



Constitutional Area 3 South America, Central America, Mexico & Islands of the Caribbean Sea



Number of clubs
in this region:
11,107

Average no. of adults with diabetes
in each club's community
3,356

Constitutional Area overview	
Adult population 402.3 million	Adults with diabetes 37.3 million
Regional prevalence 9.3%	Undiagnosed diabetes cases 14.7 million
Diabetes-related deaths 294,459	Children with Type 1 diabetes (0-19 years) 143,702

Highest adult (20-79 years) diabetes cases	
1 Brazil	12.5 million
2 Mexico	12.0 million
3 Columbia	2.7 million
4 Argentina	1.8 million
5 Venezuela	1.3 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
Argentina	28,530,280	1,757,488	6.16	629,786	8,877	15,545	826	2,127
	IDF Member: Sociedad Argentina de Diabetes City: Buenos Aires Phone: +54 11 4816 2838							
Aruba*	76,650	11,258	14.69	3,431	-	-	4	2,814
	IDF Member: Aruba Diabetes Foundation City: Pos Chikito Phone: +297 584 9700							
Belize	215,140	31,521	14.65	12,993	89	318	20	1,576
	IDF Member: Belize Diabetes Association City: Belize City Phone: +501 662 9239, +501 203 3333							
Bolivia	6,283,050	391,039	6.22	108,630	181	4,403	209	1,871
	IDF Member: Vivir con Diabetes City: Cochabamba Phone: +591 4 4416888							
Brazil	143,348,500	12,465,832	8.70	5,734,283	88,295	108,587	4,148	3,005
	IDF Member: Federação Nacional de Associações e Entidades de Diabetes City: São Paulo Phone: +55 11 55726179							
Chile	12,885,880	1,199,808	9.31	258,078	5,703	7,103	436	2,751
	IDF Member: Asociación de Diabeticos de Chile City: Santiago Phone: +56 2 26780500							
Colombia	32,796,970	2,671,447	8.15	957,299	1,739	17,037	682	3,917
	IDF Member: Asociación Colombiana de Diabetes City: Bogotá Phone: +57 1 2880777							
Costa Rica	3,361,380	319,131	9.49	114,359	163	1,711	135	2,364
	IDF Member: Asociación Costarricense Lucha contra la Diabetes City: Curridabat Phone: +506 22347140							
Dominican Republic	6,447,900	520,759	8.08	186,611	203	6,541	376	1,385
	IDF Member: Sociedad Dominicana de Diabetes City: Santo Domingo Phone: +1 809 3850418							
Ecuador	10,144,640	554,473	5.47	198,692	740	3,907	286	1,939
	IDF Member: Federación Ecuatoriana de Diabetes City: Quito Phone: +593 2 438959							
El Salvador*	3,835,570	332,667	8.67	119,209	1,187	2,926	93	3,577
	IDF Member: Asociación Salvadoreña de Diabetes City: San Salvador Phone: +1 503 2245 0205							
French Guiana*	160,380	13,058	8.14	4,679	1	-	17	768
	IDF Member not applicable. Contact the IDF at idf-saca@idf.org for more information.							
Guadeloupe*	319,720	53,545	16.75	18,938	78	-	19	2,818
	IDF Member not applicable. Contact the IDF at idf-saca@idf.org for more information.							
Guatemala	8,909,420.00	752,655	8.45	269,710	4655	7,709	127	5,926
	IDF Member: Patronato de Pacientes Diabéticos de Guatemala City: Guatemala City Phone: +502 23261616							
Haiti	6,150,300	351,408	5.71	217,918	113	5,561	36	9,761
	IDF Member: Fondation Haïtienne du Diabète et des City: Port-au-Prince Phone: +509 29426651							
Honduras	4,789,360	285,792	5.97	102,412	1,854	1,818	110	2,598
	IDF Member: Asociación Nacional de Diabeticos de Honduras City: Tegucigalpa Phone: +504 22214883							
Martinique*	281,770	51,252	18.19	15,623	38	-	18	2,847
	IDF Member not applicable. Contact the IDF at idf-saca@idf.org for more information.							
Mexico	81,413,340	12,030,059	14.78	4,504,085	26,599	85,931	1,478	8,139
	IDF Member: Federación Mexicana de Diabetes City: Mexico City Phone: +52 155 5511 4200							
Nicaragua	3,739,020	373,409	9.99	133,809	1,389	2,925	99	3,772
	IDF Member: Fundación Nicaraguense para la Diabetes City: Managua Phone: +505 22662969							
Panama	2,550,390	215,932	8.47	77,378	169	1,318	141	1,531
	IDF Member: Asociación Panameña de Diabeticos (APADI) City: Panama City Phone: +507 5075857							
Paraguay*	4,052,620	297,965	7.35	106,774	207	2,654	243	1,226
	IDF Member: Sociedad Paraguaya de Diabetologia City: Asunción Phone: +595 21 204601							
Peru	20,094,550	1,130,776	5.63	452,310	502	7,129	701	1,613
	IDF Member: Asociación de Diabetes del Peru City: Surco, Lima Phone: +551 975 555912							
Uruguay*	2,323,190	152,769	6.58	47,282	757	1,095	285	536
	IDF Member: Asociación de Diabéticos del Uruguay City: Montevideo Phone: +598 2 9016214							
Venezuela	19,942,050	1,311,437	6.58	469,946	163	10,241	618	2,122
	IDF Member: Federación Nacional de Asociaciones y Unidades de Diabetes City: Caracas Phone: +58 212 7313039							
Total	402,652,070	37,275,481	9.26% (average)	14,744,235	143,702	294,459	11,107	3,356 (average)

*Data estimate provided by IDF from similar countries.