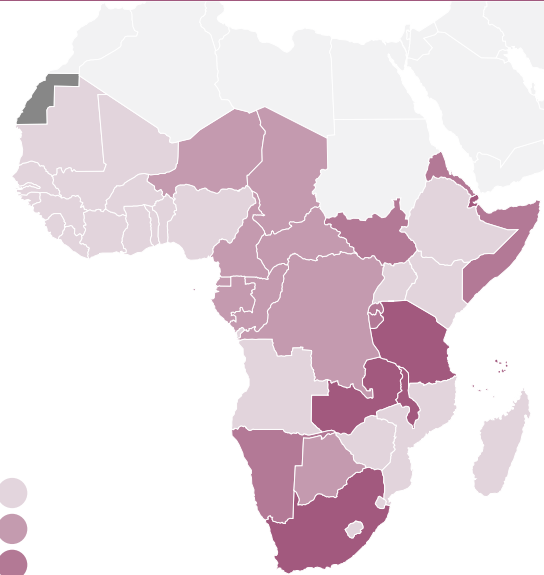




Prevalence* of diabetes (20–79 years),



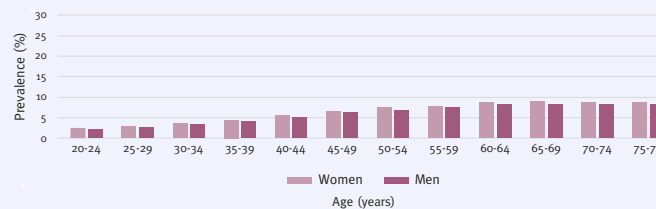
*Age-adjusted comparative prevalence

Top 5 countries

	2011	2021
Top 5 countries for age-adjusted prevalence of people with diabetes (20–79 years)		
United Republic of Tanzania	2.8%	12.3%
Zambia	4.8%	11.9%
Comoros	8.6%	11.7%
South Africa	7.1%	10.8%

- 1 in 22 adults have diabetes – 24 million.
- The total number of people with diabetes is predicted to increase by 129% to 55 million by 2045, the highest increase of all IDF Regions.
- Over 1 in 2 (54%) people living with diabetes in the Region are undiagnosed, the highest proportion of all IDF Regions.
- Diabetes is responsible for 416,000 deaths in 2021.
- Africa has the second lowest diabetes-related expenditure (USD 13 billion) associated with diabetes, 1% of global expenditure.
- 1 in 8 live births are affected by hyperglycaemia in pregnancy.

Prevalence of diabetes by age and sex, 2021



At a glance

	2021	2030	2045
Adult population in Africa			
Aged 20–79 years	527m	696m	1.05b
Diabetes (20–79 years)			
Regional prevalence	4.5%	4.8%	5.2%
Age-adjusted comparative prevalence	5.3%	5.5%	5.6%
Number of people with diabetes	24m	33m	55m
Number of deaths due to diabetes	416,000	–	–
Healthcare expenditure due to diabetes (20–79 years)			
Total healthcare expenditure, USD	12.6b	43.1b	46.7b
Impaired glucose tolerance (20–79 years)			
Regional prevalence	9.9%	10.1%	11.1%
Age-adjusted comparative prevalence	12.6%	13.4%	14.1%
Number of people with impaired glucose tolerance	52.2m	70.6m	116.7m
Impaired fasting glucose (20–79 years)			
Regional prevalence	7.8%	7.9%	8.0%
Age-adjusted comparative prevalence	8.0%	7.9%	7.6%
Number of people with impaired fasting glucose	40.9m	55.2m	84.7m
Undiagnosed diabetes (20–79 years)			
Regional prevalence	53.6%	–	–
Number of people with undiagnosed diabetes	12.7m	–	–
Type 1 diabetes (0–19 years)			
Number of children and adolescents with type 1 diabetes	59,500	–	–
Number of newly diagnosed children and adolescents each year	19,700	–	–

	2011	2021
Top 5 countries for number of people with diabetes (20–79 years)		
South Africa	1.9m	4.2m
Nigeria	3.1m	3.6m
United Republic of Tanzania	472,900	2.9m
Ethiopia	1.4m	1.9m
Democratic Republic of the Congo ⁱ	730,700	1.9m

