

# Rising prevalence of Diabetes in India

29<sup>th</sup> July, 2023

India is the "diabetes capital of the world," with 11.4% of the population having diabetes and 35.5% having hypertension. 31 million Indians developed diabetes between 2019 and 2021, according to a study that was published in Lancet and was "one of the first comprehensive studies covering all States of India" to assess the incidence of non-communicable diseases (NCDs) in the country.

The highest rates of diabetes prevalence were found in Goa, Puducherry, and Kerala (26.4%, or almost 25%), and the report warns that even if the prevalence is relatively low in rural areas, those rates are expected to soar over the following five years.

According to the World Health Organisation, diabetes has a substantial role in renal failure, heart attacks, strokes, lower limb amputations, blindness, and other conditions.