

- Diabetes is a group of illnesses that occur in people all around the world. People with diabetes have an increased risk of developing serious health problems.
- There are three types of diabetes, which are all associated with the hormone insulin. Insulin is an important hormone that supplies the control of glucose (energy) to cells in the body.
- **Type 2 diabetes is the most common** type of diabetes. It occurs when a person is making insulin, but their cells cannot use it. Type 2 diabetes develops very slowly over time. Type 2 diabetes can be prevented.
- Type 1 diabetes occurs when a person is unable to make insulin. It is an autoimmune disease that happens very suddenly and cannot be prevented. People with type 1 diabetes need insulin injections to survive.
- Gestational diabetes occurs during pregnancy. It is similar to type 2 diabetes – the mother makes insulin but her body cannot use it properly.
- In 2013, there were 382 million adults around the world with type 2 diabetes.
- In 2013, 5.1 million people died from type 2 diabetes – that is 1 person every 6 seconds.

### Number of adults with type 2 diabetes around the world in 2013

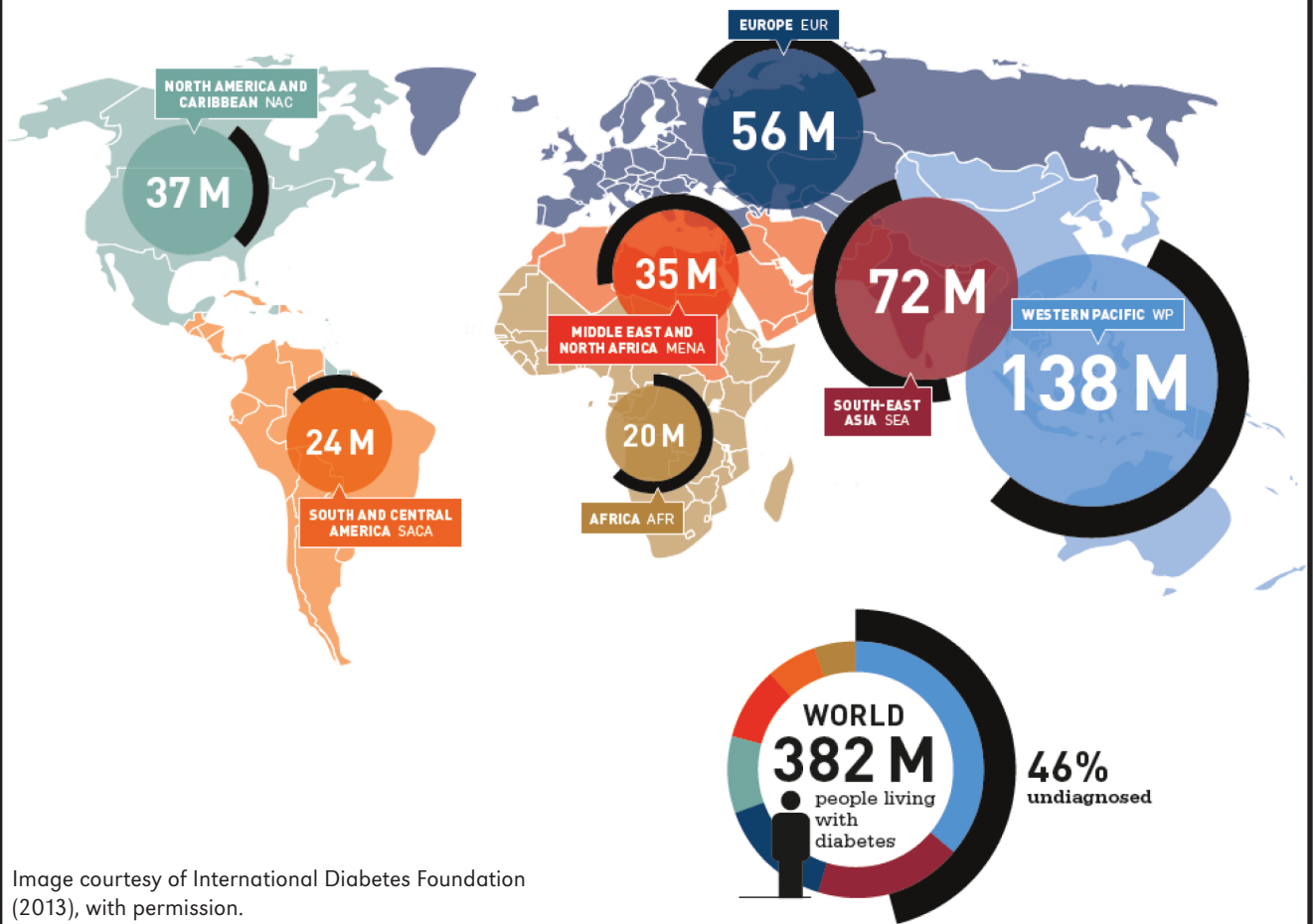


Image courtesy of International Diabetes Foundation (2013), with permission.

The world map shows the number of adults aged between 20 and 79 years that have diabetes. Each region of the world is a different colour.

- Using the information on the world map, complete the table to calculate the proportion of people in each region that have type 2 diabetes.

Region of the world	Total population (millions)	Population aged 20–79 years (millions)	People aged 20–79 years with type 2 diabetes (millions)	People aged 20–79 years with type 2 diabetes (%)
Africa (AFR)	888	408		
Europe (EUR)	907	658		
Middle East & North Africa (MENA)	656	375		
North America & Caribbean (NAC)	496	335		
South & Central America (SACA)	475	301		
South-East Asia (SEA)	1460	883		
Western Pacific Region (WP)	2278	1613		

- Which region of the world does the Cook Islands belong to? \_\_\_\_\_
- The black line around each circle represents the proportion of people who have type 2 diabetes but do not know it. They have undiagnosed diabetes.  
Which three regions in the world have the smallest proportion of people with undiagnosed diabetes?  
Can you suggest a reason why this might be?

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