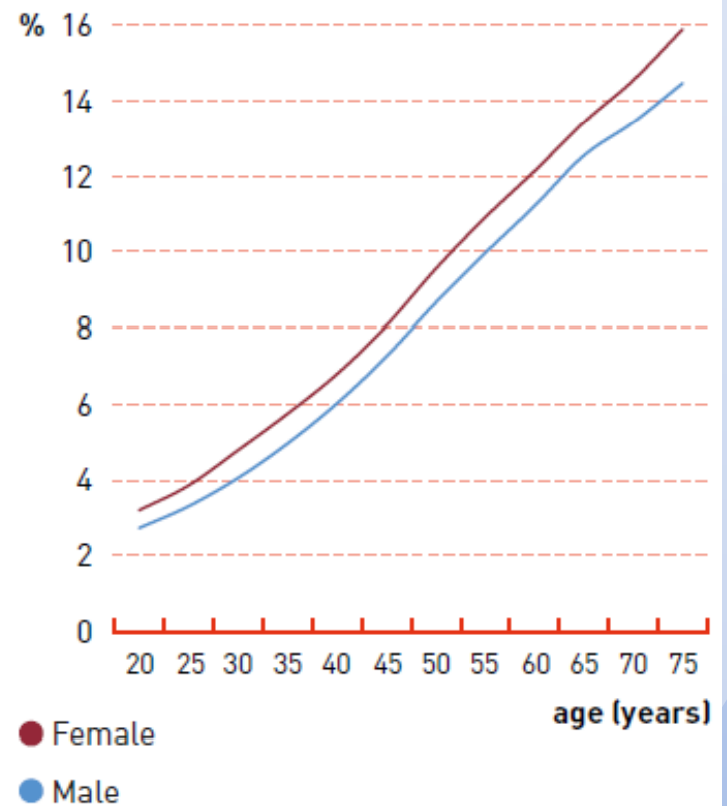
Increasing development and **wealth** is correlated with decreasing early mortality due to diabetes



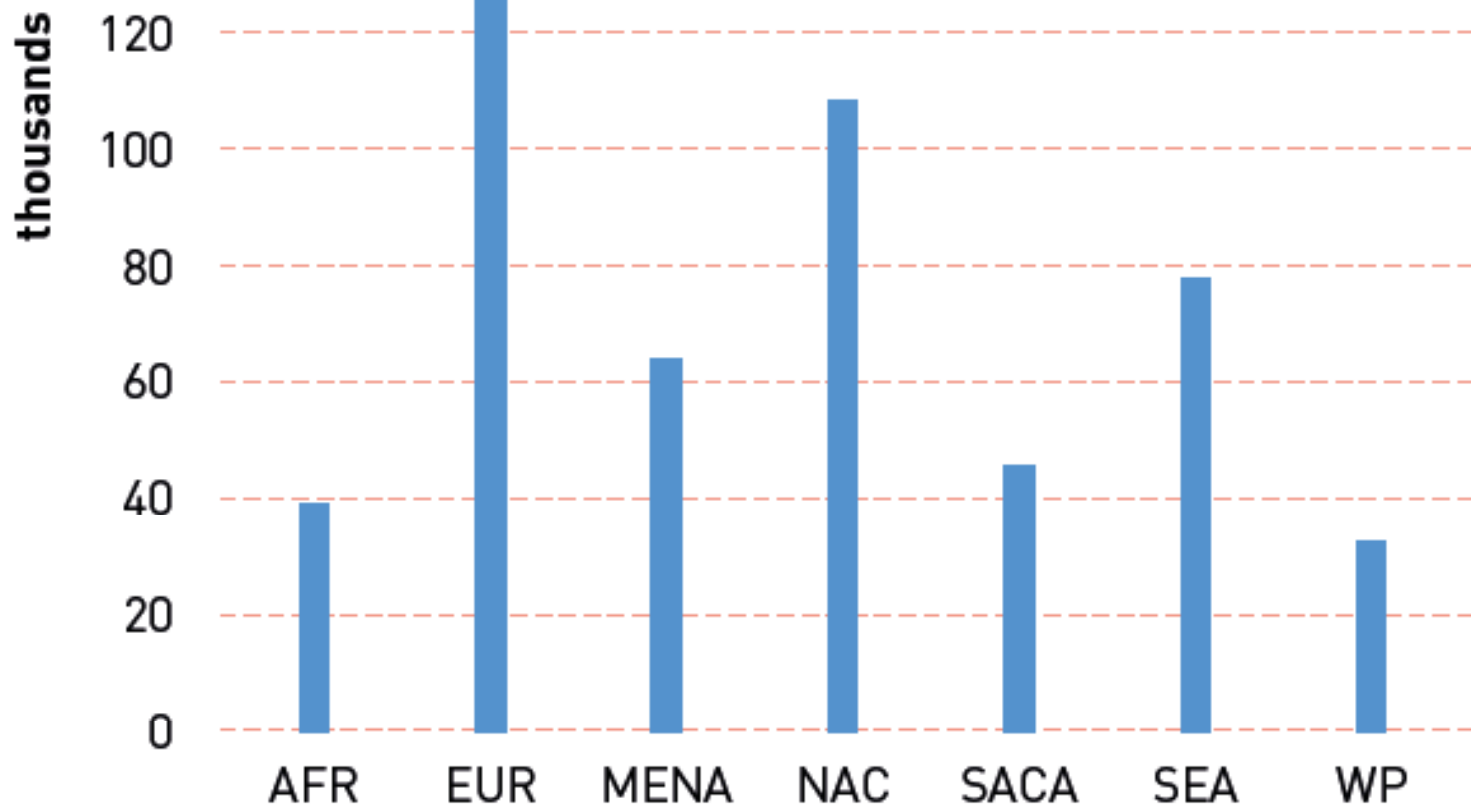
**Figure 2.3** Number of people with IGT by age (20-79 years), 2013 and 2035



