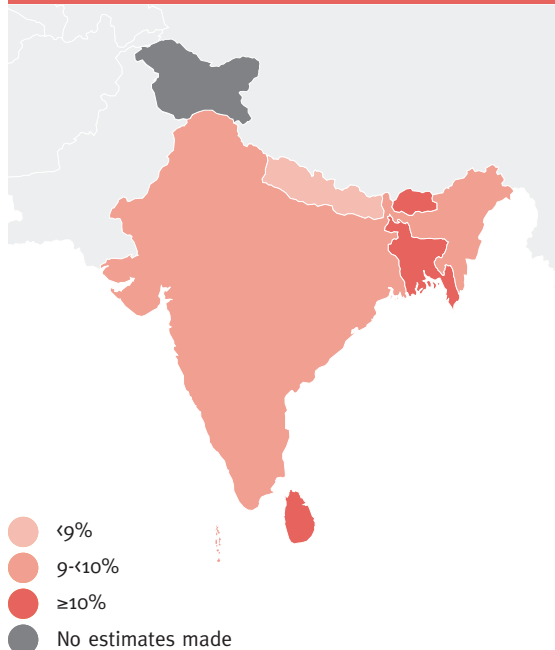




# Diabetes in South-East Asia – 2021



## Prevalence\* of diabetes (20–79 years), 2021



\* Age-adjusted comparative prevalence

### Top 5 countries

	2011	2021
<b>Top 5 countries for age-adjusted prevalence of people with diabetes (20–79 years)</b>		
Mauritius	15.1%	22.6%
Bangladesh	10.7%	14.2%
Sri Lanka	7.6%	11.3%
Bhutan <sup>i</sup>	5.8%	10.4%
India	9.2%	9.6%

<sup>i</sup> based on extrapolation from similar countries

### Corporate sponsors

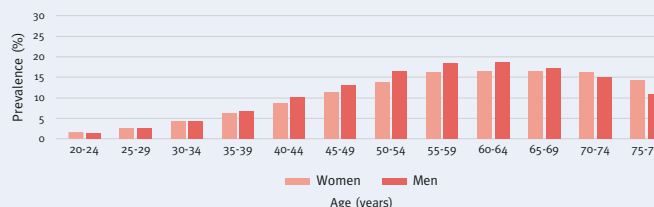
The IDF Diabetes Atlas 10th edition has been produced thanks to educational grants from Novo Nordisk, Pfizer-MSD Alliance and Sanofi:



## Highlights

- 1 in 11 adults have diabetes – 90 million.
- India accounts for 1 in 7 of all adults living with diabetes in the world.
- The number of people living with diabetes is predicted to increase by 69% to 152 million by 2045.
- Over 1 in 2 (51.2%) adults living with diabetes are undiagnosed.
- Diabetes is responsible for 747,000 deaths in 2021.
- Total diabetes-related expenditure in the region amounts to USD 10 billion – the second lowest of all IDF Regions.
- 1 in 4 live births are affected by hyperglycemia in pregnancy.

## Prevalence of diabetes by age and sex, 2021



## Top 5 countries for number of people with diabetes (20–79 years)

	2011	2021
India	61.3m	74.2m
Bangladesh	8.4m	13.1m
Sri Lanka	1.1m	1.4m
Nepal	488,200	1.1m
Mauritius	138,200	250,400

m=million b = billion

### Need more information?



Visit [www.diabetesatlas.org](http://www.diabetesatlas.org)

Scan QR code

Contact [atlas@idf.org](mailto:atlas@idf.org)

## At a glance

	2021	2030	2045
<b>Adult population in South-Asia</b>			
Aged 20–79 years	1.03m	1.18m	1.34b
<b>Diabetes (20–79 years)</b>			
Regional prevalence	8.7%	9.6%	11.3%
Age-adjusted comparative prevalence	10.0%	10.9%	11.3%
Number of people with diabetes	90m	113.3m	151.5m
Number of deaths due to diabetes	747,000	–	–
<b>Healthcare expenditure due to diabetes (20–79 years)</b>			
Total healthcare expenditure, USD	10.1b	12.1b	15.0b
<b>Impaired glucose tolerance (20–79 years)</b>			
Regional prevalence	4.5%	4.9%	5.7%
Age-adjusted comparative prevalence	5.4%	5.7%	5.8%
Number of people with impaired glucose tolerance	46.9m	58.5m	76.6m
<b>Impaired fasting glucose (20–79 years)</b>			
Regional prevalence	9.2%	9.2%	9.4%
Age-adjusted comparative prevalence	8.8%	9.2%	9.3%
Number of people with impaired fasting glucose	95.2m	109.4m	125.4m
<b>Undiagnosed diabetes (20–79 years)</b>			
Regional prevalence	51.2%	–	–
Number of people with undiagnosed diabetes	46.2m	–	–
<b>Type 1 diabetes (0–19 years)</b>			
Number of children and adolescents with type 1 diabetes	244,500	–	–
Number of newly diagnosed children and adolescents each year	25,700	–	–

m= million b=billion



# Diabetes in South-East Asia – 2021



Country or territory	Adult population (20–79 y), 1,000s	Adults with diabetes (20–79 y), 1,000s	Diabetes prevalence (20–79 y), %	Age-adjusted comparative diabetes prevalence (20–79 y), %	Cost per person with diabetes (20–79 y), USD	Diabetes-related deaths (20–79 y)	Type 1 diabetes (0–19 y)	Proportion of undiagnosed diabetes (20–79 y), %	One in X adults (20–79 y) has diabetes
Bangladesh	105,257.8	13,136.3	12.5	14.2	76.5	75,617	5,932	44.4	8
Bhutan <sup>i</sup>	509.0	44.8	8.8	10.4	194.7	379	124	44.4	11
India	893,910.0	74,194.7	8.3	9.6	114.4	647,831	229,442	53.1	12
Maldives	404.7	27.0	6.7	9.2	1,867.4	115	70	35.9	15
Mauritius	943.4	250.4	26.5	22.6	588.4	2,320	38	35.9	4
Nepal	17,977.5	1,133.5	6.3	8.7	102.2	9,022	5,607	44.4	16
Sri Lanka	14,406.6	1,417.6	9.8	11.3	201.6	12,084	3,294	35.8	10

<sup>i</sup> based on extrapolation from similar countries

## National/regional prevalence

The actual percentage of each country's/region's adult population that has diabetes. Appropriate for assessing diabetes burden.

## Age-adjusted comparative prevalence

Calculated by assuming that a country/ region has an age profile identical to that of the world population.

Appropriate for comparing countries/regions.

## Health expenditure

For people with diabetes are assumed to be on average two-fold higher than people without diabetes.