

## 4.6 South-East Asia

Although the South-East Asia Region comprises only seven countries (India, Bangladesh, Nepal, Sri Lanka, Mauritius, Bhutan and the Maldives), it is the second most populous IDF region, after the Western Pacific Region. Over 86% of the adults in the region live in India. While all of the countries in the region are classified by the World Bank as low- or middle- income in 2015, they also experienced an annual economic growth of over 3.5% during this year<sup>2</sup>. Mauritius has the highest gross national income per capita at ID18,290 and Nepal the lowest at ID2,420<sup>1</sup>.

By 2040 the region is predicted to be home to over 1.3 billion adults aged 20-79.

### Prevalence

Estimates in 2015 indicate that 8.5% (6.8-10.8%<sup>‡</sup>) of the adult population has diabetes. This is equivalent to 78.3 (62.9 to 100.4<sup>‡</sup>) million people living with diabetes. Over half (52.1%) of these

are undiagnosed. Although only one third (32.5%) of adults in the South-East Asia Region live in urban areas in 2015, nearly half (47.5%) of all adults with diabetes can be found in cities.

#### At a glance

	2015	2040
Adult population (20-79 years)	926 million	1.31 billion
<b>Diabetes (20-79 years)</b>		
Regional prevalence	8.5% (6.8-10.8% <sup>‡</sup> )	10.7% (8.5-13.7% <sup>‡</sup> )
Age-adjusted comparative prevalence	9.1% (7.3-11.6% <sup>‡</sup> )	9.9% (7.9-12.8% <sup>‡</sup> )
Number of people with diabetes	78 million (63-100 million <sup>‡</sup> )	140 million (112-180 million <sup>‡</sup> )
Number of deaths due to diabetes	1.2 million	-
<b>Health expenditure due to diabetes (20-79 years)</b>		
Total health expenditure, R=2*, USD	7.3 billion	12.9 billion
<b>Impaired glucose tolerance (20-79 years)</b>		
Regional prevalence	4.6% (2.2-6.5% <sup>‡</sup> )	5.6% (2.7-7.4% <sup>‡</sup> )
Age-adjusted comparative prevalence	4.7% (2.4-6.7% <sup>‡</sup> )	5.4% (2.5-7.2% <sup>‡</sup> )
Number of people with impaired glucose tolerance	42.2 million (20.7-60.2 million <sup>‡</sup> )	73.9 million (35.0-96.9 million <sup>‡</sup> )
<b>Type 1 diabetes (0-14 years)</b>		
Number of children with type 1 diabetes	81,400	-
Number of newly diagnosed children each year	13,100	-

\* See Glossary

‡ Uncertainty interval

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Mauritius has one of the highest adult diabetes prevalence rates in the world (22.3% age-adjusted comparative prevalence, 24.3% raw prevalence). The Maldives (9.2% age-adjusted, 7.5% raw) has the second-highest prevalence rate in the region. India is home to the second largest number of adults living with diabetes worldwide, after China. People with diabetes in India, Bangladesh, and Sri Lanka make up 99.0% of the region's total adult diabetes population.

A further 42.2 million people have impaired glucose tolerance and are at increased risk of developing type 2 diabetes in the future. The number of people with diabetes in the region is predicted to be 140 million by 2040 – 10.7% of the adult population aged 20-79. This increase is largely a consequence of ongoing urbanisation and increasing life expectancy.

There are an estimated 81,400 children under the age of 15 living with type 1 diabetes in the South-East Asia Region. Approximately 13,100 children developed type 1 diabetes in the region during 2015.

India is home to the second largest number of children with type 1 diabetes in the world (70,200), after the USA, and accounts for the majority of the children with type 1 diabetes in the region. The incidence rate for type 1 diabetes in India was used to extrapolate figures for other similar countries, and therefore plays a pivotal role in the regional and global estimates.

## Mortality

With 1.2 million deaths in 2015, the region had the second highest number of deaths attributable to diabetes of any of the seven IDF regions, after the Western Pacific Region. More than half (53.2%) of these deaths occurred in people under 60 years of age. India was the largest contributor to regional mortality, with one million deaths attributable to diabetes.

## Health expenditure

A total of USD7.3 billion (R=2\*) to USD12.4 billion (R=3\*) (ID24.9 billion to ID42.4 billion) was spent on the 78 million people living with diabetes in 2015, 12% of the health budget of the region. This accounts for 1% of the global health spending on diabetes. Compared to the other IDF regions, the South-East Asia Region had the lowest health expenditure per person with diabetes (USD93 to USD158, ID319 to ID542).

