

Diabetes in Germany

Diabetes in children and adolescents

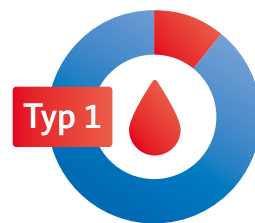
Diabetes

Type 1 diabetes

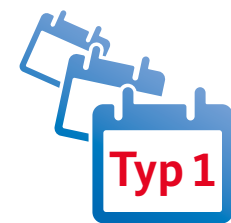
- » Autoimmune disease that often develops at a young age.
- » The body does not produce any insulin or not enough.
- » Those affected have to inject insulin for the rest of their lives.

Type 2 diabetes

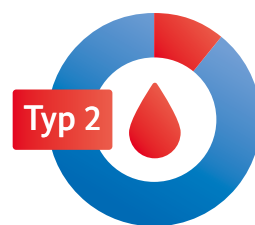
- » The body cannot use insulin properly.
- » Develops predominantly in older age (adult-onset diabetes).
- » A healthy lifestyle reduces the risk of developing type 2 diabetes.



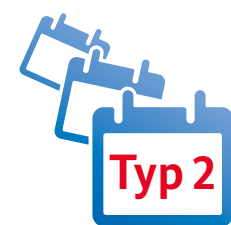
Around **31,000** children and adolescents have **type 1 diabetes**.



Around **3,500** children and adolescents are **newly diagnosed** with **type 1 diabetes** every year.



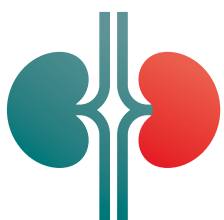
Around **840** children and adolescents have **type 2 diabetes**.



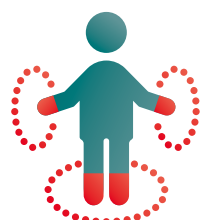
Around **200** children and adolescents are **newly diagnosed** with **type 2 diabetes** every year.

Type 1 diabetes is the predominant form of diabetes in childhood and adolescence. Type 2 diabetes occurs rather rarely.

Secondary diseases



Almost **0.5%** of children and adolescents with diabetes have **diabetic kidney disease**.



Almost **0.5%** of children and adolescents with diabetes have **diabetic polyneuropathy**.

Already in childhood and adolescence, diabetes can be accompanied by secondary and concomitant diseases.

Health care



Around **70%** of children and adolescents with type 1 diabetes use a **continuous glucose monitor**.



Almost **60%** of children and adolescents with type 1 diabetes are treated with an **insulin pump**.

Adequate care for children and adolescents with diabetes is of great importance.

Risk factors type 2 diabetes



Almost **20%** of children and adolescents drink **sugar-sweetened beverages** daily.



Almost **75%** of children and adolescents are **physically inactive**.



Around **15%** of children and adolescents are **overweight**.



Around **7%** of children and adolescents aged 11 to 17 years **smoke daily or occasionally**.

Already in childhood and adolescence, risk factors are present that can favour the later development of type 2 diabetes.