

The Diabetes Landscape in Australia

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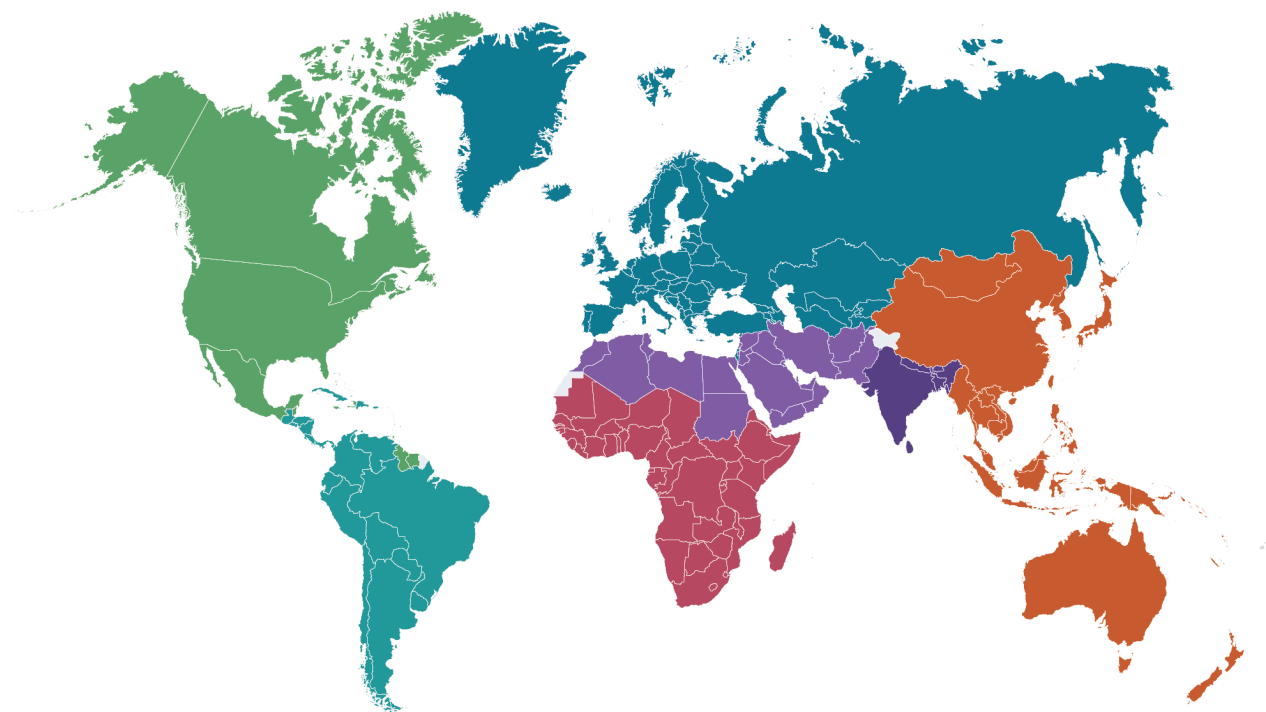
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Outline

- The global burden of diabetes
- The state of diabetes in Australia
 - Prevalence, incidence of type 1, type 2 and gestational diabetes
- Diabetes in First Nation Australians
- Diabetes complications
- Cost of Diabetes

The global burden of diabetes

Aged 20-79 years, globally and by International Diabetes Federation Region



World

2050	852.5 Million	↑ 45% increase
2024	588.7 Million	

Europe (EUR)

2050	72.4 Million	↑ 10% increase
2024	65.6 Million	

North America and Caribbean (NAC)

2050	68.1 Million	↑ 21% increase
2024	56.2 Million	

South-East Asia (SEA)

2050	184.5 Million	↑ 73% increase
2024	106.9 Million	

Africa (AFR)

2050	59.5 Million	↑ 145% increase
2024	24.6 Million	

Middle-East and North Africa (MENA)

2050	162.6 Million	↑ 92% increase
2024	84.7 Million	

South and Central America (SACA)

