

## 60% of people with uncontrolled diabetes are between 18 and 45 yrs old: Study

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**1 in 5 people diagnosed with diabetes in the last 5 years are in the age group 18-30 years: Fitterfly data analysis reveals alarming trend**



Mumbai-based startup Fitterfly has released insightful data from the analysis of approximately 16,000 digital interactions involving individuals with pre-diabetes and diabetes. Conducted over a year using the platform's diabetes reversal calculator, the analysis provides valuable findings. These insights come at a time when a recent report showed that the number of people living with diabetes has exceeded 101 million, with an additional 136 million classified as pre-diabetic.

Among the key findings, it was revealed that 30% of the analysed individuals had HbA1C levels above 9.5%. Such high HbA1C levels can cause several complications, making it necessary to take immediate action. Surprisingly, 22% of the 30% with these high levels took no medication and were looking for alternatives.

The data also exposed a concerning trend—diabetes prevalence is on the rise among the younger generation. One in five individuals (20%) with diabetes fell within the age group of 18 to 30 years, with 60% of the people falling in the age group of 18-45. Diabetes appearing at a younger age threatens the demographic dividend and the country's public wellness and economic growth.

Another concerning aspect highlighted by the data is the poor adherence to diabetes care, regardless of diagnosis. Despite 70% of individuals having a family history of diabetes, proactive steps to address the problem are not taken to prevent it. 30% of the people in the study came with no family history of diabetes, which also signifies the importance of lifestyle factors in the development of diabetes. Additionally, those recently diagnosed often skip regular medication.