ⁱ based on extrapolation from similar countries m=million b = billion

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Diabetes in Africa – 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
Angola ⁱ	14,503.2	584.5	4.0	4.6	519.8	11,173	2,388	66.1	25
Benin	5,874.4	50.4	0.9	1.1	181.6	927	544	46.4	117
Botswana	1,361.6	69.1	5.1	5.2	2,155.3	2,044	108	66.1	20
Burkina Faso ⁱ	9,587.0	164.4	1.7	2.1	192.3	2,813	254	86.7	58
Burundi	5,434.6	223.1	4.1	6.5	102.5	3,925	608	44.4	24
Cabo Verde ⁱ	351.3	7.3	2.1	2.1	912.1	70	43	48.7	48
Cameroon	12,827.9	620.8	4.8	5.5	286.2	12,614	1,458	46.4	21
Central African Republic ⁱ	2,176.2	96.9	4.5	5.8	267.7	3,655	17	86.7	22
Chad ⁱ	7,131.9	268.3	3.8	5.8	133.6	5,247	91	86.7	27
Comoros	449.3	34.6	7.7	11.7	205.6	440	53	51.4	13
Congo ⁱ	2,729.4	151.6	5.6	5.5	251.4	3,104	488	46.4	18
Côte d'Ivoire ⁱ	12,830.9	231.2	1.8	2.1	386.6	3,991	1,014	46.4	55
Democratic Republic of the Congo ⁱ	40,044.2	1,908.9	4.8	5.8	93.9	34,151	2,156	86.7	21
Djibouti ⁱ	618.6	53.7	8.7	7.4	288.2	883	357	44.4	12
Equatorial Guinea ⁱ	782.9	39.4	5.0	5.5	1,712.7	824	54	46.4	20
Eritrea ⁱ	1,718.3	94.2	5.5	6.5	110.6	2,129	1,928	44.4	18
Eswatini ⁱ	600.9	21.8	3.6	4.6	1,136.2	846	97	66.1	28
Ethiopia	57,503.7	1,920.0	3.3	5.0	104.3	26,448	2,363	44.4	30
Gabon ⁱ	1,217.0	79.0	6.5	5.5	1,137.8	1,215	171	46.4	15
Gambia	1,126.4	18.1	1.6	1.9	132.7	325	47	86.7	62
Ghana	16,732.9	329.2	2.0	2.6	279.4	6,255	2,551	46.4	51
Guinea ⁱ	6,146.5	103.7	1.7	2.1	184.6	2,176	113	86.7	59
Guinea-Bissau ⁱ	956.8	16.8	1.8	2.1	270.9	411	26	86.7	57
Kenya	27,783.4	821.5	3.0	4.0	448.6	15,285	5,279	44.4	34
Lesotho ⁱ	1,233.9	48.4	3.9	4.6	474.9	2,761	60	66.1	25
Liberia ⁱ	2,518.2	47.1	1.9	2.1	231.2	802	54	86.7	53
Madagascar ⁱ	13,919.8	535.8	3.9	4.6	98.5	9,718	2,566	66.1	26
Malawi	8,982.4	486.0	5.4	7.3	150.7	7,917	1,979	66.1	18
Mali ⁱ	8,714.9	152.5	1.8	2.1	189.6	2,616	249	86.7	57
Mauritania ⁱ	2,386.6	45.0	1.9	2.1	284.5	514	321	46.4	53
Mayotte ⁱ	139.1	5.7	4.1	4.6	–	–	24	48.7	24
Mozambique	14,317.6	349.3	2.4	3.3	226.7	11,832	1,945	86.7	41
Namibia	1,375.3	75.0	5.5	6.7	2,120.9	1,674	225	66.1	18

ⁱ based on extrapolation from similar countries



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
Niger	9,870.6	423.1	4.3	5.2	142.0	5,302	333	86.7	23
Nigeria	96,812.4	3,623.5	3.7	3.6	499.7	48,375	4,440	46.4	27
Rwanda ⁱ	6,631.2	297.0	4.5	6.5	230.7	4,075	671	44.4	22
Sao Tome and Principe ⁱ	104.3	6.1	5.8	5.5	664.4	73	23	48.7	17
Senegal	8,036.7	189.4	2.4	3.1	299.7	3,028	1,451	86.7	42
Seychelles	67.2	6.6	9.9	8.5	940.7	91	5	46.0	10
Sierra Leone	3,961.1	70.6	1.8	2.1	422.2	1,353	27	86.7	56
Somalia	6,917.0	376.0	5.4	6.5	–	8,834	2,405	44.4	18
South Africa	37,416.8	4,234.0	11.3	10.8	1,700.7	95,676	4,526	45.4	9
South Sudan	5,432.7	246.2	4.5	6.5	–	4,021	2,695	44.4	22
Togo	4,121.1	75.4	1.8	2.1	205.3	1,338	4,578	86.7	55
Uganda	20,127.6	716.0	3.6	4.6	227.4	10,416	5,655	44.4	28
United Republic of Tanzania	28,027.1	2,884.0	10.3	12.3	149.8	36,334	125	44.4	10
Zambia	8,441.9	726.3	8.6	11.9	334.4	15,519	1,594	66.1	12
Zimbabwe	7,110.8	106.4	1.5	2.1	794.4	2,942	1,343	66.1	67

ⁱ based on extrapolation from similar countries

National/regional prevalence

The actual percentage of each country's/region's adult population that

Age-adjusted comparative prevalence

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

Health expenditure

For people with diabetes are assumed to be on average two-fold higher