## EP804

## Assessment of the diabetes mellitus prevalence dynamics in the republic of belarus

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Objective

To assess the dynamics of Diabetes Mellitus (DM) prevalence in the Republic of Belarus in the period from 1993 to 2023.

Materials and Methods

There were the data from the Ministry of Health official statistics in the Republic of Belarus used for the analysis

Results

In the Republic of Belarus, since 1993, there has been a steady increase in the prevalence of types 1 DM and type 2 DM. The total prevalence of type 1 DM increased from 185.30 to 847.6 per 100.000 population, in the absence of an increase in primary incidence. These data indicate that the availability of insulin and self-monitoring tools have a positive impact on the life expectancy of this category of patients. The total prevalence of type 2 DM increased 7.8 times - from 510.99 to 3981.3 per 100,000 population. The marked increase in the incidence of type 2 DM is the result of active detection of the disease in risk groups and popularisation in the media in accordance with the State program. The estimated prevalence rate of DM in the Central European region, including the Republic of Belarus, should be 5-7% of the population. The World Health Organization and the International Diabetes Federation have determined that by 2030, DM should be detected in 80% of sufferers with these desease. When taking the calculated indicator of the number of patients with DM from the general population of a approximately 6% at the beginning of 2024, there are 3,889,395 patients with DM in the Republic of Belarus, which is 4.1%.

Conclusion

It is necessary to intensify measures to identify type 2 DM through further screening and expansion of risk groups, as well as increased popularisation in the media.

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