

# THE GLOBAL IMPACT OF DIABETES

Diabetes currently affects 1 in 10 people globally. More than 426 million people worldwide manage diabetes in some form.<sup>1</sup>

## PREVALENCE

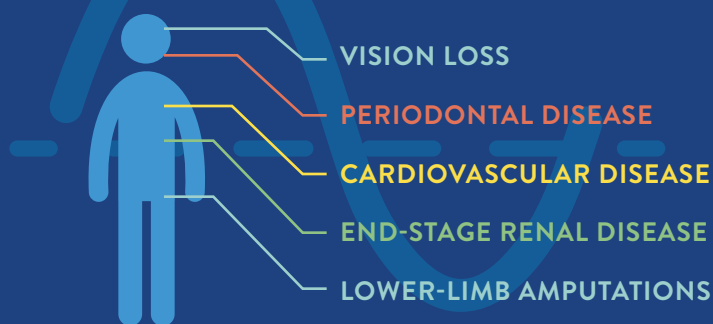
**8.8%** adults (20-79) with diabetes<sup>1</sup>

**7.3%** adults with glucose intolerance, a term referring to metabolic conditions resulting in higher-than-normal blood glucose levels<sup>1</sup>

**16.2%** live births affected by hyperglycemia in pregnancy<sup>1</sup>

## MORBIDITY

Diabetes is associated with long-term complications, including higher risk of<sup>1</sup>:



## MORTALITY

**7<sup>TH</sup>** Diabetes is the 7th leading cause of death worldwide<sup>2</sup>

**4M** In 2017 there were 4 million deaths related to diabetes<sup>1</sup>

## ECONOMIC BURDEN

**2-3x** Healthcare costs are 2x higher on average for people with diabetes<sup>1</sup>

**\$727B** Annual healthcare costs related to diabetes are \$727 billion (USD)<sup>1</sup>

## MAKING A POSITIVE IMPACT ON THESE DIABETES TRENDS

Effective management of diabetes requires a management plan that includes<sup>3,4</sup>



PHYSICAL ACTIVITY



NUTRITION



MEDICATION

“For many individuals with diabetes, the most challenging part of the treatment plan is determining what to eat and following a meal plan.”

—American Diabetes Association (ADA), 2019<sup>5</sup>

“NUTRITION THERAPY HAS AN INTEGRAL ROLE IN OVERALL DIABETES MANAGEMENT.” ADA, 2019<sup>5</sup>

## WHAT YOU CAN DO

We have a host of resources for how you can address the pivotal role nutrition therapy can play in diabetes management. Our goal is to help patients enhance glycemic management.

TO LEARN MORE ABOUT THE GLYCEMIC GUARDIANS INITIATIVES, VISIT [ANHI.ORG](http://ANHI.ORG).

### REFERENCES

1. International Diabetes Federation. IDF Diabetes Atlas. 2019.
2. World Health Organization. Diabetes: key facts. <https://www.who.int/news-room/fact-sheets/detail/diabetes>. Accessed December 26, 2018.
3. Garber AJ, et al. Endocrine Practice. 2018;24(1):91-120.
4. Handelsman Y, et al. Endocrine Practice. 2015;21(Supplement 1):1.
5. American Diabetes Association. Diabetes Care. 2019;42(Supplement 1):S46-S60.