



Constitutional Area 5 The Orient and Southeast Asia



Number of clubs
in this region:

9,956

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

14,462

| Constitutional Area overview | |
|---|--|
| Adult population 1.4 billion | Adults with diabetes 144.0 million |
| Regional prevalence 10.19% | Undiagnosed diabetes cases 78.7 million |
| Diabetes-related deaths 1.1 billion | Children with type 1 diabetes (0-19 years) 73,200 |

| Highest adult (20-79 years) diabetes cases | |
|--|----------------------|
| 1 China | 116.0 million |
| 2 Japan | 7.4 million |
| 3 Thailand | 4.3 million |
| 4 Philippines | 4.0 million |
| 5 Korea | 3.7 million |

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

Diabetes Fact Sheet 2019-2021

| 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 |
|--------------------------|--|---------------------------------|-------------------------------------|---|---|--|-------------------|--|
| Brunei Darussalam | 303,500 | 40,100 | 13.21 | 18,700 | - | 281 | 3 | 13,367 |
| | IDF Member not applicable. Contact the IDF at Info@idf.org for more information. | | | | | | | |
| Cambodia | 9,797,900 | 430,600 | 4.39 | 268,100 | 500 | 7,919 | 5 | 86,120 |
| | IDF Member: Cambodian Diabetes Association City: Phnom Penh Phone: (+855) 92791952 | | | | | | | |
| China | 1,065,411,600 | 116,446,900 | 10.93 | 65,179,800 | 54,000 | 823,779 | 2,469 | 47,164 |
| | IDF Member: Chinese Diabetes Society City: Beijing Phone: (+86) 1085158145 | | | | | | | |
| Guam | 109,600 | 22,100 | 20.16 | 10,300 | - | - | 17 | 1,300 |
| | IDF Member not applicable. Contact the IDF at Info@idf.org for more information. | | | | | | | |
| China Hong Kong | 5,915,000 | 723,400 | 12.23 | 466,100 | 200 | - | 91 | 7,949 |
| | IDF Member: Diabetes Hongkong City: Kowloon Phone: (+852) 27232087 | | | | | | | |
| Japan | 93,968,800 | 7,390,500 | 7.86 | 3,441,200 | 4,500 | 71,513 | 2,952 | 2,504 |
| | IDF Member: Japan Association for Diabetes Education and Care City: Tokyo Phone: (+81) 335141721 | | | | | | | |
| Korea | 40,123,300 | 3,689,400 | 9.20 | 1,333,200 | 2,700 | 33,308 | 2,066 | 1,786 |
| | IDF Member: Korean Diabetes Association City: Seoul Phone: (+82) 27149064 | | | | | | | |
| China Macao* | 513,900 | 50,900 | 9.90 | 23,800 | - | - | 2 | 25,450 |
| | IDF Member: Macau Diabetes Association City: N/A Phone: (+853) 785834 | | | | | | | |
| Malaysia | 21,711,800 | 3,652,600 | 16.82 | 1,841,300 | 1,000 | 22,449 | 324 | 11,273 |
| | IDF Member: Diabetes Malaysia City: Petaling Jaya Phone: (+60) 379574062 | | | | | | | |
| Marshall Islands | 32,400 | 10,900 | 33.64 | 5,800 | - | 164 | 1 | 10,900 |
| | IDF Member not applicable. Contact the IDF at Info@idf.org for more information. | | | | | | | |
| Mongolia | 1,978,000 | 99,300 | 5.02 | 71,300 | 200 | 1,230 | 5 | 19,860 |
| | IDF Member: Mongolian Diabetes Association City: Ulaanbaatar Phone: (+976) 88113704 | | | | | | | |
| Myanmar | 34,773,100 | 1,282,700 | 3.69 | 684,700 | 1,500 | 31,288 | 1 | 1,282,700 |
| | IDF Member: Myanmar Diabetes Association City: Yangon Phone: (+95) 18604489 | | | | | | | |
| Philippines | 63,265,700 | 3,993,300 | 6.31 | 2,662,300 | 3,900 | 38,583 | 431 | 9,265 |
| | IDF Member: Diabetes Philippines City: Mandaluyong City Phone: (+63) 25311278 | | | | | | | |
| China Taiwan | 18,523,400 | 1,228,800 | 6.63 | 525,900 | 2,800 | - | 1,203 | 1,021 |
| | IDF Member: Chinese Taipei Diabetes Association City: Taipei Phone: (+886) 223753352 | | | | | | | |
| Singapore | 4,512,200 | 640,400 | 14.19 | 346,000 | 300 | 4,374 | 93 | 6,886 |
| | IDF Member: Association of Diabetes Educators City: Jalan Besar Phone: (+65) 90663805 | | | | | | | |
| Thailand | 51,475,200 | 4,284,900 | 8.32 | 1,868,000 | 1,600 | 40,918 | 293 | 14,624 |
| | IDF Member: Diabetes Association of Thailand City: Bangkok Phone: (+662) 7165412 | | | | | | | |
| Total | 1,412,415,400 | 143,986,800 | 10.19% | 78,746,500 | 73,200 | 1,075,806 | 9,956 | 14,462 |

*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.