The number of people with Diabetes in the Americas was estimated at 62.8 million in 2011, and it is expected to reach the 91.1 million mark by 2030.

Results of recent studies in Argentina and Chile demonstrated a remarkable increase in the prevalence of diabetes.

Poorly controlled Diabetes increases the chances of premature mortality as well as chronic complications such as cardiovascular diseases, blindness, nephropathy, foot ulcers and amputations.

In addition, people with diabetes are at higher risk of presenting tuberculosis, especially those with poor glycemic control.

The risk of dying from cardiovascular disease (CVD) and all causes is between two and three times higher among people with diabetes than among their peers without diabetes.

The cost of health care for people affected by diabetes is between two and three times higher than among peers without diabetes.

Globally, the cost of diabetes is estimated to be between 0.4% and 2.3% of GDP.

While diabetes and its complications are largely preventable, lack of access to quality health care services and lack of knowledge of preventive measures are widespread.

Studies have demonstrated that approximately one-third of people with type 2 diabetes are undiagnosed, and already present complications at the time of diagnosis.

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**KEY ISSUES**

1. Primary prevention at the population level through activities such as health promotion, creation of healthy public policies focused on food, diet and physical activity, and creation of healthy environments.

2. Identification of people at risk for diabetes with two or more risk factors for type 2 diabetes (such as a family history of diabetes, high blood pressure, a history of hyperglycemia or gestational diabetes, or overweight) when preventive services are available.

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**KEY MESSAGES**

1. PRIMARY PREVENTION OF DIABETES

2. SCREENING FOR DIABETES AND IMPAIRED FASTING GLUCOSE/IMPAIRED GLUCOSE TOLERANCE.
KEY ACTIONS BY PAHO

PAHO is working with Member States and other partners to increase people access to quality integrated diabetes care, including:

- Implementing diabetes education courses for health professionals and people with diabetes in the PAHO Virtual Campus (currently available only in Spanish).
- Providing training in the implementation of the Chronic Care Model.
- Providing advice and training on the implementation of patient centered care by applying the Chronic Care Passport.
- Support the implementation of evidence based diabetes guidelines and protocols such as those from the Latin American Diabetes Association, the Caribbean Health Research Council, and the American Diabetes Association.

To find out more about diabetes in the Americas and PAHO’s work, visit: