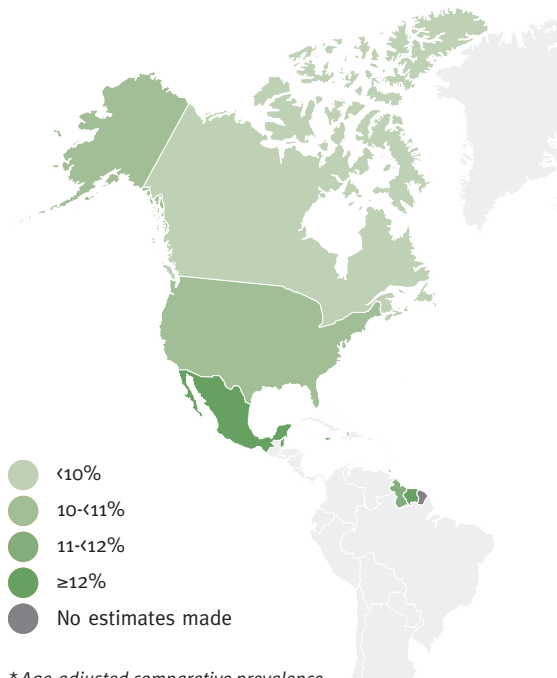




# Diabetes in North America & Caribbean – 2021



## Prevalence\* of diabetes (20–79 years), 2021



\*Age-adjusted comparative prevalence

### Top 5 countries

	2011	2021
<b>Top 5 countries for age-adjusted prevalence of people with diabetes (20–79 years)</b>		
Mexico	15.9%	16.9%
Saint Kitts and Nevis	8.7%	16.1%
Belize	17.4%	14.5%
Barbados	12.7%	14.0%
Bermuda	12.3%	13.0%

### Corporate sponsors

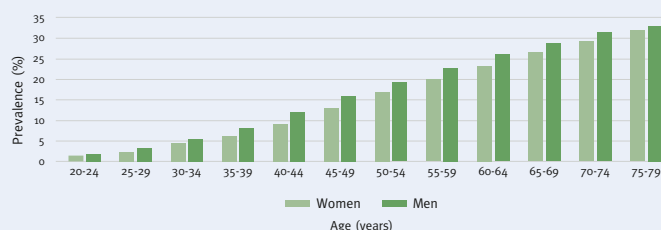
The IDF Diabetes Atlas 10th edition has been produced thanks to educational grants from Novo Nordisk, Pfizer-MSD Alliance and Sanofi:



## Highlights

- 1 in 7 adults have diabetes – 51 million.
- The North America and Caribbean Region has the second highest diabetes prevalence (14%) of all IDF Regions.
- 1 in 4 people living with diabetes are undiagnosed.
- The North America and Caribbean Region has the highest diabetes-related expenditure (USD 415 billion) associated with diabetes, 43% of global expenditure.
- The North America and Caribbean Region has the second highest number of children and adolescents with type 1 diabetes – 193,000 in total.
- The North America and Caribbean Region has the highest average cost per person with diabetes (20-79y) – USD 8,208.
- 1 in 6 live births are affected by hyperglycaemia in pregnancy.

### Prevalence of diabetes by age and sex, 2021



### Top 5 countries for number of people with diabetes (20–79 years)

	2011	2021
United States of America	23.7m	32.2m
Mexico	10.3m	14.1m
Canada	2.7m	3m
Haiti	295,500	548,700
Jamaica	258,500	231,100

m= million b=billion

### Need more information?



Visit [www.diabetesatlas.org](http://www.diabetesatlas.org)

Scan QR code

Contact [atlas@idf.org](mailto:atlas@idf.org)

