



Diabetes in India

Source: IE

A **Lancet Global Health** study based on the [Longitudinal Aging Study in India \(LASI\)](#) found that at least one in five Indians aged 45 and above had diabetes in 2019.

- Around 40% of people with diabetes were unaware they had the disease, revealing gaps in diagnosis and awareness.
- **Diabetes:** It is a chronic [non-communicable disease](#) where the **pancreas stops producing insulin** or the body can't use it properly. Insulin is a hormone that controls blood sugar, when insulin doesn't work properly, blood sugar rises, causing **hyperglycaemia**.
 - Conversely, too much insulin can cause **hypoglycaemia** (low blood sugar).
- **Types of Diabetes**
 - **Type 1:** Autoimmune destruction of insulin-producing cells, requiring daily insulin; mostly affects children and young adults.
 - **Type 2:** Body resists insulin or doesn't produce enough; linked to **overweight, inactivity, and genetics**; accounts for over 95% of diabetes cases; can be prevented with lifestyle changes.
 - **Gestational Diabetes:** High blood sugar during pregnancy; increases risks for mother and child and raises chance of developing Type 2 later.
- **India's Initiatives:** Encourages healthy lifestyles through [Fit India Movement](#).
 - Population-based screenings for diabetes at [Ayushman Arogya Mandirs](#).
 - The Central Board of Secondary Education mandates ['sugar boards'](#) in schools to educate children on sugar content in foods and health risks.

Note: Type 5 diabetes is a newly recognized form affecting lean teens and young adults with a body-mass index (BMI) below 18.5 kg/m².

- Unlike Type 1 (autoimmune) or Type 2 (insulin resistance), Type 5 is caused by **malnutrition damaging pancreatic beta cells**, leading to insulin deficiency.

Read more: [World Diabetes Day 2024](#)