

Almost one in two people in India not receiving diabetes education for diagnosis

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IDF predicts India would have more than 92 million people living with diabetes by 2030



New research from the International Diabetes Federation (IDF) reveals that nearly half (43%) of people living with diabetes in India did not receive sufficient information and education about their condition when they were diagnosed.

The figures, released ahead of World Diabetes Day on Monday 14 November, also show that just under one in three (31%) do not receive regular education from their healthcare provider, with one in five (20%) feeling they do not have access to diabetes education.

More than 74 million people are living with diabetes in India, according to the latest IDF estimates released in 2021. The majority are spending less than two hours per year in consultation with a healthcare professional. For the vast majority of the time, therefore, they are looking after themselves.

Access to information and education at the time of diagnosis and beyond is critical to support diabetes self-care, thereby enabling people living with diabetes to effectively manage their condition. When diabetes is not well managed, the risk of serious health complications increases. These include heart attacks, strokes, kidney failure, blindness and lower-limb amputation.

IDF's research suggests that one in three people in India turn to Google (33%) for their diabetes education, and just under a third (29%) turn to social media.

"This research shows an immediate need for additional support for people living with diabetes in India," said Professor Shashank Joshi, Chair, IDF South-East Asia. "They need to understand their condition and keep their diabetes knowledge up to date, in order to manage it effectively. We need better access to diabetes education today to protect tomorrow."