

China houses 25 percent of diabetics worldwide

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Singapore: Researchers from the Chinese University of Hong Kong have come up with a new study that has made some stark conclusions. Published in *The Lancet Diabetes and Endocrinology*, the study pointed out how diabetes has become a major public health crisis in China. It explained that with an annual projected cost of nearly 35 billion British pounds (360 billion RMB) by 2030 and a new collaborative approach to care that uses registries and community support could help improve diabetes care.

An intense research led to the conclusion that China has the largest number of people with diabetes of any country in the world, and the disease has reached epidemic proportions in the adult population. It cited that in 1980, less than one percent of Chinese adults had diabetes, but this increased to almost 12 percent (113.9 million adults) by 2010. Latest estimates indicate that around half of Chinese adults have prediabetes, putting them at high risk of diabetes and multiple related illnesses.

Further, the researchers revealed another shocking fact: About 70 percent of all cases are undiagnosed, only a quarter of people with diabetes have received treatment and that the disease is controlled in just 40 percent of those treated.

Professor Ronald Ma, co-leader of the study from the Chinese University of Hong Kong said in a report, "Given the increased long-term risk of complications in people with young-onset diabetes, the potential economic and health burden associated with this epidemic is very alarming. In 1993, the cost of diabetes treatment in China was 2.2 billion RMB, but the projected cost for 2030 is 360 billion RMB, which highlights the critical importance of prevention."

China has been consistently battling issues related to ageing population, dietary changes, reduced physical activity, and exceptionally high rates of smoking, all that have contributed to the diabetes epidemic.