2050	51.5 Million	↑ 45% increase
2024	35.4 Million	

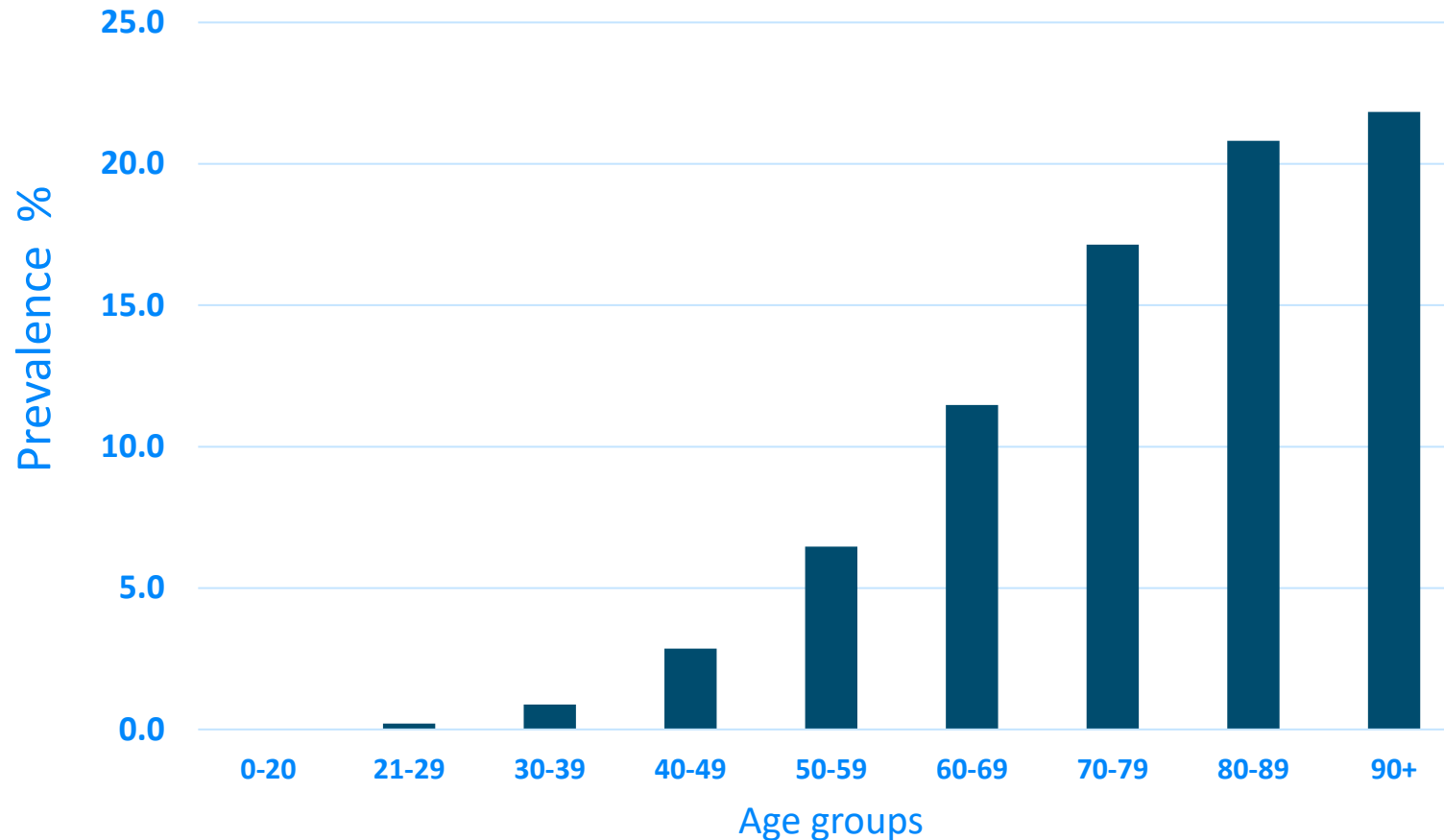
Western Pacific (WP)

2050	253.8 Million	↑ 18% increase
2024	215.4 Million	

Diabetes in Australia

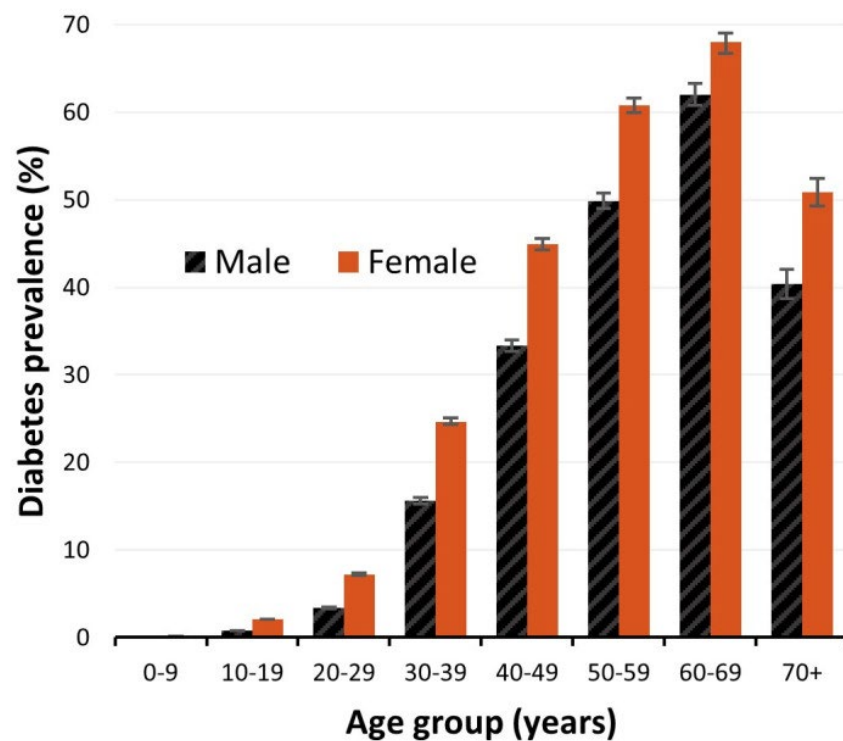
- Prevalence: 1.5 million Australians have diagnosed diabetes (Diabetes Australia 2024 NDSS)
- Another ~500,000 have undiagnosed diabetes
- Total prevalence ~7.4%, slightly higher in males versus females
- Diabetes Atlas estimates the prevalence to increase to 8.7% by 2050

