



World Diabetes Day 2024

[Source: PIB](#)

Recently, [World Diabetes Day](#) was celebrated on **14th November** to raise awareness about diabetes, which affects millions globally. The **2024 theme, "Breaking Barriers, Bridging Gaps,"** highlights the need for inclusive healthcare and equitable access to diabetes management.

- **Diabetes:**
 - Diabetes is a [Non-communicable disease](#) (NCD) that occurs either when the **pancreas does not produce enough insulin** (a hormone that regulates blood sugar, or glucose), or when the **body cannot effectively use the insulin it produces.**
 - Uncontrolled diabetes can lead to severe health complications, including **heart disease, kidney failure, and vision loss.**
- **Types:** [Type 1 diabetes](#) and [Type 2 diabetes](#)
- **Statistics:**
 - India has approximately 212 million individuals with diabetes, and 133 million of them are untreated.
 - In India, only 28% of women and 29% of men with diabetes receive treatment.
 - The prevalence of diabetes in India has quadrupled since 1990, now affecting 11.4% of the population.
- **Government Initiatives in India:**
 - [National Programme for Prevention and Control of Non-Communicable Diseases \(NP-NCD\)](#)
 - [Pradhan Mantri Bhartiya Janaushadhi Pariyojana \(PMBJP\)](#)

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Diabetes: Type 1 vs. Type 2

Diabetes is on the climb — but there is a difference between Type 1 and Type 2. Do you know it?

Type 1 Diabetes

Your body is no longer able to produce insulin



Usually develops during childhood, but can develop at any age



Family history



- Bedwetting
- Blurry vision
- Frequent urination
- Increased appetite and thirst
- Mood changes and irritability
- Tiredness and weakness
- Unexplained weight loss



No known prevention methods



Insulin injections



Type 2 Diabetes

Your body still produces insulin, but it doesn't make enough of it or it doesn't use it efficiently

Can develop at any age but is most common in adults over 45

- Overweight and/or inactive
- Family history
- High blood pressure

- Increased appetite and thirst
- Dark patches on armpits/neck
- Frequent urination
- Blurry vision
- Tiredness and weakness
- Unexplained weight loss

Healthy lifestyle

Healthy living, possible insulin support

Read more: [Government Programme for NCD Renamed](#)

