

# THE TIMES OF INDIA

## India's diabetes burden to cross 100 million by 2030

Kounteya Sinha, TNN | Dec 14, 2011

NEW DELHI: The global diabetes numbers are out, and it's not looking too good for India. India is home to over 61 million diabetic patients - an increase from 50.8 million last year. By 2030, India's diabetes burden is expected to cross the 100 million mark as against 87 million earlier estimated. The country is also the largest contributor to regional mortality with 983, 000 deaths caused due to diabetes this year.

The International Diabetes Federation's (IDF) fifth diabetes atlas has released the staggering figures. IDF says India's prevalence of diabetes among 20-79 year olds is 9.2%. India is only second to China, which has 90 million diabetics (2011) that will increase to about 130 million by 2030.

"India will face one of the toughest struggles against diabetes in the region. India also accounts for most of the 112,000 children in the region with type 1 diabetes." said Dhruva Lall Singh, chair of IDF's South-East Asia region.

Dr Anoop Misra, chairman of Fortis' Centre of Excellence for Diabetes, said, "The numbers are worrying because it is inadequately managed. What concerns me more is that the curve of rise in the diabetes numbers is steep with chances of it leveling nowhere in sight over the next 20 years."

Bariatric surgeon Dr Ramen Goel added, "One person is dying from diabetes every seven seconds. According to the IDF, the total number of people with diabetes this year reached a staggering 366 million with 4.6 million deaths. Healthcare spending on diabetes has reached \$465 billion."

IDF says "New figures indicate that the number of people living with diabetes is expected to rise from 366 million this year to 552 million by 2030, if no action is taken. This equates to approximately three new cases every 10 seconds or almost 10 million per year."

This year, South Asia accounted for 71.4 million diabetics. This number is expected to increase to 120.9 million by 2030. IDF also estimates that 36.2 million are still yet to be diagnosed with the disease. The region has one of the highest estimates of prevalence of type 1 diabetes in children. While, 183 million (50%) with diabetes were undiagnosed this year.

The Atlas said, "Four in every five diabetics are between 40 and 59 years. Around 78, 000 children are developing type 1 diabetes every year. By 2030, one in every 10 adults will have diabetes."

The Union health ministry has rolled out the diabetes screening programme in 21 states. The target is to check 150 million people in 100 districts for diabetes by coming March. Union health secretary P K Pradhan said, "We are certain to test at least 5 crore for diabetes by March." Union health minister Ghulam Nabi Azad's plans to screen all adult males above 30 years and pregnant women of all age groups for diabetes and hypertension in 100 districts across 21 states, involving 700 community health centres and 20,000 sub centres.

A health ministry official said, "The best way to detect abnormal BP and high blood sugar levels is to conduct mass screening. This will give us a clear picture of the prevalence of diabetes in the population."