Prevalence of diagnosed type 2 diabetes by age



Diabetes in Indigenous populations in NT

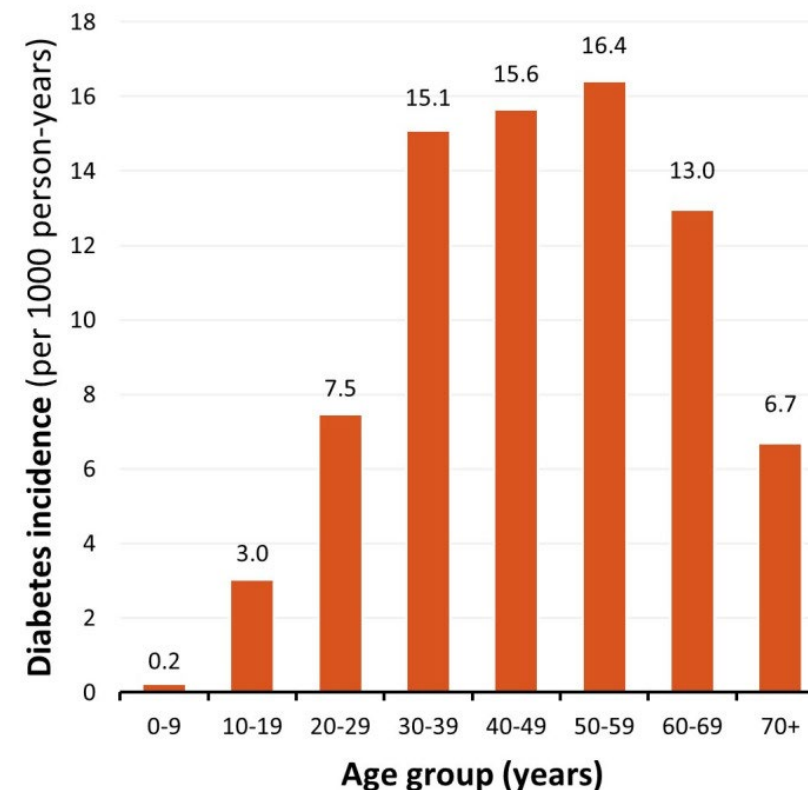
Age and sex-specific diabetes prevalence in 2018/2019 among Aboriginal people in remote Northern Territory communities



Diabetes prevalence (%)

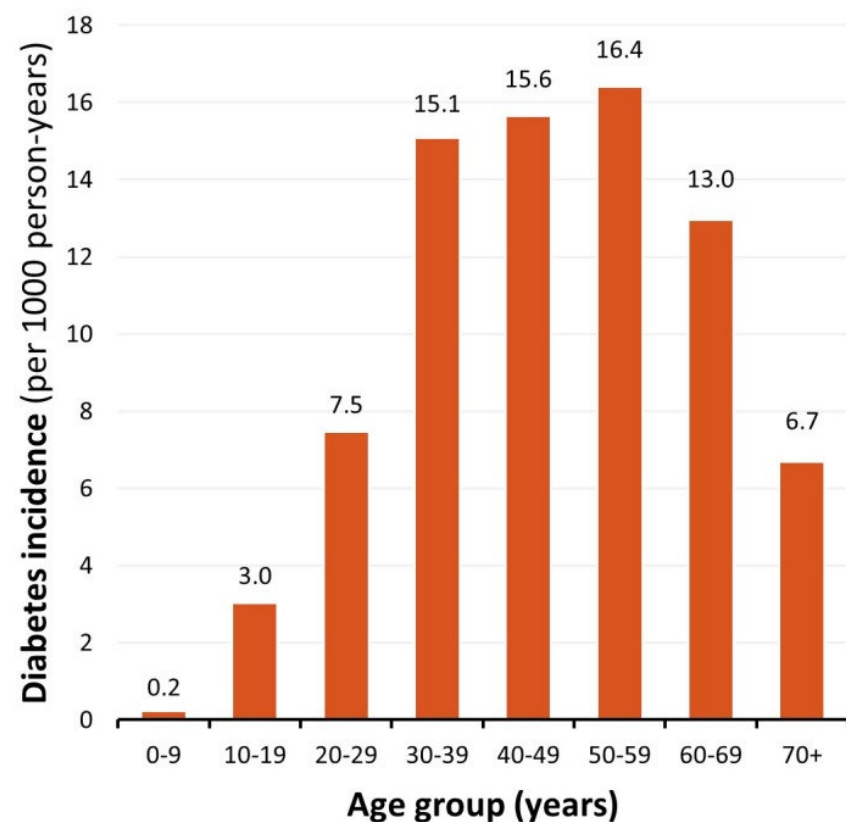
Male	0.05	0.79	3.37	15.6	33.4	49.9	62.0	40.4
Female	0.10	2.05	7.20	24.7	44.9	60.8	68.0	50.9

Age-specific diabetes incidence in 2018/2019 among Aboriginal people in remote Northern Territory communities

