

DIABETES

IN THE AMERICAS

2014

2040

62 million people  Prevalence of Diabetes 109 million people

383 billion  Health Expenditures due to Diabetes (US\$) 446 billion

 30-40% of people with diabetes are undiagnosed

 4th cause of death

TYPE 1 DIABETES

TYPE 2 DIABETES

Not Preventable

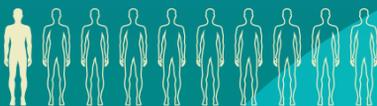
Preventable

Cases

Cases

5-10%

90-95%



 affects mainly children and young people

The diabetes epidemic is driven by an increase in the prevalence of **obesity and overweight**, a decrease in **physical activity** and changes in diet such as the **increased consumption of high calorie, nutrient poor foods and sugar sweetened beverages**

Risk factors

Risk factors

 Unknown

-  Obesity and Overweight
-  Lack of physical activity
-  Family history
-  Smoking

Uncontrolled diabetes increases the risk of:

-  Neuropathy
-  Blindness
-  Kidney failure
-  Amputations
-  Heart disease

In the Americas, population-based surveys indicated that between 50-75% of cases of diabetes are uncontrolled.

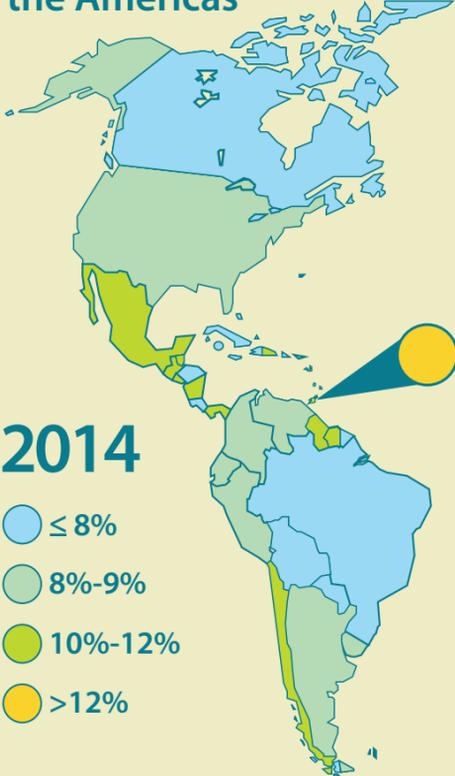
 Cases 1-2 in 10 pregnancies

GESTATIONAL DIABETES

Risk

 Complications for mother and child

Estimated prevalence of diabetes in adults (20-79 years) in the Americas



Diabetes can be controlled by:

-  healthy eating
-  physical activity
-  medication

Sources: WHO Global Report on Diabetes, 2016; IDF's Diabetes Atlas, 2015; WHO Global Status Report on NCD, 2014. WHO Global Health Observatory

 Pan American Health Organization

 World Health Organization
REGIONAL OFFICE FOR THE Americas

World Health Day 2016

 STEP UP

 BEAT DIABETES

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#diabetes
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