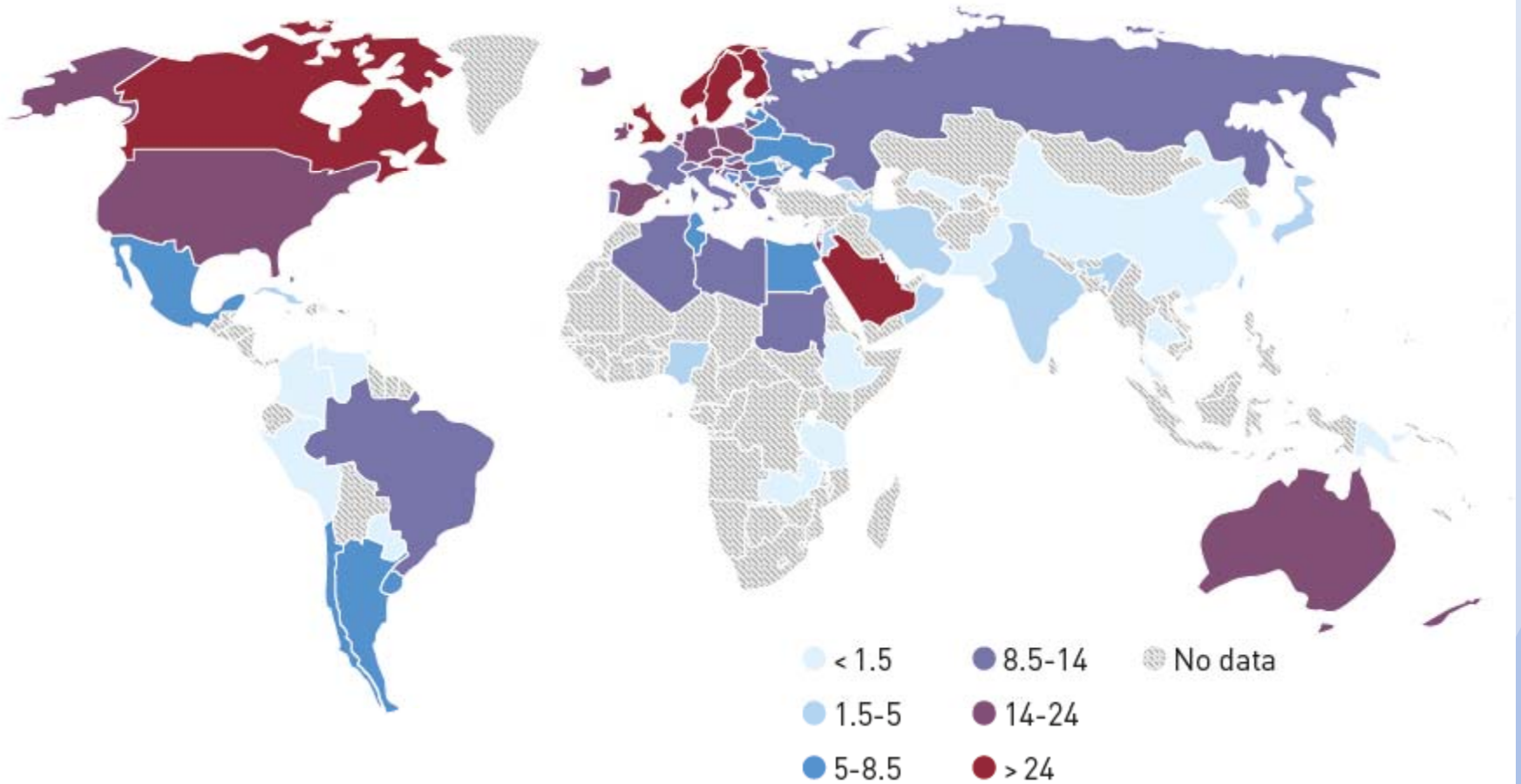
**Figure 2.4** Prevalence (%) of IGT (20-79 years) by age and sex, 2013



