

MODULE 2.6

Summary

The prevalence of diabetes has reached epidemic levels.¹ Globally, 387 million adults 20 to 79 years old, or 8.3% of the world population, were estimated to be living with diabetes in 2014.^{1,2} The number of individuals at risk of developing diabetes is also on the rise - projections estimate that 592 million individuals will have diabetes by 2035, an increase of 55% in 22 years.²

The prevalence of prediabetes, a precursor to diabetes, is significant. Based on the 2009-2012 National Health and Nutrition Examination Survey (NHANES) and the 2010-2012 National Health Interview Survey (NHIS), 37% of all adults, 20 years or older, in the US have prediabetes.³ Metabolic syndrome, another risk factor for progressing to type 2 diabetes and cardiovascular disease (CVD), is also becoming more prevalent and is primarily attributed to the global increase in adult obesity.⁴

Although type 1 diabetes is caused in large part by inherited human leukocyte antigen (HLA) gene variants, type 2 diabetes is primarily caused by modifiable behaviors in individuals who have a genetic susceptibility.^{5,6}

The rising epidemic of diabetes is a major public health crisis. Diabetes is associated with substantial complications that can lead to disability and death. Clinically significant complications of diabetes include CVD and stroke, renal disease and failure, eye disease and blindness, lower-limb amputations, neuropathy, and dental disease.⁵

References

1. Guariguata L, Whiting DR, Hamleton I, Beagley J, Linnenkamp U, Shaw JE. Global estimates of diabetes prevalence for 2013 and projections for 2035. *Diabetes Res Clin Pract*. 2014;103(2):137-149.
2. Guariguata L, Nolan T, Beagley J, Linnenkamp U, Jacqmain O. *IDF Diabetes Atlas*. 6th ed. Brussels, Belgium: International Diabetes Foundation; 2013. www.idf.org/diabetesatlas. Accessed October 13, 2015.
3. Centers for Disease Control and Prevention. *National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014*. Atlanta, GA: US Department of Health and Human Services; 2014. www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf. Accessed October 14, 2015.
4. Betrán-Sánchez H, Harhay MO, Harhay MM, McElligott S. Prevalence and trends of metabolic syndrome in the adult U.S. population, 1999-2010. *J Am Coll Cardiol*. 2013;62(8):697-703.
5. National Institute of Diabetes and Digestive and Kidney Disease. *Causes of Diabetes*. Bethesda, MD: National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health; 2014. NIH Publication No. 14-5164. http://diabetes.niddk.nih.gov/dm/pubs/causes/Causes_of_Diabetes_508.pdf. Accessed October 14, 2015.
6. International Diabetes Foundation. Diabetes risk factors. www.idf.org/about-diabetes/risk-factors. Accessed October 13, 2015.

Diabetes, A Summary

THE CURRENT GLOBAL DIABETES EPIDEMIC AND PROJECTED GROWTH

