

## FACT SHEET: Diabetes in India

Arogya World is a global health organization working to prevent non-communicable diseases (NCDs) like diabetes, heart disease and cancer, through proactive health education and lifestyle change. Today, two out of three deaths in the world are due to NCDs, and they could largely be prevented by avoiding tobacco, increasing physical activity and eating healthy foods. Arogya World is championing NCD prevention and education, using proven methods and new technologies to advance health outcomes. We engage with health leaders and individuals alike to help people around the world live healthier lives.

### 1 Diabetes is a huge problem in India.

- **The prevalence of diabetes increased tenfold, from 1.2% to 12.1%, between 1971 and 2000.**

Noncommunicable Diseases in the Southeast Asia Region, Situation and Response, World Health Organization, 2011.  
[http://apps.searo.who.int/PDS\\_DOCS/B4793.pdf](http://apps.searo.who.int/PDS_DOCS/B4793.pdf)

- **It is estimated that 61.3 million people aged 20-79 years live with diabetes in India (2011 estimates). This number is expected to increase to 101.2 million by 2030.**

David R. Whiting, et al. IDF Diabetes Atlas: Global estimates of the prevalence of diabetes for 2011 and 2030, Diabetes Research and Clinical Practice, Volume 94, Issue 3, December 2011, Pages 311-321, <http://www.sciencedirect.com/science/article/pii/S0168822711005912>

- **And, 77.2 million people in India are said to have pre-diabetes.**

Anjana RM, Pradeepa R, Deepa M, Datta M, Sudha V, Unnikrishnan R, et al. "Prevalence of diabetes and prediabetes (impaired fasting glucose and/or impaired glucose tolerance) in urban and rural India: phase I results of the Indian Council of Medical Research-India Diabetes (ICMR-INDIAB) study" Diabetologia 54:12 (2011): 3022-7. NCBI. Web. March 2013.

### 2 About 1 million people died from diabetes in India in 2012.

"IDF Diabetes Atlas." International Diabetes Federation. November 2012. Web. March 2013. <http://www.idf.org/diabetesatlas>

### 3 Diabetes affects people all over the country.

- **Diabetes affects people both in urban and rural India though the impact on urban India is higher.**

<http://www.cadiresearch.org/topic/diabetes-indians/diabetes-urban-india>

- **It is also becoming a growing problem in the slums of India.**

- **1 out of 4 people living in urban slums of Chennai suffer from diabetes, which is three times higher than the national average of about 7%.**

Jha, Durgesh N. "South India Worst Hit by Diabetes." Times of India, 25 Jan. 2013. Web. March 2013.

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## More than 20% of the population in India has at least one chronic disease and more than 10% of the people have more than one.

Patel V, Chatterji S, Chisholm D, Ebrahim, S, Gopalakrishna G, Mathers C, et al. "Chronic diseases and injuries in India." The Lancet Vol. 377 (2011): 413-428. Web. September 2013.

### ● One-third of non-communicable disease deaths in India involve people under 60 years of age.

David Bloom and Elizabeth Cafiero. "Are non-communicable diseases taking aim at India?" Blog. World Economic Forum. 7 Nov. 2012. Web. March 2013.

### ● The rate of cardiovascular disease mortality in India in the 30-59-year age group is double that in the U.S.

Noncommunicable Diseases in the Southeast Asia Region, Situation and Response, World Health Organization, 2011. [http://apps.searo.who.int/PDS\\_DOCS/B4793.pdf](http://apps.searo.who.int/PDS_DOCS/B4793.pdf)

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## A most disturbing trend is the shift in age of onset of diabetes to a younger age.

### ● Indians get diabetes on average 10 years earlier than their Western counterparts.

<http://www.ncbi.nlm.nih.gov/pubmed/17496352>; UK Prospective Diabetes Study Group: UK Prospective Diabetes Study XII: differences between Asian, Afro-Caribbean and white Caucasian Type 2 diabetic patients at diagnosis of diabetes. Diab Medicine 1994;11:670-677

### ● The risk for coronary artery disease (CAD) is two to four times higher in diabetic subjects, and in Indians, CAD occurs prematurely, i.e., one to two decades earlier than in the West.

Mohan V, Venkatraman J, and Pradeepa R. "Epidemiology of cardiovascular disease in type 2 diabetes: The Indian scenario." J Diabetes Sci Technol 4.1 (2010): 158-170. NCBI. Web. March 2013.

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## Lifestyle changes have led to decreased physical activity, increased consumption of fat, sugar and calories, and higher stress levels, affecting insulin sensitivity and obesity.

Mohan V. "Why Are Indians More Prone to Diabetes?" J Assoc Physicians India 52 (2004): 468-74. NCBI. Web. March 2013.

### ● 86% of adults consume less than five servings of fruits and vegetables a day.

Noncommunicable Diseases in the Southeast Asia Region, Situation and Response, World Health Organization, 2011. [http://apps.searo.who.int/PDS\\_DOCS/B4793.pdf](http://apps.searo.who.int/PDS_DOCS/B4793.pdf)

### ● Many Indians have insufficient physical activity (26.4% among males and 25.6% among females).

Global Status Report on Non-Communicable Diseases, World Health Organization, 2010. [http://whqlibdoc.who.int/publications/2011/9789240686458\\_eng.pdf](http://whqlibdoc.who.int/publications/2011/9789240686458_eng.pdf)

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## Costs of diabetes care are alarmingly high.

### ● The annual cost for India due to diabetes was about \$38 billion in 2011.

Tharkar S, Devarajan A, Kumpatla S, Viswanathan V. "The socioeconomics of diabetes from a developing country: A population based cost of illness study." Diabetes Research and Clinical Practice 89.3 (2010): 334-340. Web. March 2013.

### ● According to the WHO, if one adult in a low-income family has diabetes, "as much as 25% of family income may be devoted to diabetes care."

"Fact Sheet: Diabetes: the cost of diabetes." Media Centre. WHO. Web. March 2013. <http://www.who.int/mediacentre/factsheets/fs236/en/>

### ● According to the World Economic Forum, cardiovascular disease, cancer, chronic respiratory disease, diabetes and mental health conditions will cost India 126 trillion rupees between 2012 and 2030.

David Bloom and Elizabeth Cafiero. "Are non-communicable diseases taking aim at India?" Blog. World Economic Forum. 7 Nov. 2012. Web. March 2013.