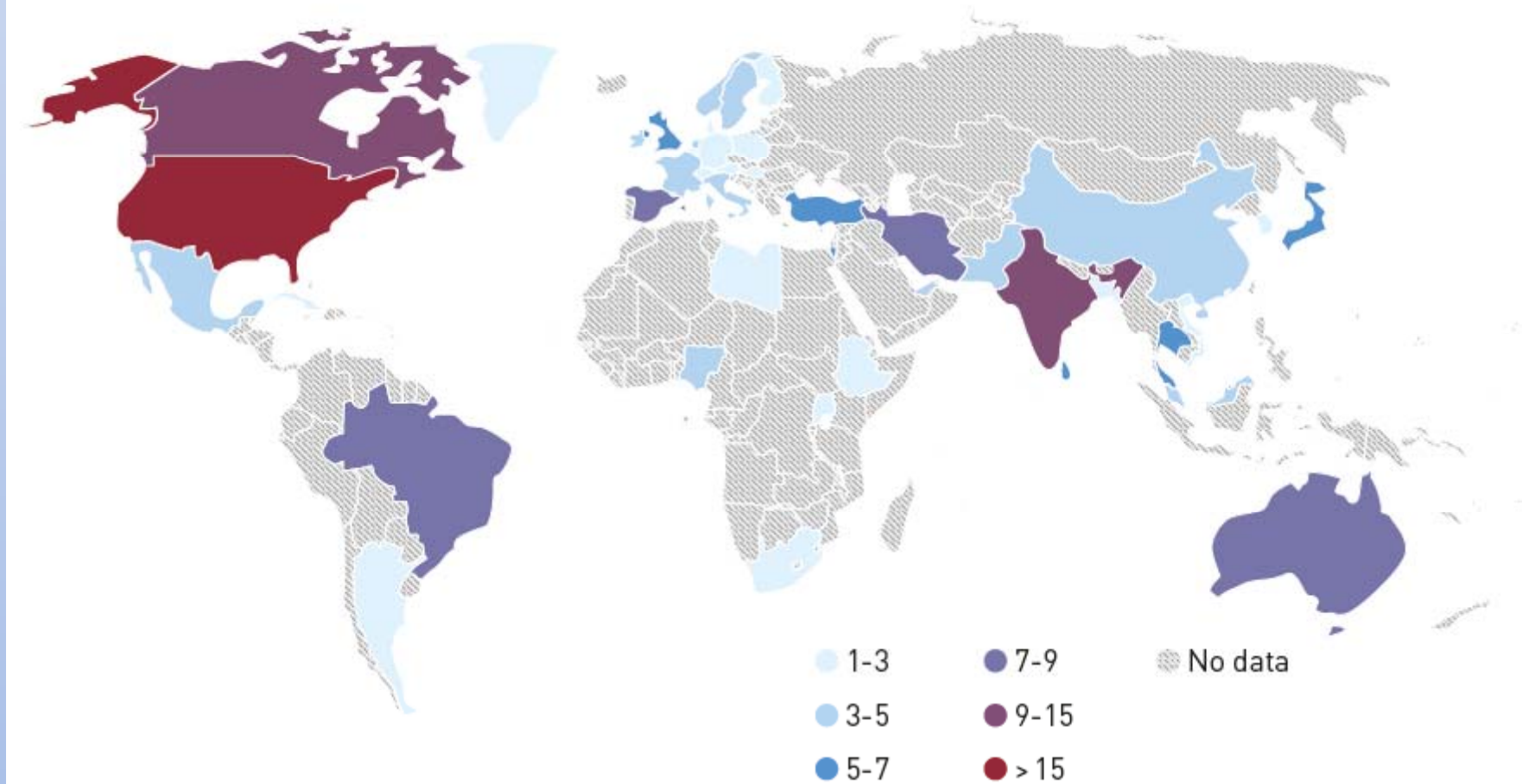
**Figure 2.5** Estimated number of children (0-14 years) with type 1 diabetes by IDF Region, 2013



