

Diabetes statistics

Diabetes is the biggest challenge confronting Australia's health system in the 21st century.

Diabetes is estimated to cost the Australian economy around \$14.6 billion per annum.¹

Nationwide prevalence (31 March 2019)

Type 1 diabetes:	119,751
Type 2 diabetes	1,132,318
Gestational	41,508 (during the previous 12 months)
Other	8,726
Total	1,302,303 ²

Around 1.8million Australians have diabetes. This includes all types of diagnosed diabetes (1.3 known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated).

An estimated 2 million Australians have impaired glucose tolerance or impaired fasting glucose (collectively pre-diabetes) and are at high risk of developing type 2 diabetes in coming years.

Evidence shows type 2 diabetes can be prevented in up to 58% of high risk cases.

290 Australians develop diabetes every day. That's one person every five minutes.

Internationally

There are more than 415 million people living with all types of diabetes. That is around one in 11 adults.³

Around \$673 billion is spent on diabetes - around 12 per cent of global health expenditure.⁴

There are around 5 million deaths per annum for diabetes and related conditions – that is one person every six seconds.⁵

By 2040, the International Diabetes Federation estimates diabetes-related health spending will top \$800 billion.⁶

¹ Lee, C., Colagiuri, R., Magliano, D., Cameron, A., Shaw, J., Zimmet, P. and Colagiuri, S. (2013). The cost of diabetes in adults in Australia. *Diabetes Research and Clinical Practice*, 99(3), pp.385-390.

² National Diabetes Services Scheme figures.

³ IDF Diabetes Atlas. (2015). Brussels: International Diabetes Federation.

⁴ Ibid.

⁵ Ibid.

⁶ Ibid.

By 2040, more than 642 million people will be living with diabetes, around 10 per cent of all adults.⁷

The seriousness of diabetes

There is no such thing as 'mild' diabetes.

All types of diabetes are serious, progressive and complex diseases which can have a major impact on quality of life and life-expectancy.

Early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of diabetes-related complications.

Diabetes:

- is a leading cause of blindness in working age adults⁸
- is a leading cause of kidney failure and dialysis⁹
- is the leading cause of preventable limb amputations¹⁰
- increases the risk of heart attacks and stroke by up to four times.¹¹

Types of diabetes

Type 1 diabetes is a serious, autoimmune condition in which the cells in the pancreas that produce insulin are destroyed. Type 1 diabetes can occur at any age. Type 1 diabetes is not linked to lifestyle factors, it cannot be cured and it cannot be prevented.

Type 2 diabetes is a serious, progressive and complex condition in which the body becomes resistant to the normal effects of insulin and/or gradually loses the capacity to produce enough insulin. We don't know what causes type 2 diabetes, however it is associated with both genetic and modifiable lifestyle risk factors.

Gestational diabetes is a form of diabetes that occurs in between 12-14 per cent of pregnancies and usually disappears after birth. It significantly increases a woman's risk of developing type 2 diabetes in the future.

⁷ Ibid.

⁸ Shaw, J., Tanamas, S., eds. (2012). *Diabetes: the silent pandemic and its impact on Australia*. Melbourne: Baker IDI Heart and Diabetes Institute.

⁹ Tanamas, S.K., Magliano, D.J., Lynch, B., Sethi, P., Willenberg, L., Polkinghorne, K.R., Chadban, S., Dunstan, D., Shaw, J.E. (2013). *AusDiab 2012. The Australia Diabetes, Obesity and Lifestyle Study*. Melbourne: Baker IDI Heart and Diabetes Institute.

¹⁰ Shaw, J., Tanamas, S., eds. (2012). *Diabetes: the silent pandemic and its impact on Australia*. Melbourne: Baker IDI Heart and Diabetes Institute.

¹¹ Shaw, J., Tanamas, S., eds. (2012). *Diabetes: the silent pandemic and its impact on Australia*. Melbourne: Baker IDI Heart and Diabetes Institute.