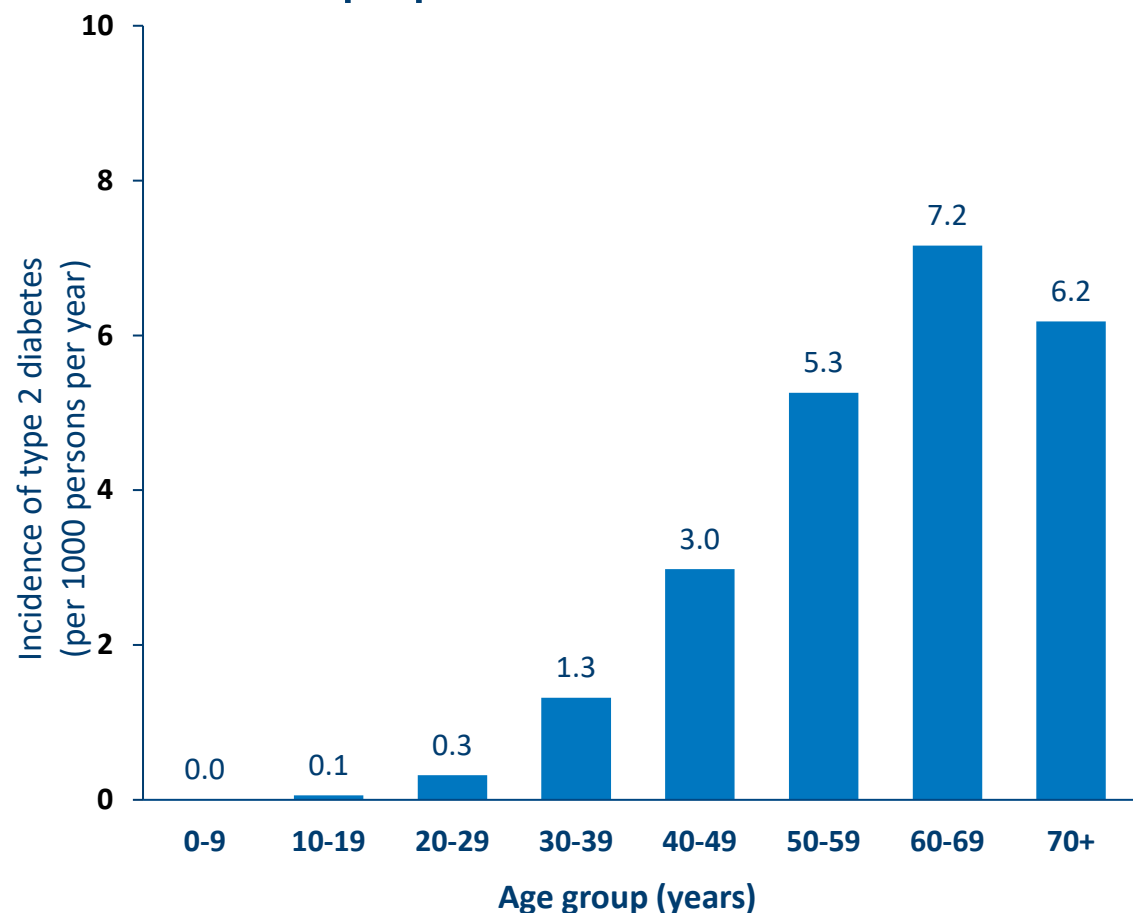


Comparison of incidence of diabetes in First Nations people compared to the general Australian population

