

Ten facts about diabetes



About 347 million people worldwide have diabetes.

There is an emerging global epidemic of diabetes that can be traced back to rapid increases in overweight, obesity and physical inactivity.



Diabetes is predicted to become the seventh leading cause of death in the world by the year 2030.

Total deaths from diabetes are projected to rise by more than 50% in the next 10 years.



There are two major forms of diabetes.

Type 1 diabetes is characterized by a lack of insulin production and type 2 diabetes results from the body's ineffective use of insulin.



A third type of diabetes is gestational diabetes.

This type is characterized by hyperglycaemia, or raised blood sugar, which has first appeared or been recognized during pregnancy.



Type 2 diabetes is much more common than type 1 diabetes.

Type 2 accounts for around 90% of all diabetes worldwide. Reports of type 2 diabetes in children – previously rare – have increased worldwide. In some countries, it accounts for almost half of newly diagnosed cases in children and

adolescents.



Cardiovascular disease is responsible for between 50% and 80% of deaths in people with diabetes.

Diabetes has become one of the major causes of premature illness and death in most countries, mainly through the

increased risk of cardiovascular disease (CVD).



In 2004, an estimated 3.4 million people died from consequences of high fasting blood sugar.



80% of diabetes deaths occur in low- and middle-income countries.

In developed countries most people with diabetes are above the age of retirement, whereas in developing countries those most frequently

affected are aged between 35 and 64.



Diabetes is a leading cause of blindness, amputation and kidney failure.

Lack of awareness about diabetes, combined with insufficient access to health services and essential medicines, can lead to complications such as blindness, amputation and kidney failure.



Type 1 diabetes cannot be prevented.

Type 2 diabetes can be prevented.

Thirty minutes of moderate-intensity physical activity on most days and a healthy diet can drastically reduce the risk of developing type 2 diabetes.