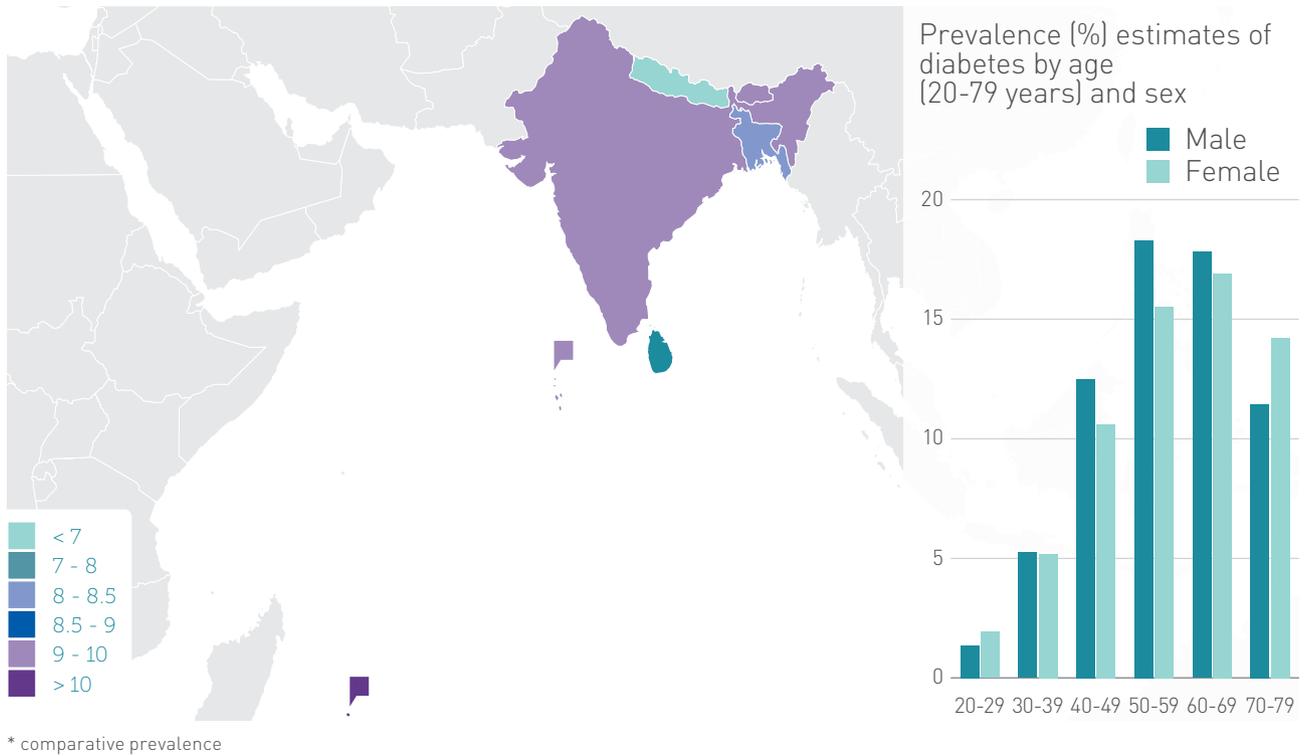
## Data sources

All countries except Bhutan had primary data sources that were used to generate estimates for diabetes in adults in the region. A total of 13 data sources from six countries were used. Diabetes prevalence estimates for India, Nepal, Sri Lanka and Bhutan were based, in part, on data sources that were more than five years old and may be underestimates.

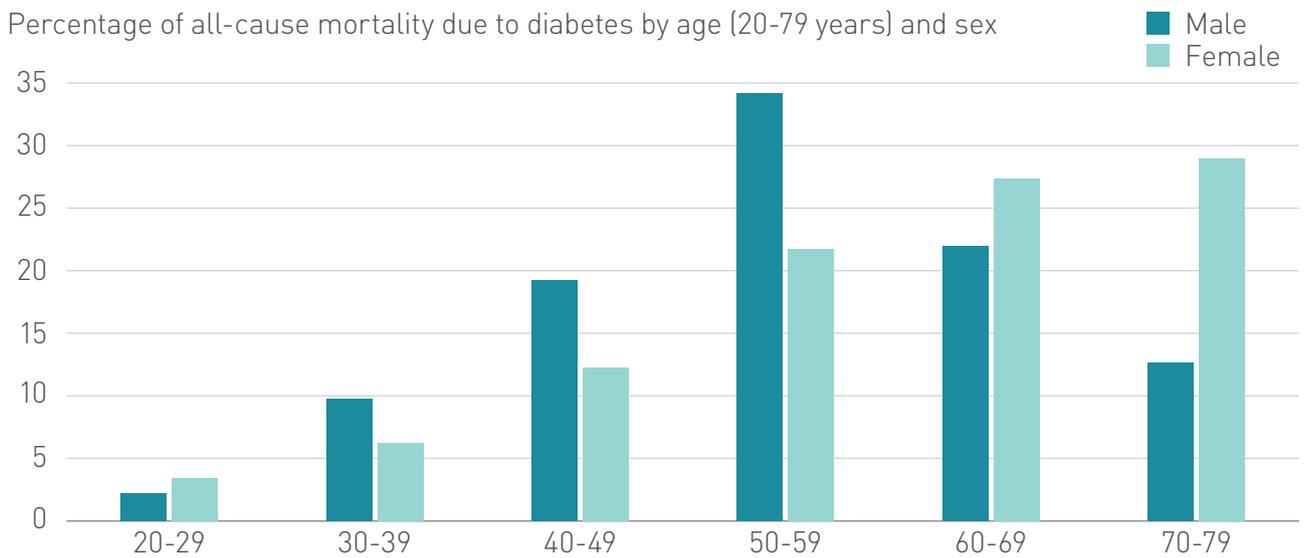
Estimates for type 1 diabetes in children were largely based on data from India, the Maldives and Mauritius.



**Map 4.6** Prevalence\* (%) estimates of diabetes (20-79 years), 2015



**Figure 4.6** Mortality due to diabetes, South-East Asia Region, 2015



Death due to diabetes by age



53% under the age of 60

**1,188,465 total deaths due to diabetes**  
(664,071 women, 524,394 men)