First Nations people



General population



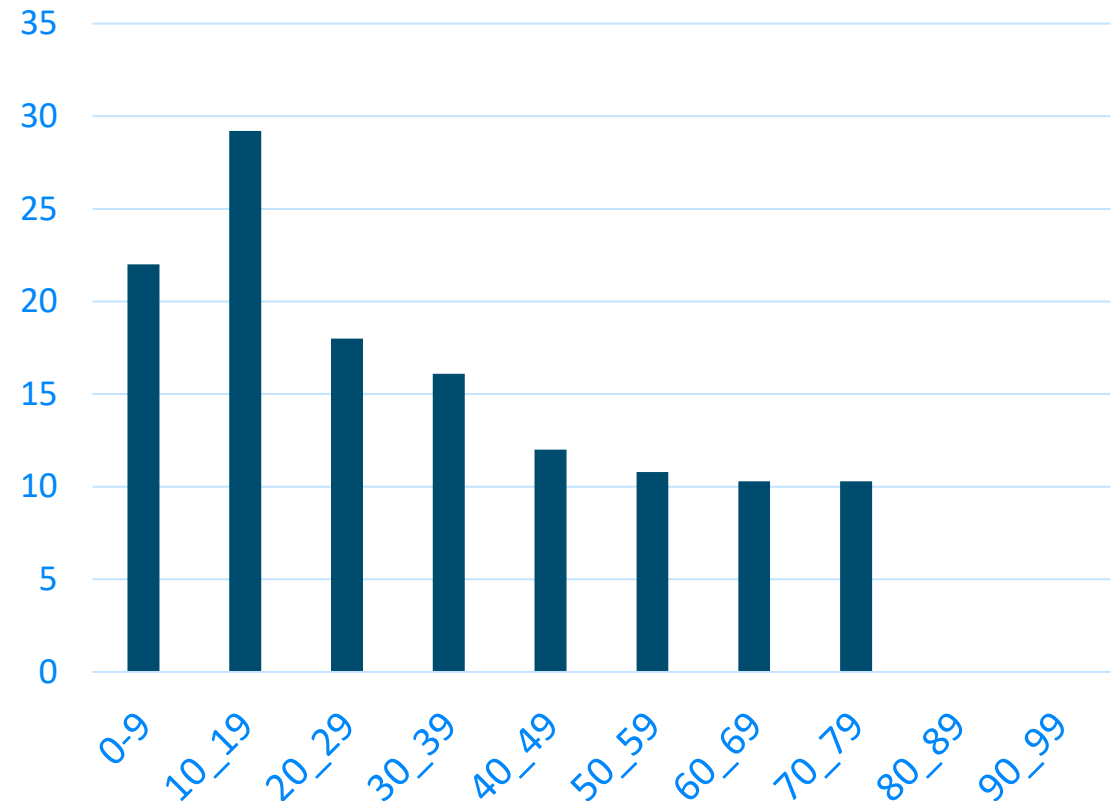
Type 1 diabetes in Australia

- New cases in 2025, N~4207
- Total cases in Australia
N= 117,932

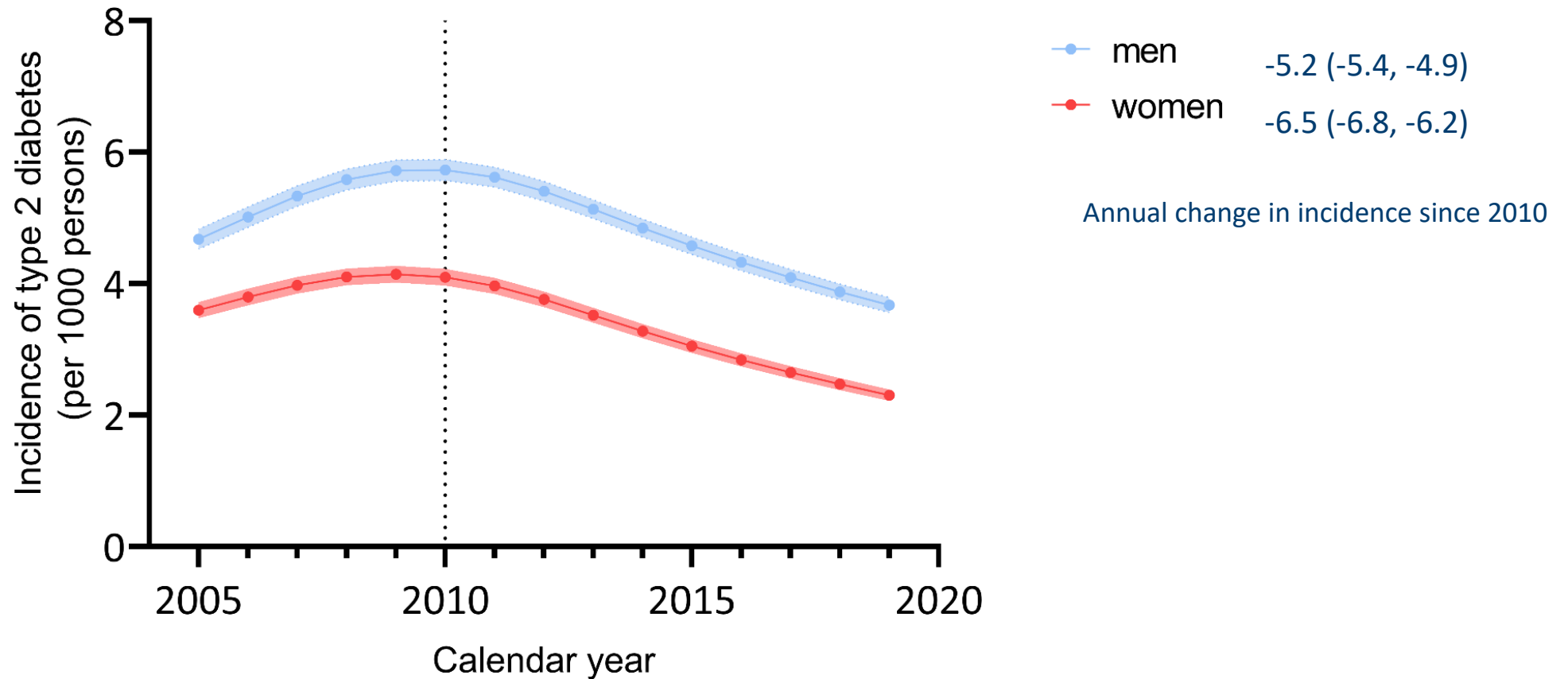
Prevalence of type 1 diabetes = 0.44%

Source: Fei Wang, Breakthrough T1D