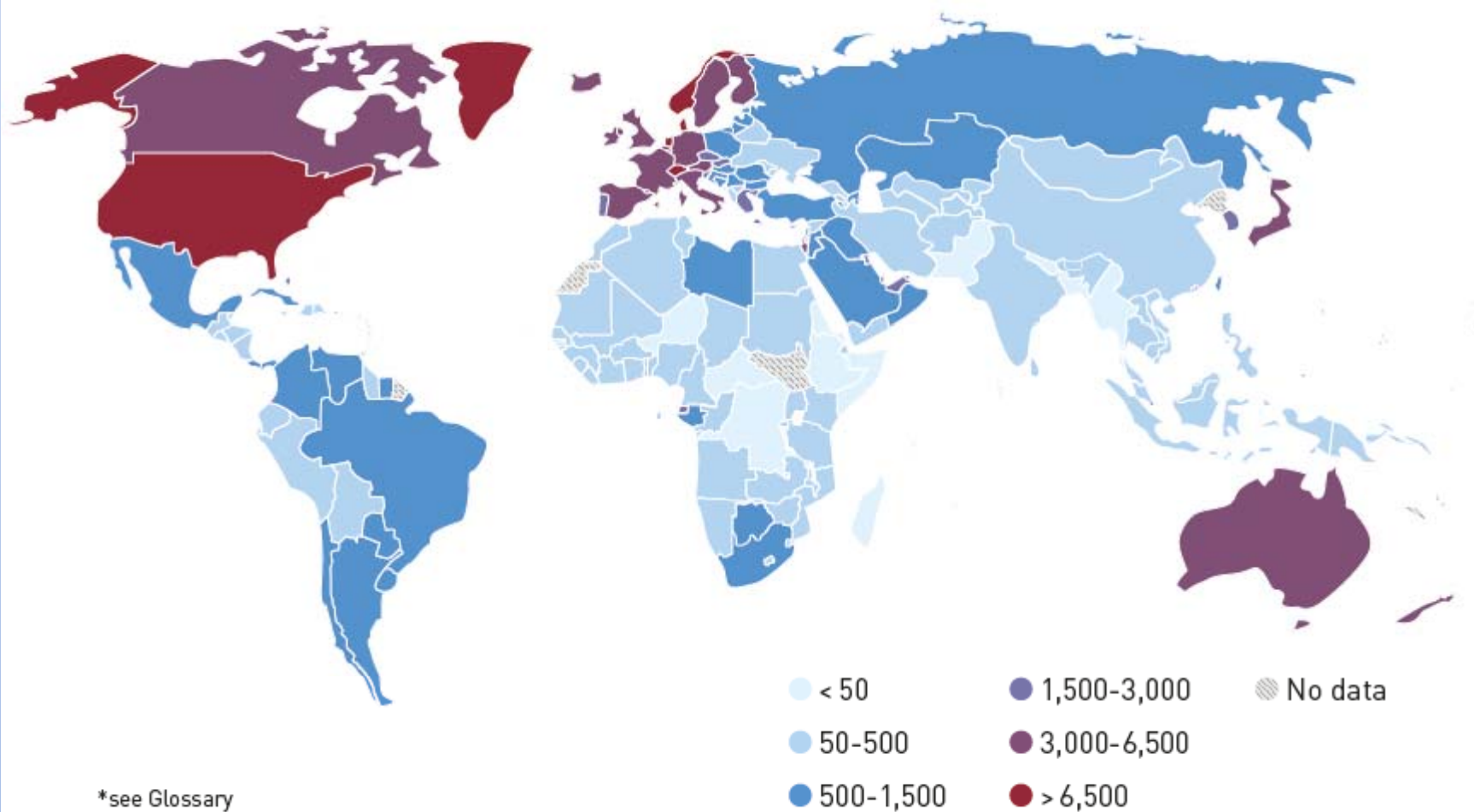
**Map 2.5** New cases of type 1 diabetes (0-14 years per 100,000 children per year), 2013



