

## TUBERCULOSIS & DIABETES

### The growing threat of the double burden of diabetes and tuberculosis

The association between tuberculosis (TB) and diabetes mellitus (DM) and their synergetic role in causing human disease and suffering has been recognised for centuries. However, recent evidence has shown that there is a more significant link between diabetes and TB than previously thought:

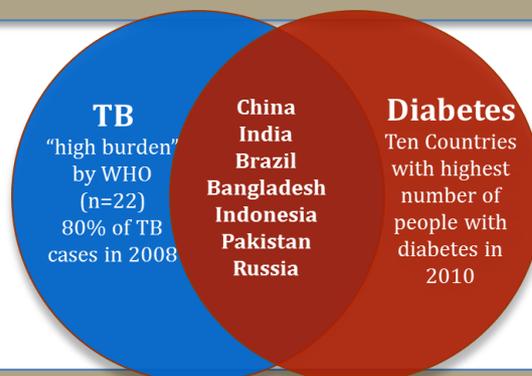
#### TUBERCULOSIS FACTS

- In 2012, 8.6 million people fell ill with TB.
- 1.3 million died from TB in 2012.
- 1/3 of the world's population is infected with latent TB.
- Over 95% of TB deaths occur in low- and middle-income countries, and it is among the top three causes of death for women aged 15 to 44.
- People infected with latent TB have a lifelong risk of developing and falling sick with active TB.
- In 2012, an estimated 530 000 children became ill with TB and 74 000 HIV-negative children died of TB.
- An estimated 22 million lives were saved through use of DOTS and the Stop TB Strategy.

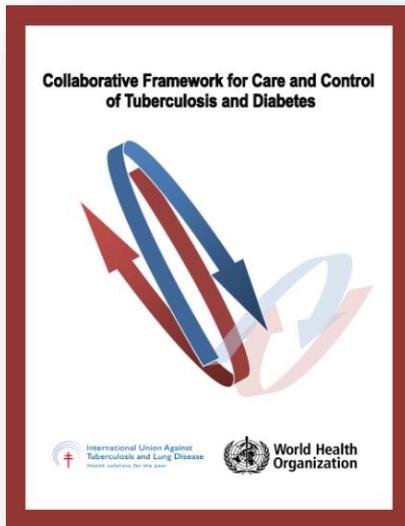
- People with diabetes have a 2-3 times higher risk of developing TB disease compared to people without diabetes.
- People with TB and coexisting diabetes have 4 times higher risk of death during TB treatment and higher risk of TB relapse after treatment.
- People with TB and coexisting diabetes are more likely to be sputum positive and take longer to become sputum negative.
- TB is associated with worsening glycaemic control in people with diabetes.

#### DIABETES FACTS

- 382 million people were estimated to have diabetes in 2013.
- Global prevalence of diabetes is expected to rise to 592 million by 2030.
- Diabetes caused 5.1 million deaths in 2013.
- 80% of people with diabetes live in low- and middle-income countries.
- The greatest number of people with diabetes are between 40 to 59 years of age.
- 175 million people (48%) with diabetes are undiagnosed.
- The number of people with type 2 diabetes is increasing in every country.



With the current prediction that the prevalence of DM will increase to close to 552 million by the year 2030, it is most likely that the rise in the number of people with DM may complicate TB care and control and vice versa – especially in many areas where the two diseases coexist.



The World Health Organization (WHO), The Union and the World Diabetes Foundation began collaborating on a response to diabetes-associated tuberculosis in 2009. The WHO/Union Collaborative Framework for Care and Control of TB and Diabetes published in 2011 offers a guide to the establishment of programmes aimed at detecting and managing DM in TB patients and vice versa. The WDF played an important role in catalysing the process.

WDF is supporting several grass root projects to address this double burden as well as pilot test the collaborative framework.

### About The Union

The mission of the International Union Against Tuberculosis and Lung Disease (The Union) is to bring innovation, expertise, solutions and support to address health challenges in low- and middle-income populations. With nearly 10,000 members and subscribers from 150 countries, The Union has its headquarters in Paris and offices serving the Africa, Asia Pacific, Europe, Latin America, Middle East, North America and South-East Asia regions. Its scientific departments focus on tuberculosis and HIV, lung health and non-communicable diseases, tobacco control and research. Learn more at [www.theunion.org](http://www.theunion.org).

### About the World Diabetes Foundation

The World Diabetes Foundation has to date funded 300 projects in 103 countries with a total project portfolio of USD 273.4 million, of which USD 91.0 million has been donated by the Foundation. The establishment of the World Diabetes Foundation was announced by its founding father, Novo Nordisk A/S, on World Diabetes Day 2001. The Foundation was legally established in February 2002. A donation programme has been allocated by the founding company of a total maximum of DKK 1.1 billion in the period 2001-2017, (USD195 million).

The Foundation is registered as an independent trust and governed by a board of six experts in the field of diabetes care, access to health and development assistance. For further information please visit our website: [www.worlddiabetesfoundation.org](http://www.worlddiabetesfoundation.org)

**The International Union Against Tuberculosis and Lung Disease (The Union) and the World Diabetes Foundation, are calling for greater awareness of this new co-epidemic**