

Diabetes at a glance

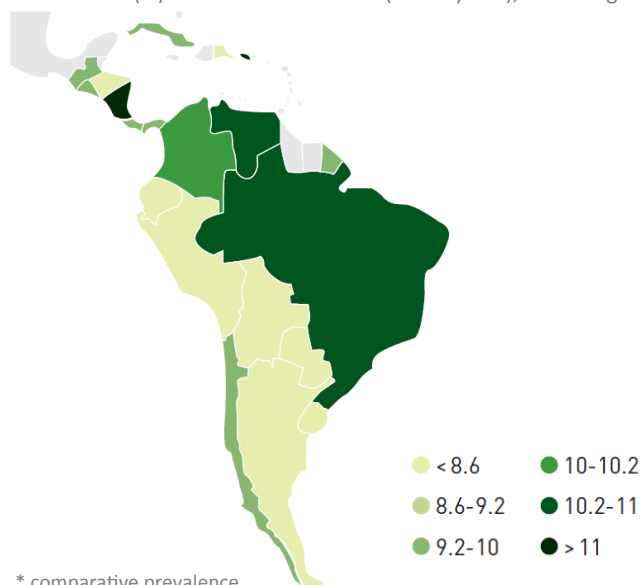
South and Central America (SACA)



The Facts

- More than **26.4 million** people in the SACA Region have diabetes; by 2030 this will rise to **39.9 million**
- **9.2% of adults** in the SACA Region have diabetes
- Diabetes can lead to **serious and costly complications**
- Diabetes caused **236,328 deaths** in the SACA Region this year
- USD **21.9 billion** were spent on treating diabetes in the region
- **12.3% of deaths** in adults in the SACA were due to diabetes

Prevalence* (%) estimates of diabetes (20-79 years), SACA Region



* comparative prevalence

IDF Diabetes Atlas, 5th ed. © International Diabetes Federation, 2011

Top 10 countries by diabetes cases in SACA

Country	Cases
1. Brazil	13.4 million
2. Colombia	2.1 million
3. Venezuela	1.8 million
4. Chile	1.6 million
5. Argentina	1.6 million
6. Peru	1.1 million
7. Cuba	872,946
8. Guatemala	589,142
9. Ecuador	563,836
10. Dominican Republic	29,681

Global figures for diabetes, 2012 (20-79 years)

Prevalence of diabetes in adults	8.3%
Number of people with diabetes	371 million
Number of undiagnosed cases	187 million
Deaths due to diabetes	4.8 million
Total healthcare expenditures in USD	471.6 billion

What is Diabetes?

Diabetes is a chronic disease that arises when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces. This leads to raised glucose levels in the blood and can cause long-term damage to the body and failure of various organs and tissues. There are three main types of diabetes.

Type 1 diabetes occurs when the body's defence system attacks the insulin-producing cells in the pancreas. The body can no longer produce the insulin it needs. The disease can affect people of any age, but it usually occurs in children or young adults. Without insulin, people with type 1 diabetes will die.

Type 2 diabetes is the most common type of diabetes where the body is able to produce insulin but it is either not sufficient or the body is not responding to its effects, leading to a build-up of glucose in the blood. It usually occurs in adults, but is increasingly seen in children and adolescents. Much of type 2 diabetes can be prevented or delayed.

Gestational Diabetes Mellitus is diabetes first diagnosed during pregnancy. It can lead to serious pregnancy complications for mother and child and a life-time increased risk of type 2 diabetes.

About IDF South and Central America

IDF SACA represents **40 diabetes organizations in 20 countries**. It is the voice for the growing number of people living with diabetes and those at risk. The mission of IDF SACA is to promote diabetes **care, prevention, and a cure**.

What can IDF SACA do?

IDF SACA provides **essential expertise in diabetes**, up-to-date **evidence**, **supports awareness campaigns** through a network of stakeholders, and **advocates regional and international organizations** for proper public policies.