

**Diabetes in Germany**

# Diabetes at a glance

## Diabetes



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



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

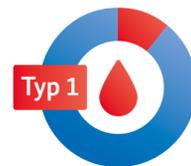


About **1 in 5** people with diabetes do not know that they have the disease.

### Type 1 diabetes

- » Type 1 diabetes is an 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.

**5-10%** of adults with diabetes have type 1 diabetes.

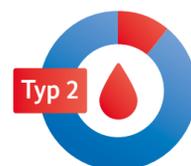


Around **31,000** children and adolescents have type 1 diabetes.

### Type 2 diabetes

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

**90-95%** of adults with diabetes have type 2 diabetes.



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

## 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**.



Almost **80%** of adults with diabetes participate in their **annual eye examination**.

### Health care focuses on:

- » Early detection of diabetes and secondary diseases
- » Good blood glucose control
- » Improving the quality of life and patient satisfaction

## Risk factors type 2 diabetes



Almost **75%** of children and adolescents and more than **50%** of adults are **physically inactive**.



Around **6%** of children and adolescents and almost **25%** of adults are **obese**.



About **7%** of 11- to 17-year olds and almost **25%** of adults **smoke daily or occasionally**.

### Risk factors are:

- » Unhealthy diet
- » Physical inactivity
- » Overweight
- » Smoking

## Secondary and concomitant diseases



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



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



Around **0.5%** of children and adolescents and about **15%** of adults with diabetes have **diabetic kidney disease**.

### Common complications are:

- » Blindness
- » Kidney failure
- » Heart disease
- » Stroke
- » Loss of toes and feet