

30 March 2016

**If diabetes were a country it would be the world's third largest**

Diabetes is one of the largest global health emergencies of the 21st century. Worldwide, 415 million adults have diabetes, with an additional 318 million at risk. The World Health Organisation has dedicated this year's World Health Day (Thursday 7 April) to increase awareness about the global rise in diabetes.

"If diabetes were a country, it would be the world's third largest," says Diabetes Victoria CEO Craig Bennett. "Each year, more and more people live with this condition, which can result in life-changing complications."

Recently published figures from the International Diabetes Federation project that one person in ten will develop diabetes by 2040, putting massive pressures on healthcare budgets around the globe.

In Australia, around 1.7 million people are living with diabetes and a further 280 develop diabetes every day. In Victoria, 74 people develop diabetes every day.

"Around 90 per cent of affected people are living with type 2 diabetes, a condition which is strongly linked to lifestyle factors," Mr Bennett continues and points out that type 2 diabetes could be prevented in every second case. "We need support to continue our good work in this area."

Diabetes Victoria offers an array of education programs and services for people living with all types of diabetes, and also runs the *Life!* program which is designed to help people at risk of developing type 2 diabetes and cardiovascular disease to prevent those conditions.

"Donating \$74 to Diabetes Victoria, a dollar for each Victorian that will develop diabetes today, will help us to fight the diabetes epidemic by providing funds to research, prevention programs and education services," Mr Bennett says.

Anyone who is not in a position to donate can support Diabetes Victoria's World Health Day campaign in other ways:

- Host a healthy morning tea with friends, colleagues or classmates and collect gold coin donations
- Raise awareness by sharing Diabetes Victoria's World Health Day message on social media, using #WHD2016 and #diabetes hashtags

*We **support, empower and campaign** for all Victorians affected by diabetes.*

**For more information:**

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**Note to editors:**

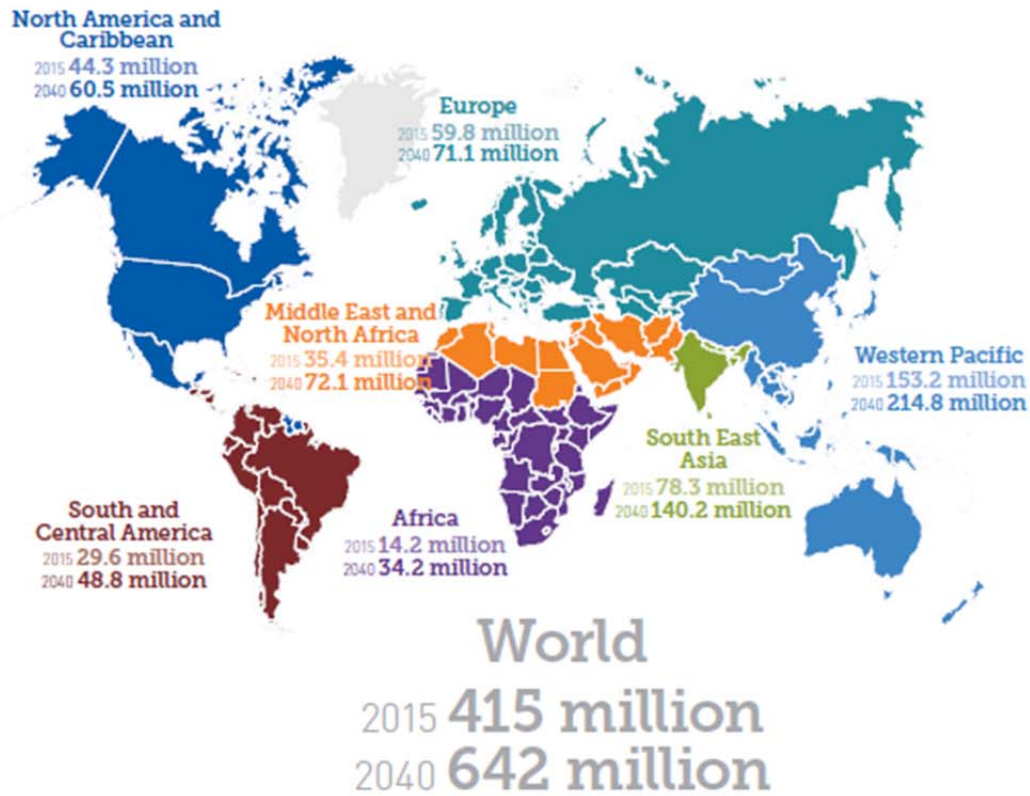
- Around 300,000 Victorians are living with diabetes. In Victoria, 74 people develop diabetes every day.
- An estimated 500,000 Victorians are at high-risk of developing type 2 diabetes.
- Diabetes is a serious, progressive and complex condition, which can result in serious complications.
- Diabetes can be a silent killer. There are large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies.

The World Health Organisation is focusing on 4 key messages for 2016 World Health Day.

1. **Diabetes is increasing:**  
The diabetes epidemic is rapidly increasing in many countries, with the documented increase most dramatic in low- and middle-income countries.
2. **Type 2 diabetes is preventable**  
A large proportion (58%) of type 2 diabetes cases are preventable. Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. Maintaining normal body weight, engaging in regular physical activity, and eating a healthy diet can reduce the risk of diabetes.
3. **You can manage your diabetes:**  
Diabetes can be managed to prevent complications. Increasing access to diagnosis, self-management education and affordable treatment are vital components of the response.
4. **We all play a role in prevention:**  
Efforts to prevent and treat diabetes will be important to achieve the global Sustainable Development Goal 3 target of reducing premature mortality from non-communicable diseases by one-third by 2030. Many sectors of society have a role to play, including governments, employers, educators, manufacturers, civil society, private sector, the media and individuals themselves.



## Estimated number of people with diabetes worldwide and per region in 2015 and 2040 (20-79 years)



## Adults who died from diabetes, HIV/AIDS, tuberculosis, and malaria

