



Constitutional Area 6 India, South Asia & the Middle East



Number of clubs
in this region:
25,392

Average no. of adults with diabetes
in each club's community
64,970

Constitutional Area overview	
Adult population 1.1 billion	Adults with diabetes 94 million
Regional prevalence 9.2%	Undiagnosed diabetes cases 53.7 million
Diabetes-related deaths 1.2 million	Children with Type 1 diabetes (0-19 years) 162,980

Highest adult (20-79 years) diabetes cases	
1 India	73 million
2 Pakistan	7.5 million
3 Bangladesh	7 million
4 Iraq	1.4 million
5 Sri Lanka	1.2 million

Global statistics

- ▶ **1 in 11** adults has diabetes
- ▶ **Over 425 million** people have diabetes; by 2045 this number will reach 629 million
- ▶ **1 in 2** adults with diabetes is undiagnosed (212 million), and at a higher risk of developing harmful and costly complications
- ▶ **352 million** people are at risk of developing Type 2 diabetes, which is increasing in most countries
- ▶ **Over 1.1 million** children are living with Type 1 diabetes
- ▶ **4 million deaths** were caused by diabetes in 2017
- ▶ **79%** of adults with diabetes are living in low- and middle-income countries
- ▶ **1 in 7** More than 21 million live births (1 in 7) were affected by diabetes during pregnancy in 2017
- ▶ **727 billion** In 2017, diabetes caused at least US\$727 billion dollars in health expenditure—12% of total spending on adults.

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**International
Diabetes
Federation**

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Diabetes Fact Sheet 2018-19

Country/territory	Adult population (20-79 years)	Diabetes cases (20-79 years)	Diabetes national prevalence (%)	Undiagnosed diabetes cases (20-79 years)	Children with Type 1 diabetes (0-19 years)	Diabetes-related deaths (20-79 years)	Total Lions clubs	Avg. adults w/ diabetes per community
Bahrain*	1,022,380	165,290	16.17	62,920	100	560	7	23,613
IDF Member: Bahrain Diabetes Society City: Manamidf-mena@idf.org Phone: +973 34119737								
Bangladesh	100,112,960	6,926,260	6.92	3,878,710	17,060	97,640	2,087	3,319
IDF Member: Diabetic Association of Bangladesh City: Dhaka Phone: +880 29677772								
Bhutan*	507,220	40,220	7.93	21,850	40	300	3	13,407
IDF Member not applicable. Contact the IDF at dralisiyan@gmail.com for more information.								
India	829,491,410	72,946,390	8.79	42,210,320	128,530	997,800	18,305	3,985
IDF Member: Diabetic Association of India City: Mumbai Phone: +91 2224442476; +91 2266529999								
Iraq	18,738,640	1,411,480	7.53	664,100	7,180	15,640	4	204,560
IDF Member: Iraqi Diabetes Association City: Baghdad Phone: +964 15425727								
Jordan	4,302,050	408,140	9.49	156,340	1,080	2,840	33	12,368
IDF Member: Jordanian Society for the Care of Diabetes City: Amman Phone: +962 65160207								
Kazakhstan*	11,731,720	818,240	6.97	332,510	1,760	10,470	4	204,560
IDF Member: Diabetes Association of the Republic of Kazakhstan City: Almaty Phone: +7 727 261 29 25, +7 727 272 32 05								
Lebanon	4,003,290	585,370	14.62	251,430	510	5,530	207	2,828
IDF Member: Lebanese Diabetes Association City: Beirut Phone: +961 1 425 578								
Maldives	361,010	18,420	7.71	10,010	50	110	3	6,140
IDF Member: Diabetes Society of Maldives City: Malé Phone: +960 332 8987								
Nepal	16,592,360	657,220	3.96	532,130	1,630	11,690	1,740	378
IDF Member: Nepal Diabetes Association City: Lalitpur Phone: +977 15520209								
Pakistan	107,734,400	7,474,030	6.94	4,594,290	1,870	79,350	1,620	4,614
IDF Member: Diabetic Association of Pakistan City: Karachi Phone: +92 2136616890								
Palestine	2,415,900	168,780	6.99	42,350	780	-	5	33,756
IDF Member: Diabetes Palestine City: Jerusalem Phone: +972 26279940								
Sri Lanka	13,947,940	1,198,080	8.59	428,670	1,960	15,530	1,371	874
IDF Member: Diabetes Association of Sri Lanka City: Rajagiriya Phone: +94 11 2883318; +94 11 2872951 2								
United Arab Emirates	7,607,840	1,185,520	15.58	482,510	430	2,160	3	395,173
IDF Member: Emirates Diabetes Society City: Dubai Phone: +971 43377377								
Total	1,118,569,120	94,003,440	9.16% (average)	53,668,140	162,980	1,239,620	25,392	64,970 (average)

*Data estimate provided by IDF from similar countries.