

## **DIABETES MELLITUS IN THE WORLD AND UKRAINE**

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The prevalence of diabetes for all age-groups worldwide was estimated to be 2.8% in 2000 and 4.4% in 2030. The total number of people with diabetes is projected to rise from 171 million in 2000 to 366 million in 2030. The prevalence of diabetes is higher in men than women, but there are more women with diabetes than men. The urban population in developing countries is projected to double between 2000 and 2030. The most important demographic change to diabetes prevalence across the world appears to be the increase in the proportion of people 65 years of age.

18,000 children in Europe develop type 1 diabetes in 2011 (Brussels, November 14, 2011) World Diabetes Day 2011 marks the release of the International Diabetes Federation's 5th edition of the Diabetes Atlas. New figures indicate that the number of people living with diabetes is expected to rise from 366 million in 2011 to 552 million by 2030. The findings also show that 116,000 children in Europe have type 1 diabetes with 18,000 new cases in 2011, this is the highest estimate of all International Diabetes Federations regions.

International diabetes federation estimates that 52.8 million of the European adult population will have diabetes by the end of 2011 rising to 64.2 by 2030. Additionally, 19 million people are living with diabetes but are yet to be diagnosed.

Ukraine has a population of about 45.7 million and the official data state that the prevalence of diabetes in Ukraine is 2.5%. The Diabetes Atlas (2009) indicates for Ukraine an estimated prevalence of 9.6% (for the population between 20 to 79 years old) which is in great discrepancy with the figures registered by the health system (2.5%) but is closer to the results of local studies (8.7%).

Ukraine reports to have 1133922 persons affected by diabetes. Out of this, 92% have type 2 diabetes. Still the statistic results regarding diabetes are not considered to be public information (not shared with the public). The Governmental bodies are the ones responsible to collect the data from the territory. In local research activities it was revealed that the actual number of persons with undiagnosed diabetes might be up to 2.5 times higher than the known numbers. The distribution is not uniform across the country (Western regions have lower than average levels of prevalence). For type 1 diabetes the prevalence might fluctuate between 0.17 to 0.38%. Life expectancy for a person with type 1 is about 40 years.

For type 1 the major complications are angiopathy of the lower extremities (92%), nephropathy (24%) and retinopathy (21%). In a hospital with republican expertise the average level of HbA1c is 8.6% (and improvement from 10.5% some years ago). In the early 1990 there was registered an increase of the incidence rate for type 1 with 7% per year.

Access to treatment for people with diabetes is theoretically free of. The geographic coverage of the country is also good. The facilities visited have the main instruments to assess the condition of invalids. Usually, the more complex cases are referred to the higher levels where both the laboratory facilities and the health professionals can correctly assess the cases and offer the proper solutions.