

DIABETES IN THE AMERICAS

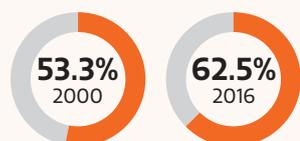
There is a growing diabetes **epidemic in the Americas**.

62 million people in the region are living with diabetes.

The greatest risk factors for **type II diabetes**—being overweight, obese or physically inactive—are higher in the Americas than anywhere else in the world.



Overweight/obesity prevalence in the Americas



The prevalence of overweight adults in the Americas is **double** the global average, and rising.



Of every ten adolescents in the Americas, **eight are insufficiently active** and three are overweight—nearly twice the global average.

In the Region of the Americas, **the rise of diabetes has disproportionately contributed to DALYs**.



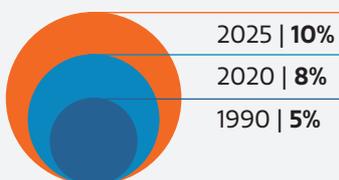
Diabetes has grown to be the 4th leading cause of DALYs in the region.

Leading Causes of Disability-Adjusted Life Years in the Americas (age standardized).

Comparing 2000 and 2019 data, people in the Americas spend **nearly twice as many years of their life suffering** from diabetes' debilitating effects and complications as they did just 20 years ago.



Based on current trends, diabetes rates will continue to rise at least **2025**.



Diabetes is a serious, chronic disease that impairs the body's ability to produce or use insulin, an important hormone that regulates blood sugar levels.



Type I diabetes is most common in childhood and early adulthood



Type II diabetes is the most common and is developed most often in adults and young people with obesity.



Gestational diabetes occurs during pregnancy and can affect the mother and baby



COVID's vicious cycle

People living with diabetes are **twice as likely** to develop severe COVID-19 symptoms that require hospitalization.

The COVID-19 pandemic has also caused widespread disruption to diabetes care services, making it more difficult for people to manage their condition, putting them at higher risk of developing severe COVID-19 symptoms.

Reducing the Burden of Diabetes

We know what it takes to reduce the burden of diabetes in the Americas.



PAHO's Work

PAHO is helping countries implement the **Global Diabetes Compact**, a new framework to address the growing burden of diabetes in the region through **better plans and policies, timely interventions and care**, and ongoing **monitoring and surveillance**.