


# DIABETIC ADULTS RESIDING IN ITALY



2016-2019 DATASET

In Italy, nearly 2 million people aged 18-69 (1 out of 20) have diabetes

 **86%** of people with diabetes reports to be under **pharmacological treatment: 1 out of 4** uses insulin, but most of them (**80%**) by oral blood glucose lowering drugs.

## Last control of glycated haemoglobin

35% within last 4 months

29% between 4 and 12 months

23% not know the exam

13% >12 months, not remember, did not do

## Diabetes risk factors



TOBACCO USE

23% is cigarette smoker



OVERWEIGHT/  
OBESITY

Nearly **3 out of 4** are overweight or obese



HIGH  
CHOLESTEROL

43% has high levels of cholesterol



PHYSICAL  
INACTIVITY

About **1 out of 2** is not physically active



HIGH BLOOD  
PRESSURE

More than **half** reports high blood pressure



HIGH BLOOD  
GLUCOSE

**1 out of 4** does not know the exam to check glycated haemoglobin



## HEALTH PROFESSIONALS' ADVICE TO DIABETIC PATIENTS

{to quit smoking to **74%** among smokers

{to lose weight to **70%** of overweight/obese individuals

{to engage in physical activity to quite **half** of physically inactive people