Diabetes: Facts and Figures
Prevent. Treat. Beat Diabetes

- Diabetes is one of the four priority noncommunicable diseases.
- Diabetes is a major cause of blindness, heart attack, stroke, kidney failure and lower limb amputation.
- Diabetes can be prevented or its onset can be delayed. With optimal management, diabetes can be well controlled, and people with diabetes can live long and healthy lives.

Diabetes in the world

- In 2014, 422 million adults had diabetes, a fourfold increase from 108 million in 1980.
- Nearly 80% of people with diabetes are in low- and middle-income countries.
- In 2014, the prevalence of diabetes in adult population was 8.5%.
- In 2012, high blood glucose was responsible for 3.7 million global deaths; of these, 1.5 million deaths were directly attributable to diabetes.
- In 2012, diabetes was the eighth leading cause of death in both sexes and the fifth leading cause of death in women.
- In 2013, the total health-care expenditure on diabetes worldwide was US$ 612 billion, estimated to account for around 11% of global health-care expenditure.
- From 2010 to 2030, the loss in gross domestic product (GDP) worldwide due to diabetes is estimated at US$ 1.7 trillion.
Diabetes in the WHO South-East Asia Region

- In 2014, there were 96 million adults with diabetes in the 11 Member countries of the South-East Asia Region.
- Half of those with diabetes remain undiagnosed.
- The prevalence of diabetes among adults in the South-East Asia Region has increased from 4.1% in 1980 to 8.6% in 2014.
- In 2012, about 1 million adults in South-East Asia died of the consequences of high blood glucose. This included deaths directly due to diabetes (e.g. diabetic coma), as well as deaths from the complications and consequences of diabetes, such as kidney failure, cardiovascular disease and tuberculosis.
- More than 60% of men and 40% of women with diabetes die before the age of 70 years in the South-East Asia Region.
- The populations of South-East Asia are genetically more susceptible to diabetogenic environmental factors, which results in lower thresholds for risk factors such as age, overweight and body fat distribution.
- Diabetes occurs a decade earlier in South-East Asians than it does in people of European origin, at an age when people are in their most productive years.