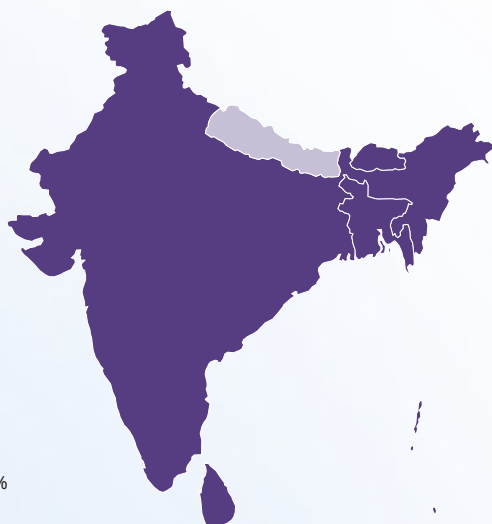


Diabetes in South-East Asia - 2024

Age-standardised prevalence (%) of diabetes (20-79 years)

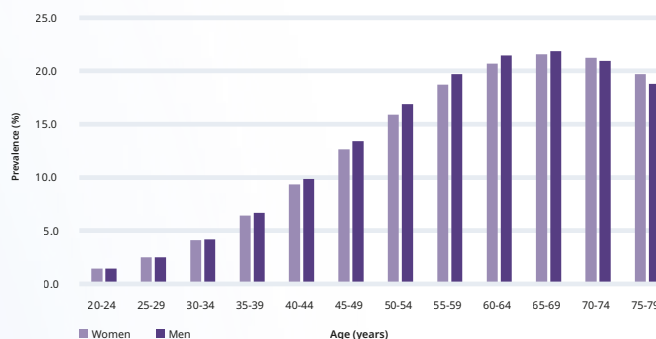


■ <9%
■ 9-<10%
■ ≥10%

Highlights

- 1 in 10 adults have diabetes – 107 million.
- India accounts for 1 in 7 of all adults living with diabetes worldwide.
- The number of adults living with diabetes is predicted to increase by 73% to 185 million by 2050.
- Almost 1 in 2 (42.7%) adults living with diabetes are undiagnosed.
- Diabetes was responsible for an estimated 374,000 deaths in 2024.
- Total diabetes-related expenditure in the Region amounts to USD 12 billion – the second lowest of all IDF Regions.
- 1 in 3 live births are affected by hyperglycaemia in pregnancy.

Estimated prevalence (%) of diabetes by age and sex



Adults with diabetes (20-79y)

2050 184.5 Million
2024 106.9 Million

↑ **73%**
 increase

Top 5 countries

	2024	2050
Top five countries for number of adults with diabetes (20-79 years)		
India	90.0m	157.0m
Bangladesh	14.0m	23.0m
Sri Lanka	1.6m	1.9m
Nepal	1.3m	2.4m
Mauritius	218.0t	248.0t

Top 5 countries

	2024	2050
Top five countries for age-standardised prevalence of adults with diabetes (20-79 years)		
Mauritius	20.1%	23.5%
Bangladesh	13.2%	15.4%
Bhutan	12.0%	13.8%
India	10.5%	12.8%
Sri Lanka	10.2%	12.0%

At a glance

	2024	2050
Adult population (20-79 years)	1.1b	1.4b
Diabetes (20-79 years)		
Regional prevalence	9.7%	13.2%
Age-standardised prevalence	10.8%	13.0%
Number of people with diabetes (20-79 years)	106.9m	184.5m
Number of deaths due to diabetes (20-79 years)	374,000	
Healthcare expenditure due to diabetes (20-79 years)		
Total healthcare expenditure, USD	11.5b	17.5b
Impaired glucose tolerance (20-79 years)		
Regional prevalence	13.3%	14.7%
Age-standardised prevalence	13.8%	14.6%
Number of people with impaired glucose tolerance	145.7m	204.9m
Impaired fasting glucose (20-79 years)		
Regional prevalence	11.8%	12.9%
Age-standardised prevalence	12.2%	12.8%
Number of people with impaired glucose tolerance	129.4m	180.9m
Undiagnosed diabetes (20-79 years)		
Regional proportion	42.7%	
Number of people with undiagnosed diabetes	46m	
Type 1 diabetes (all age groups)		
Number of people with type 1 diabetes	1.0m	

t = thousand | m = million | b = billion



South-East Asia										
Country or territory	Adult population (20–79 y), 1,000s	Adults with diabetes (20–79 y), 1,000s	Diabetes prevalence (20–79 y), %	Diabetes age-standardised prevalence (20–79 y), %	Total diabetes health expenditure, (USD)	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	113,054.5	13,877.4	12.3	13.2	1,031,800,822.1	74.4	31,620	25,520	39.1	8
Bhutan	550.4	57.3	10.4	12.0	21,420,759.3	374.1	155	572	39.9	10
India	947,373.6	89,826.9	9.5	10.5	9,834,399,121.6	109.5	334,922	940,840	43.0	11
Maldives	369.1	30.9	8.4	9.5	50,089,665.8	1619.3	33	485	28.2	12
Mauritius	981.0	218.1	22.2	20.1	146,430,963.8	671.3	815	4,170	28.2	4
Nepal	19,117.9	1,259.1	6.6	7.7	115,064,511.1	91.4	2,776	18,087	70.4	15
Sri Lanka	14,897.1	1,600.5	10.7	10.2	298,452,002.7	186.5	4,160	15,348	37.7	9