Incidence of type 1 diabetes by age

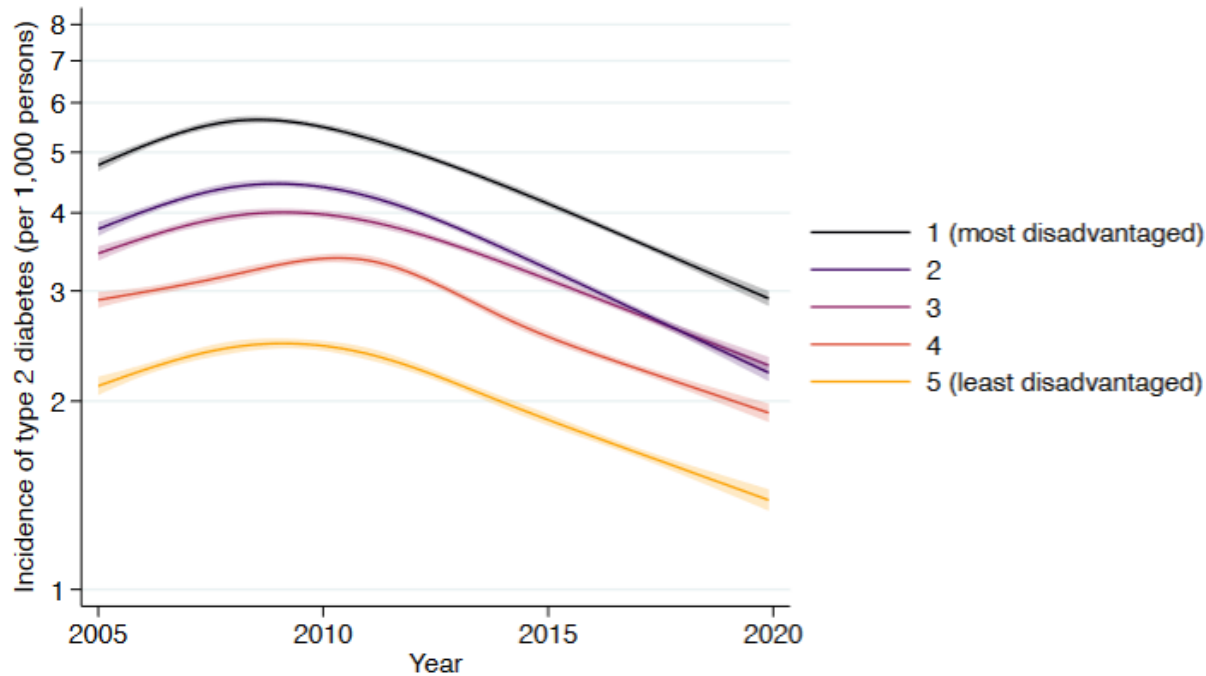


Age- and sex-standardised incidence of diagnosed type 2 diabetes among Australians aged ≥ 20 years, 2005–2019

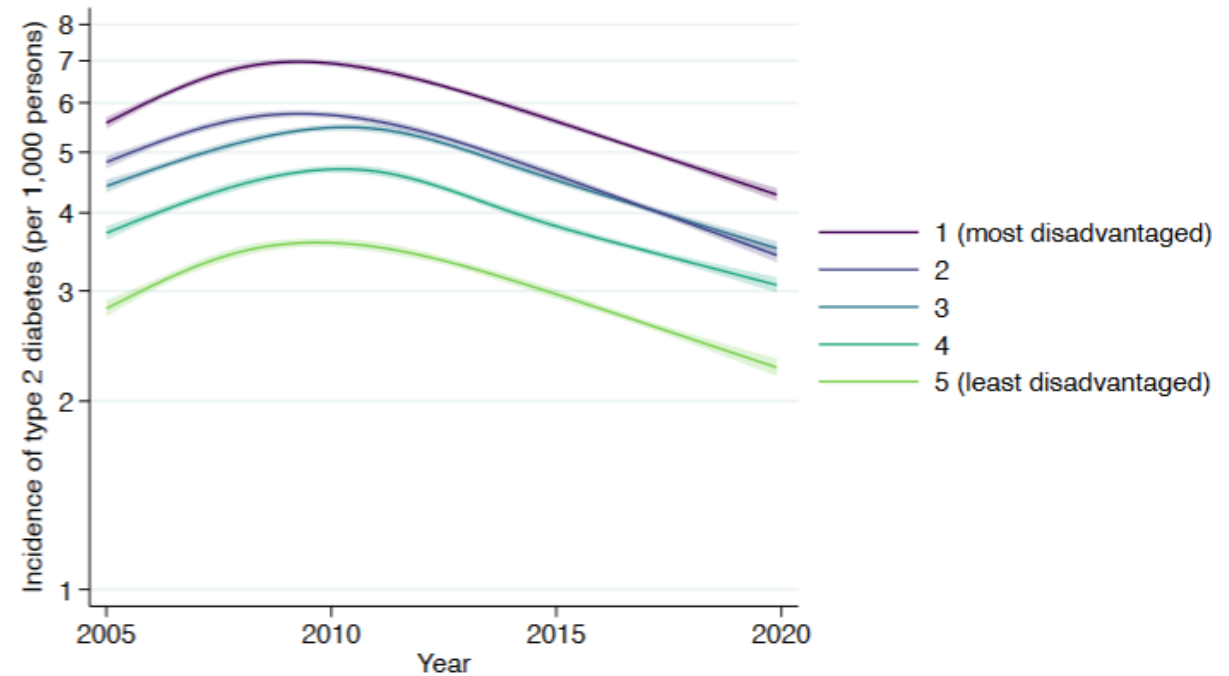


Trends in incidence of type 2 diabetes stratified by socioeconomic disadvantage and sex

