Diabetes Prevalence of North America and Caribbean Region in 2017 and 2045

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BACKGROUND
- The International Diabetes Federation (IDF) North America and Caribbean Region (NAC) consist of the USA, Mexico and Canada, as well as 25 Caribbean countries and territories.
- Diabetes is a serious and increasing global epidemic.
- Accurate estimates are essential for more efficient allocation of resources.

AIM
- To provide estimates on people (18-99 years) living with diabetes in the IDF NAC Region.

METHODS
- Population-based high-quality data sources containing diabetes prevalence were used to estimate age and gender specific diabetes prevalence for each country in 2017.
- Extrapolations were calculated for countries without good quality data based on similar geography, economics and ethnicity.
- The UN population projections for 2045 were used to project diabetes prevalence in 2045 for each country.
- Estimates for diabetes in adults were taken from 24 data sources in the IDF NAC region, representing 14 out of 28 countries.
- The details of the methodology were described in IDF Diabetes Atlas 8th Ed. (1) and in the paper of Cho et al. (2).

RESULTS
- With 10.8% diabetes prevalence (Table 1), NAC region is among the 2 IDF regions with the highest age-adjusted prevalence.
- Diabetes prevalence in 2017 is higher among males in all age groups (Figure 1).
- The number of people with diabetes is projected to increase 46% by 2045 and to reach 73 million (Table 1).
- Diabetics prevalence in 2017 is higher among males in all age groups (Figure 1).

Table 1. Summary of the data on diabetes prevalence and projections in the IDF NAC region

<table>
<thead>
<tr>
<th>IDF NAC region</th>
<th>2017</th>
<th>2045</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes (18-99 years)</td>
<td>10.8%</td>
<td>10.8%</td>
</tr>
<tr>
<td>Age-adjusted comparative prevalence</td>
<td>10.8%</td>
<td>10.8%</td>
</tr>
<tr>
<td>Number of people with diabetes</td>
<td>50 million</td>
<td>73 million</td>
</tr>
<tr>
<td>Undiagnosed cases</td>
<td>37.6%</td>
<td>-</td>
</tr>
<tr>
<td>Health expenditure due to diabetes, USD</td>
<td>440 billion</td>
<td>508 billion</td>
</tr>
</tbody>
</table>

- In relation to health expenditure, USD 440 billion were spent on treating diabetes in the NAC region, more than in all other regions combined (Figure 2).

Figure 1: Diabetes prevalence in the IDF NAC region by age and gender, 2017

Figure 2: Percentage of health care spent by people with diabetes in the IDF regions, 2017

CONCLUSIONS
- Diabetes exerts a heavy burden in this region.
- The 2017 estimates on total health care expenditures on diabetes confirm the large economic impact caused by diabetes on health systems.
- Efforts on optimizing diabetes primary and secondary prevention must be conducted in order to reduce the human and economic costs of diabetes for society.

References:

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Abbreviations of IDF regions:
AFR: Africa
EUR: Europe
MENA: Middle East and North Africa
NAC: North America and Caribbean
SACA: South and Central America
SEA: South East Asia
WP: Western Pacific

IDF Atlas website: http://www.diabetesatlas.org/

The size of the bubbles represents the amount of health care expenditure