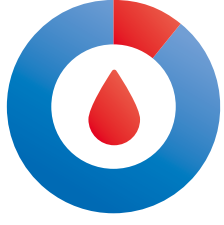


## Diabetes in Germany

# Diabetes in adults

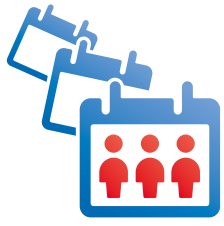
### Diabetes



Around **7 million** adults in Germany have diabetes.



About **1 in 5** people with diabetes do not know that they have the disease.



More than **500,000** adults are newly diagnosed with diabetes each year.



Around **50,000** women are affected by gestational diabetes during pregnancy each year.

### Diabetes mellitus

- » Diabetes is a metabolic disease that leads to increased blood glucose levels.
- » The following main forms of diabetes are: type 1 diabetes, type 2 diabetes, gestational diabetes.
- » Type 2 diabetes is the most common form in adults; it accounts for about 90–95% of all diagnosed diabetes cases.
- » The preliminary stage of diabetes is prediabetes, which is associated with increased blood glucose levels.

### Early diagnosis and treatment



Almost **50%** of adults with statutory health insurance take part in the health check-up within 2 years.



Around **75%** of adults with diabetes are treated with medication.

Health care focuses on early detection of diabetes and secondary diseases, a good blood glucose control as well as quality of life and patient satisfaction.

### Prediabetes



Around **20%** of adults have prediabetes.

Prediabetes increases the risk for the development of diabetes in later life.

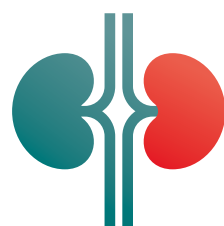
### Secondary and concomitant diseases

More than **35%** of adults with diabetes have cardiovascular diseases.

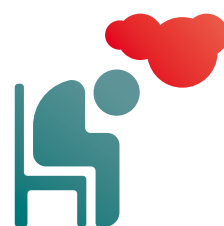
Around **15%** of adults with diabetes report depressive symptoms.



Around **6%** of adults with diabetes have diabetic foot syndrome.



About **15%** of adults with diabetes have diabetic kidney disease.



In the long term, diabetes can lead to serious secondary and concomitant diseases which are associated with health limitations.

### Risk factors type 2 diabetes



More than **50%** of adults are physically inactive in their leisure time.



Almost **25%** of adults are obese.



Almost **25%** of adults smoke daily or occasionally.

Central risk factors for the development of type 2 diabetes are unhealthy diet, physical inactivity, overweight and smoking.

### Burden and costs



More than **7 billion euros** are spent directly on diabetes every year.



Up to **12 years** of healthy life are lost by adults with diabetes.

Diabetes reduces the total lifetime and healthy lifetime and is associated with high health care costs.