Women



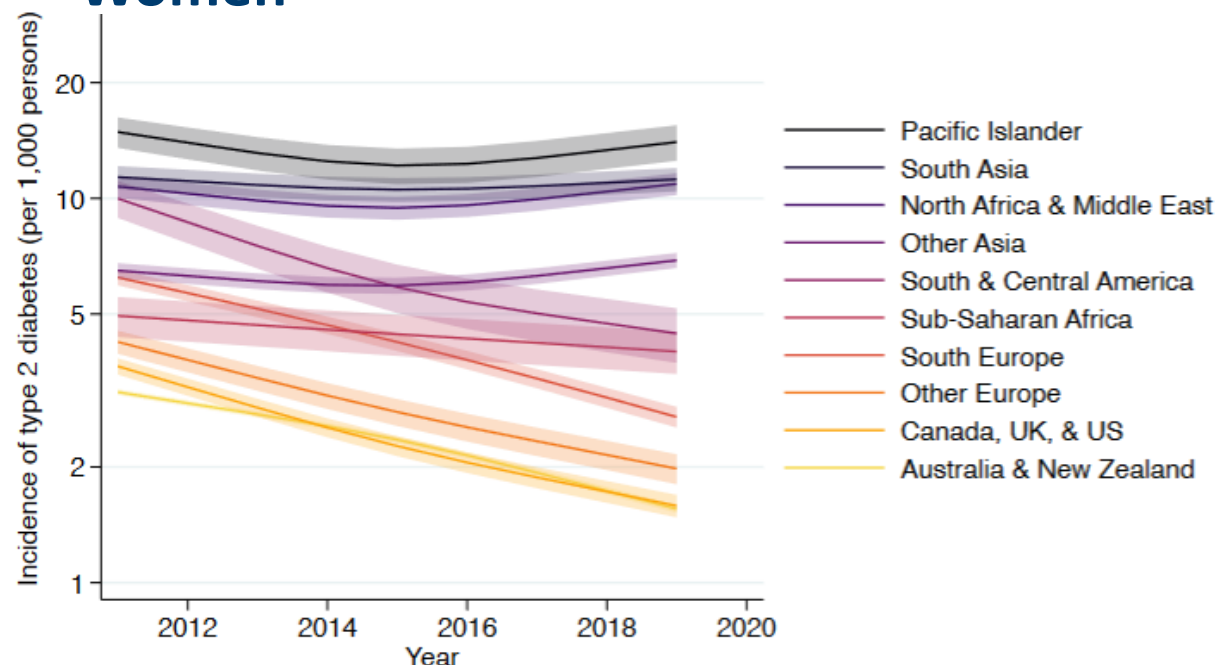
Men



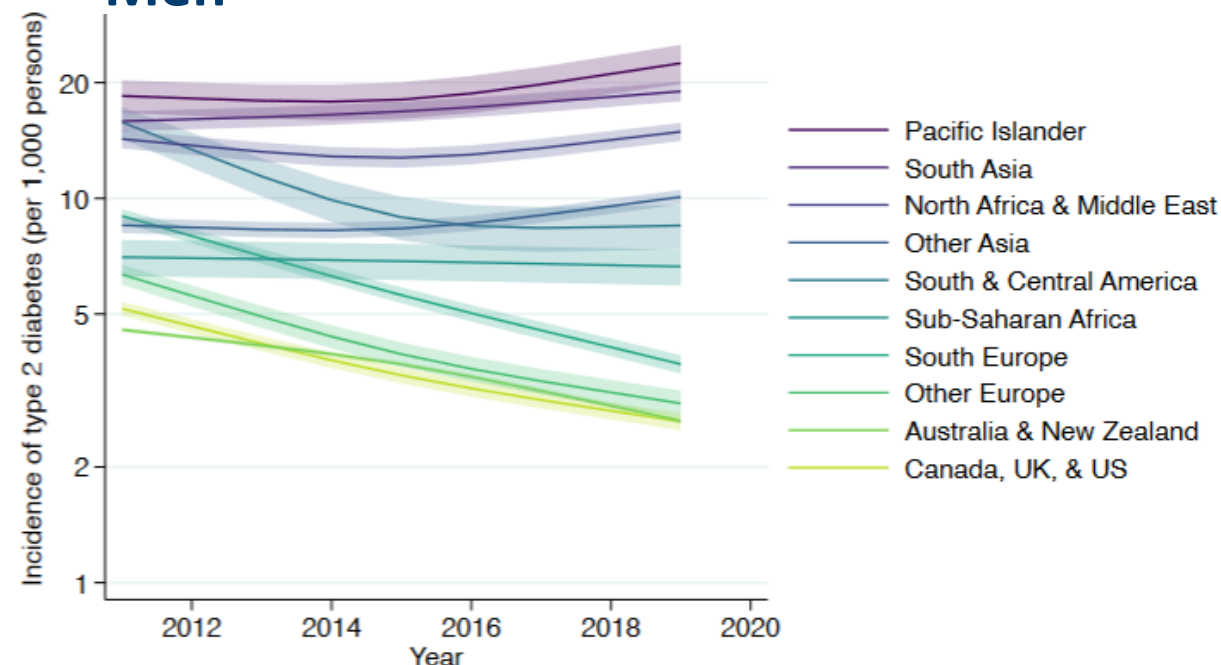
Socioeconomic disadvantage was measured by the Index of Relative Socioeconomic Disadvantage

