



## World Diabetes Day

The World Diabetes Day is marked annually on November 14 to promote the importance of taking coordinated and concerted actions against diabetes. Diabetes is a chronic disease that occurs when your blood glucose, also known as blood sugar, is too high. Blood glucose is our main source of energy and this comes from the food that we eat. Insulin is the hormone that helps the glucose from food to get into our cells to be used for energy. When the body does not make enough insulin or can not effectively utilize the insulin that it produces, glucose remains in the blood and does not reach the cells. Over time, the high concentration of sugar in the blood can cause serious damage to the body's systems, especially the heart, blood vessels, eyes, kidneys, and nerves. According to the World Health Organization, the number of people with diabetes rose from 108 million in 1980 to 422 million in 2014. The increase in aging populations and rise in the number of people who are overweight has been identified as some of the leading causes of diabetes particularly in the low and middle-income countries. Diabetes has devastating impacts on household budgets and national economies and would require sound strategies for adequate care and prevention.

### Key facts about Diabetes:

- As of 2019, nearly 463 million adults between the ages of 20 and 79 years were living with diabetes; this figure is expected to increase to 700 million people by 2045.
- There are 3 types of diabetes – Type 1 diabetes which is characterized by a lack of insulin production; type 2 diabetes, which is a consequence of the body's ineffective use of insulin; and gestational diabetes, which is a temporary condition in pregnancy.
- 79% of adults with diabetes live in low- and middle-income countries.
- 1 in 5 people who are above 65 years old have diabetes.
- More than 1.1 million children and adolescents are living with type 1 diabetes.
- Globally diabetes caused at least USD 760 billion dollars in health expenditure in 2019.
- Diabetes is one of the leading causes of amputation.
- Access to essential medicines including insulin and technologies is limited in low- and middle-income countries.
- A glucose meter also referred to as glucometer is used to measure the concentration of glucose in the blood, usually requiring a drop of blood from the fingertip.
- Diabetes can be treated with a healthy diet, physical activity, medication, regular screening, and treatment for complications.
- According to the World Health Organization, 30 minutes of moderate-intensity physical activity on most days and a healthy diet can drastically reduce the risk of developing type 2 diabetes.

### Efforts being made around the world:

- World Diabetes Foundation – Fighting diabetes worldwide: [Learn more](#)
- The International Diabetes Federation – Promoting diabetes care, prevention, and a cure worldwide: [Learn more](#)
- Diabetic Diet explained: [Watch now](#)