

Diabetes



10 Facts About Diabetes

1. **An estimated 422 million people worldwide have diabetes.** The prevalence of diabetes has increased alongside an increase in the prevalence of obesity and the number of overweight individuals.
2. **Diabetes is among the leading causes of death globally.** In 2015, an estimated 1.6 million deaths were directly caused by diabetes. The World Health Organization projects diabetes will be the seventh leading cause of death in 2030.
3. **There are two major forms of diabetes: type 1 diabetes and type 2 diabetes.** Type 1 is characterized by a lack of insulin production, while type 2 results from the body's ineffective use of insulin.
4. **A third type of diabetes exists in the form of gestational diabetes.** Gestational diabetes is characterized by higher than normal blood sugar levels and only develops in pregnant women. Women with gestational diabetes are at an increased risk of complications during pregnancy and delivery, and they and their children have a greater risk of developing diabetes in the future.
5. **Type 2 diabetes is much more common than type 1 diabetes.** Type 2 diabetes accounts for an estimated 95 percent of all diagnosed adult diabetes cases worldwide. Until recently, this type of diabetes was seen only in adults, but it is now also occurring increasingly frequently in children.
6. **People with diabetes can live long and healthy lives when their diabetes is detected and well managed.** Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication, and regular screening and treatment for complications.
7. **Early diagnosis and intervention is the starting point for living well with diabetes.** The longer a person lives with undiagnosed and untreated diabetes, the worse their health outcomes are likely to be. A simple blood test can quickly confirm a diagnosis of diabetes.
8. **More diabetes deaths occur in low- and middle-income countries.** Many primary healthcare practitioners in low-income countries do not have access to the basic technologies needed to help people with diabetes properly manage their disease. Also, access to essential medicines, including insulin, is limited in low- and middle-income countries.
9. **Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke, and lower limb amputation.** Especially when inadequately treated, diabetes can lead to complications in many parts of the body and increase overall risk of premature death.
10. **Type 2 diabetes can be prevented.** Just 30 minutes of moderate-intensity exercise at least 5 days per week, eating a healthy diet, and avoiding smoking can drastically reduce the risk of developing type 2 diabetes.

Source: World Health Organization (who.int)