Trends in incidence of type 2 diabetes stratified by country of birth and sex

Women

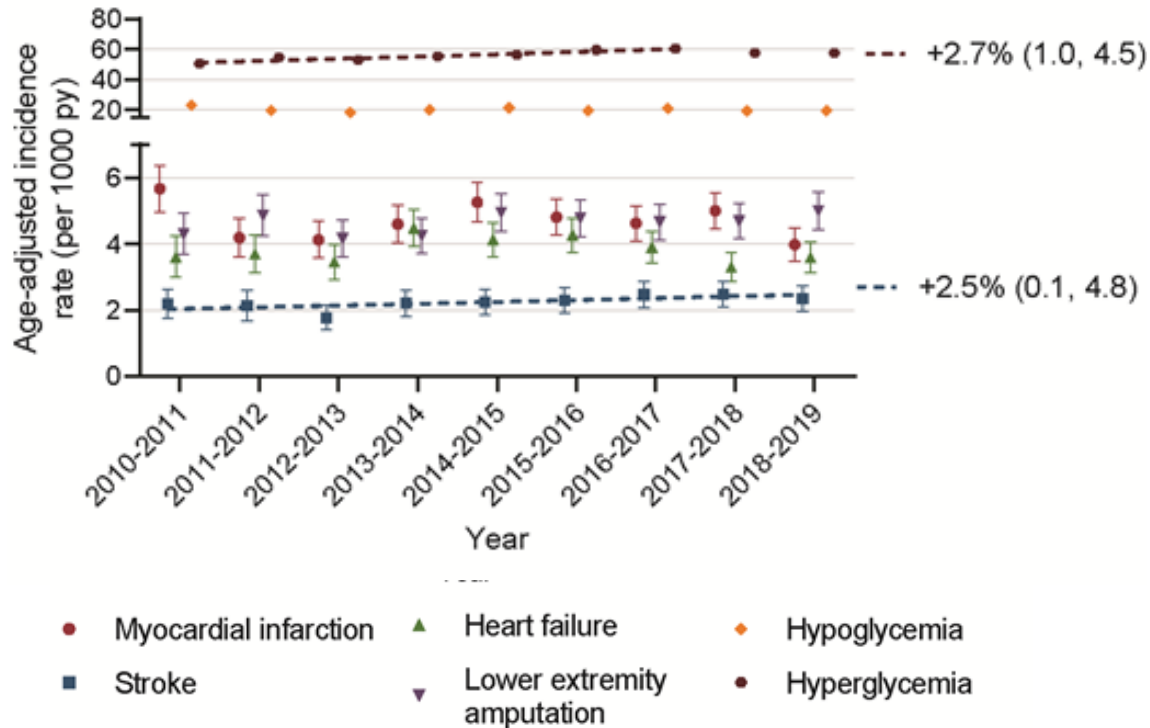


Men

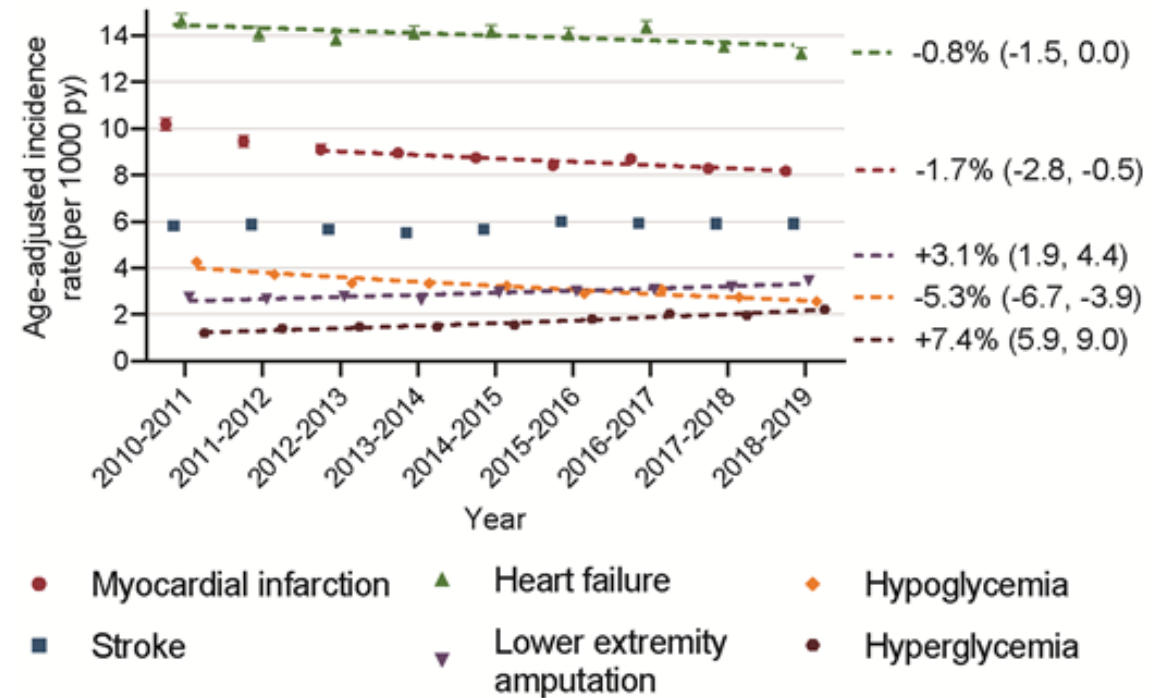


Incidence of traditional complications of diabetes are falling

Type 1 diabetes



Type 2 diabetes



Cost of Diabetes in Australia

- A recent 2025 analysis indicates that diabetes costs the Australian health system over 9.1 billion annually, equating to more than \$6,000 for each person living with diagnosed diabetes
- Previous estimates for 2020-21 were \$3.4 billion
- Type 2 diabetes accounts for a large proportion of this, but also type 1 diabetes, gestational diabetes
- Also includes indirect costs due to lost wages and welfare payments

Summary

- Diabetes burden in Australia is substantial and consistent with other high-income countries
- Burden is higher in those from disadvantaged groups and First Nations Australians
- Diabetes costs > \$9 billion annually
- In Australia, diabetes incidence is slowing and even decreasing, although not all population groups are showing these patterns
- Some of the traditional complications of diabetes are declining