



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



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



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

Type 1 diabetes is the predominant form of diabetes in child-hood 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 / 5 / 0 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.