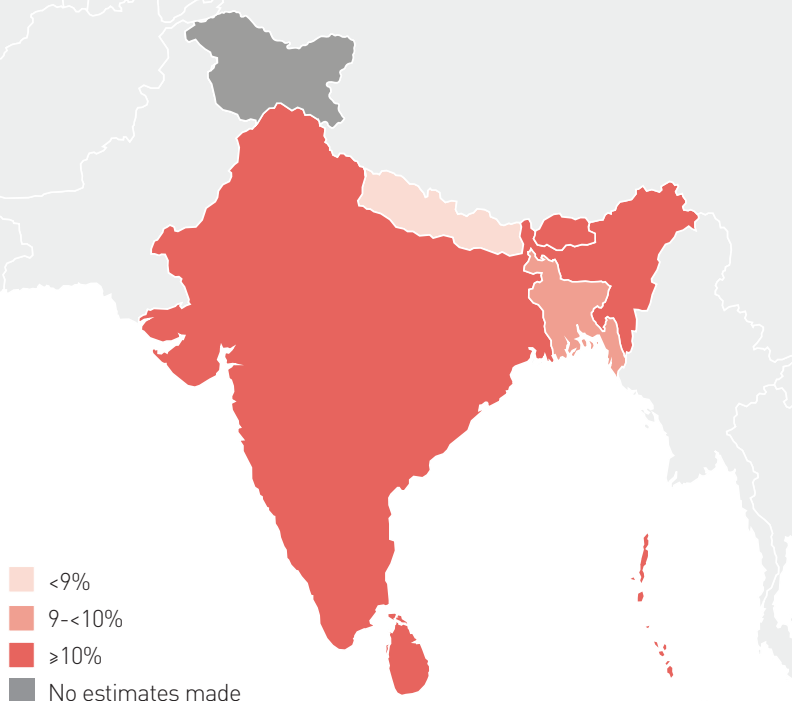




## SOUTH-EAST ASIA

### Prevalence<sup>i</sup> of diabetes (20–79 years), 2019



<sup>i</sup> Age-adjusted comparative prevalence

### At a glance

	2019	2030	2045
Adult population (20–79 years)	997 million	1.2 billion	1.3 billion
<b>Diabetes (20–79 years)</b>			
Regional prevalence	8.8%	9.7%	11.3%
Age-adjusted comparative prevalence	11.3%	12.2%	12.6%
Number of people with diabetes	88 million	115 million	153 million
Number of deaths due to diabetes	1,150,300	-	-
Proportion of undiagnosed diabetes	56.7%	-	-
Number of people with undiagnosed diabetes	50 million	-	-
<b>Diabetes-related health expenditure (20–79 years)</b>			
Total health expenditure, USD	8 billion	10 billion	12 billion
<b>Impaired glucose tolerance (20–79 years)</b>			
Regional prevalence	3.1%	3.3%	3.7%
Age-adjusted comparative prevalence	7.7%	7.9%	8.0%
Number of people with impaired glucose tolerance	31 million	39 million	50 million
<b>Type 1 diabetes (0–19 years)</b>			
Number of children and adolescents with type 1 diabetes	184,100	-	-
Number of newly diagnosed children and adolescents each year	21,300	-	-

### Highlights



1 in 11 adults have diabetes.



1 in 5 of the people with diabetes in the world come from South-East Asia.



1 in 6 adults with diabetes in the world come from India.



1 in 2 people with diabetes remain undiagnosed and are at a higher risk of developing harmful and costly complications.



1.2 million deaths are attributable to diabetes - the second highest number of deaths of all IDF Regions.



1 in 4 live births are affected by hyperglycemia in pregnancy.

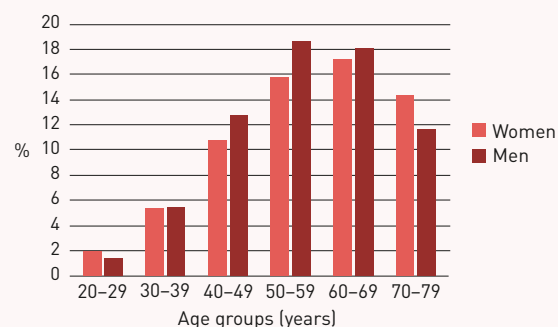


The total diabetes-related health expenditure in the region was USD 8.1 billion – the second lowest regional diabetes-related health expenditure.

### Top five countries for number of people with diabetes (20–79 years), 2019

	Millions
<b>India</b>	77.0
<b>Bangladesh</b>	8.4
<b>Sri Lanka</b>	1.2
<b>Nepal</b>	0.7
<b>Mauritius</b>	0.2

### Prevalence of diabetes by age and sex, 2019



### Corporate sponsor

The 9<sup>th</sup> edition has been produced thanks to an educational grant (2018–2019) from:



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### Need more information?

[www.diabetesatlas.org](http://www.diabetesatlas.org)  
or scan QR code  
or contact [atlas@idf.org](mailto:atlas@idf.org)



# SOUTH-EAST ASIA Key country data

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-adjusted comparative 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	104,015.0	8,372.2	8.1	9.2	63.9	109,857	5,350	56.0	12
Bhutan <sup>i</sup>	531.6	46.0	8.7	10.3	165.1	327	105	53.6	12
India	859,956.1	77,005.6	8.9	10.4	91.6	1,010,262	171,281	57.0	11
Maldives	314.4	22.8	7.3	9.2	1,794.1	111	38	53.6	14
Mauritius	928.8	234.9	25.3	22.0	506.4	2,649	40	53.1	4
Nepal	17,570.1	696.9	4.0	7.2	80.4	11,679	4,621	69.5	25
Sri Lanka	14,109.2	1,232.8	8.7	10.7	198.3	15,459	2,623	35.8	11

i 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.