



Lions Clubs International

# Diabetes Fact Sheet



Lions Clubs International

2019-2021 EDITION

## Constitutional Area 6 India, South Asia & the Middle East



Number of clubs  
in this region:

**10,197**

Average no. of adults with diabetes  
in each club's community

**10,876**

Constitutional Area overview	
Adult population <b>1.2 billion</b>	Adults with diabetes <b>110.9 million</b>
Regional prevalence <b>9.64%</b>	Undiagnosed diabetes cases <b>59.8 million</b>
Diabetes-related deaths <b>1.3 million</b>	Children with type 1 diabetes (0-19 years) <b>193,700</b>

Highest adult (20-79 years) diabetes cases	
<b>1</b> India	<b>77.0 million</b>
<b>2</b> Pakistan	<b>19.0 million</b>
<b>3</b> Bangladesh	<b>8.4 million</b>
<b>4</b> Iraq	<b>1.5 million</b>
<b>5</b> Sri Lanka	<b>1.2 million</b>

## Global statistics

- ▶ **1 in 11** adults has diabetes
- ▶ **Over 463 million** people have diabetes; by 2045 this number will reach 700 million
- ▶ **1 in 2** adults with diabetes is undiagnosed (232 million), and at a higher risk of developing complications
- ▶ **374 million** people are at risk of developing type 2 diabetes
- ▶ **Over 1.1 million** children are living with type 1 diabetes
- ▶ **4 million deaths** were caused by diabetes in 2019
- ▶ **87%** of diabetes-related deaths occur in low- and middle-income countries
- ▶ **35%** of diabetes-related health expenditure is spent in low- and middle-income countries
- ▶ **1 in 6** live births (20 million) are affected by diabetes during pregnancy
- ▶ **760 billion** is spent diabetes-related health expenditure

IN PARTNERSHIP WITH



**International  
Diabetes  
Federation**

### NEED MORE INFORMATION?

For more ways to serve for this global cause, please visit [lionsclubs.org/diabetes](https://lionsclubs.org/diabetes)

Data source: International Diabetes Federation (IDF) Diabetes Atlas 9th Edition 2019. Visit [diabetesatlas.org](https://diabetesatlas.org) for more information. Lions Clubs International expresses its gratitude to IDF for its leadership in the global diabetes community.

\*Lions regions are estimated using data from the IDF Diabetes Atlas 9th Edition 2019

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Country/territory	Adult population (20-79 years)	Diabetes cases (20-79 years)	Diabetes national prevalence (%)	Undiagnosed diabetes cases (20-79 years)	Children with type 1 diabetes (0-19 years)	Diabetes-related deaths (20-79 years)	Total Lions clubs	Avg. adults w/ diabetes per community
Bahrain*	1,245,200	202,700	16.28	73,100	100	538	3	67,567
IDF Member: Bahrain Diabetes Society   City: Manama   Phone: (+973) 34119737								
Bangladesh	104,015,000	8,372,200	8.05	4,688,400	5,300	109,857	695	12,046
IDF Member: Diabetic Association of Bangladesh   City: Dhaka   Phone: (+880) 29677772								
Bhutan*	531,600	46,000	8.65	24,700	100	327	1	46,000
IDF Member: IDF Member not applicable. Contact the IDF at Info@idf.org for more information.   City:   Phone:								
India	859,956,100	77,005,600	8.95	43,869,000	171,300	1,010,262	7,250	10,621
IDF Member: Diabetic Association of India   City: Mumbai   Phone: (+91) 2266529999								
Iraq	19,914,400	1,505,000	7.56	708,100	5,000	15,658	1	1,505,000
IDF Member: Iraqi Diabetes Association   City: Baghdad   Phone: (+964) 15425727								
Jordan	5,516,000	544,200	9.87	249,900	1,200	3,266	15	36,280
IDF Member: Jordanian Society for the Care of Diabetes   City: Jordan   Phone: (+962) 65160207								
Lebanon	4,101,700	529,900	12.92	226,700	600	5,037	95	5,578
IDF Member: Chronic Care Center   City: Hazmieh   Phone: (+961) 5455101								
Nepal	17,570,100	696,900	3.97	484,300	4,600	11,679	1,308	533
IDF Member: Nepal Diabetes Association   City: Lalitpur   Phone: (+977) 15520209								
Pakistan	113,351,500	19,369,800	17.09	8,487,200	1,800	158,974	283	68,445
IDF Member: Diabetic Association of Pakistan   City: Karachi   Phone: (+92) 2136616890								
Palestine	2,594,100	174,300	6.72	43,800	700	-	2	87,150
IDF Member: Diabetes Palestine   City: Jerusalem   Phone: (+972) 26279940								
Sri Lanka	14,109,200	1,232,800	8.74	441,100	2,600	15,459	543	2,270
IDF Member: Diabetes Association of Sri Lanka   City: Rajagiriya   Phone: (+94) 112872951								
United Arab Emirates	7,925,700	1,223,400	15.44	497,900	400	2,093	1	1,223,400
IDF Member: Emirates Diabetes Society   City: Dubai   Phone: (+971) 43377377								
Total	1,150,830,600	110,902,800	9.64%	59,794,200	193,700	1,333,150	10,197	10,876

\*Countries without in-country data sources. Estimates are extrapolated from similar countries based on their ethnicity, language, World Bank income classification and geographical proximity. IDF country-specific data was used to calculate LCI Constitutional Area statistics due to differences in regions. This data represents countries with active Lions Clubs.