**Map 2.6** Data sources providing information on prevalence of hyperglycaemia in pregnancy, 2013



**Map 2.8** Mean diabetes-related health expenditure per person with diabetes (20-79 years) (USD), R=2\*, 2013



# MIDDLE EAST AND NORTH AFRICA AT A GLANCE



	2013	2035
Adult population (20-79 years, millions)	375	584

## Diabetes (20-79 years)

Regional prevalence (%)	9.2	11.6
Comparative prevalence (%)	10.9	11.3
Number of people with diabetes (millions)	34.6	67.9

## IGT (20-79 years)

Regional prevalence (%)	6.7	7.5
Comparative prevalence (%)	7.5	7.4
Number of people with IGT (millions)		

## Type 1 diabetes (0-14 years)

Number of children with type 1 diabetes (thousands)	64.0	•
Number of newly diagnosed cases per year (thousands)	10.7	•

Diabetes is a **huge and growing problem**, and the costs to society are **high and escalating**.

In the Middle East and North Africa, **1 in 10 adults** has diabetes.

## Top 5 countries for number of people with diabetes (20-79 years), 2013

Countries/territories	Millions
1 Egypt	7.5
2 Pakistan	6.7
3 Iran (Islamic Republic of)	4.4
4 Saudi Arabia	3.6
5 Algeria	1.6

## Top 5 countries for prevalence\* (%) of diabetes (20-79 years), 2013

Countries/territories	%
1 Saudi Arabia	23.87
2 Kuwait	23.09
3 Qatar	22.87
4 Bahrain	21.84
5 United Arab Emirates	18.98





**International  
Diabetes  
Federation**

IDF Diabetes Atlas 6th Edition - Country Estimates Table

2013

Country/territory	IDF Region	Adult Population (20-79) in 1000s	Diabetes cases (20-79) in 1000s	Diabetes national prevalence (%)	Diabetes comparative prevalence (%)	Diabetes related deaths (20-79)	type 1 diabetes (0-14) per 100,000	Mean diabetes-related expenditure per person with diabetes (USD)	IGT cases (20-79) in 1000s	IGT national prevalence (%)	IGT comparative prevalence (%)
Indonesia	WP	154,061.95	8,554.17	5.55	5.84	172,601	-	143	14,103.57	9.15	9.38
Iraq	MENA	16,473.21	1,226.22	7.44	9.50	17,643	-	540	1,045.90	6.35	7.54
Ireland	EUR	3,209.30	207.49	6.47	5.50*	1,568	16.3	5,598	236.74	7.38	6.60
Iran (Islamic Republic of)	MENA	52,145.45	4,395.93	8.43	9.94	38,002	3.7	471	2,570.45	4.93	5.37
Israel	EUR	4,769.43	317.36	6.65	5.68	2,380	14.9	3,185	240.40	5.04	4.71
Italy	EUR	45,637.20	3,626.04	7.95	5.13	26,728	12.1	3,501	1,849.50	4.05	2.68



**International  
Diabetes  
Federation**



**Diabetes is more than a health issue and requires concerted policy action across many sectors**