## At a glance

	2021	2030	2045
<b>Adult population in North America and Caribbean</b>			
Aged 20–79 years	361m	388m	413m
<b>Diabetes (20–79 years)</b>			
Regional prevalence	14.0%	14.6%	15.2%
Age-adjusted comparative prevalence	11.9%	13.3%	14.2%
Number of people with diabetes	51m	57m	63m
Number of deaths due to diabetes	931,000	–	–
<b>Healthcare expenditure due to diabetes (20–79 years)</b>			
Total healthcare expenditure, USD	414.5b	404.7b	408.7b
<b>Impaired glucose tolerance (20–79 years)</b>			
Regional prevalence	13.0%	13.4%	13.7%
Age-adjusted comparative prevalence	11.2%	11.5%	11.7%
Number of people with impaired glucose tolerance	47m	51.8m	56.6m
<b>Impaired fasting glucose (20-79 years)</b>			
Regional prevalence	8.8%	8.8%	9.1%
Age-adjusted comparative prevalence	8.3%	8.6%	8.7%
Number of people with impaired fasting glucose	31.6m	34.2m	37.6m
<b>Undiagnosed diabetes (20-79 years)</b>			
Regional prevalence	24.1%	–	–
Number of people with undiagnosed diabetes	12.2m	–	–
<b>Type 1 diabetes (0–19 years)</b>			
Number of children and adolescents with type 1 diabetes	192,500	–	–
Number of newly diagnosed children and adolescents each year	24,400	–	–

m= million b=billion



# Diabetes in North America & Caribbean – 2021



Country or territory	Adult population (20–79 y), 1,000s	Adults with diabetes (20–79 y), 1,000s	Diabetes prevalence (20–79 y), %	Age-adjusted comparative diabetes prevalence (20–79 y), %	Cost per person with diabetes (20–79 y), USD	Diabetes-related deaths (20–79 y)	Type 1 diabetes (0–19 y)	Proportion of undiagnosed diabetes (20–79 y), %	One in X adults (20–79 y) has diabetes
Antigua and Barbuda <sup>i</sup>	68.6	8.5	12.5	11.7	1,015.8	147	10	29.5	8
Aruba	78.8	4.1	5.2	4.3	–	–	0	29.5	19
Bahamas	274.7	25.6	9.3	8.8	2,496.6	470	123	29.5	11
Barbados	208.3	38.8	18.7	14.0	1,106.4	1,008	35	29.5	5
Belize	244.3	32.2	13.2	14.5	830.5	441	49	41.9	8
Bermuda	44.5	6.9	15.5	13.0	–	–	3	25.1	6
British Virgin Islands	20.1	1.9	9.4	8.7	–	–	10	25.1	11
Canada	28,352.3	2,974.0	10.5	7.7	4,802.9	53,046	19,831	37.8	10
Cayman Islands <sup>i</sup>	43.9	6.1	13.8	13.0	–	–	4	25.1	7
Curaçao <sup>i</sup>	117.7	20.3	17.2	11.7	–	–	1	29.5	6
Dominica <sup>i</sup>	47.6	6.3	13.3	11.7	1,334.3	–	13	29.5	8
Grenada	76.2	10.1	13.3	12.6	1,058.0	265	16	29.5	8
Guyana <sup>i</sup>	489.0	54.0	11.1	11.7	693.0	1,672	4	29.5	9
Haiti	6,581.8	548.7	8.3	8.9	244.5	11,811	144	29.4	12
Jamaica	1,991.4	231.1	11.6	11.1	884.9	4,303	197	24.5	9
Mexico	83,741.6	14,123.2	16.9	16.9	1,412.3	184,384	13,952	47.4	6
Saint Kitts and Nevis	35.3	6.4	18.1	16.1	1,055.7	–	8	29.5	6
Saint Lucia <sup>i</sup>	134.5	15.9	11.8	11.7	905.0	317	23	29.5	8
Saint Vincent and the Grenadines	75.8	6.5	8.6	8.0	902.9	131	17	29.5	12
Suriname	376.7	49.7	13.2	12.7	1,277.9	948	3	39.6	8
Trinidad and Tobago	1,005.4	148.9	14.8	12.7	1,209.7	2,365	184	29.5	7
United States of America	237,306.1	32,215.3	13.6	10.7	11,779.2	–	157,874	12.5	7
US Virgin Islands	73.4	12.4	17.0	12.4	–	669,384	35	25.1	6

<sup>i</sup> based on extrapolation from similar countries

## National/regional prevalence

The actual percentage of each country's/region's adult population that has diabetes. Appropriate for assessing diabetes burden.

## Age-adjusted comparative prevalence

Calculated by assuming that a country/ region has an age profile identical to that of the world population.

Appropriate for comparing countries/regions.

## Health expenditure

For people with diabetes are assumed to be on average two-fold higher than people without diabetes.