

## Global Epidemiology of Diabetes and Prevention of T1D





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589 million adults (20-79 years) are living with diabetes worldwide  
*This number is predicted to rise to 853 million by 2050*  
 Diabetes was responsible for 3.4 million deaths in 2024 – 1 every 9 seconds.


**Diagnosis of Diabetes: USA**

Test	<b>Diabetes</b> should be diagnosed if 1 or more of the following criteria are met	<b>"Prediabetes"</b> (IFG and/or IGT) requires at least one of the following criteria
 Fasting plasma glucose	> 125 mg/dL	100-125 mg/dL (IFG)
 Two-hour plasma glucose after 75g oral glucose load (OGTT)	≥ 200 mg/dL	140-199 mg/dL (IGT)
 HbA1c	≥ 6.5%	5.7–6.4%
 Random plasma glucose in the presence of symptoms of hyperglycemia	≥ 200 mg/dL	Not applicable

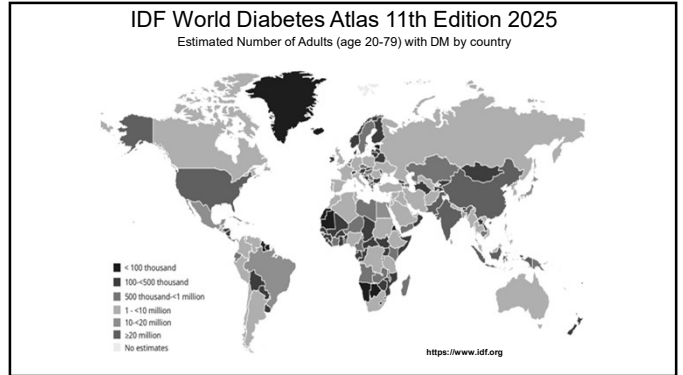
## Global and Regional Prevalence of Diabetes

**Diabetes Guidelines & Epidemiology**

- ADA
- EASD
- IDF
- American Diabetes Association
- European Association for the Study of Diabetes
- International Diabetes Federation



Visit [www.diabetesatlas.org](http://www.diabetesatlas.org)  
 Scan QR code  
 Contact [atlas@idf.org](mailto:atlas@idf.org)



**IDF 2021 & 2025:**  
 Age-Adjusted DM prevalence in adults (20-79 years)

2021			2024		
Rank	Country or territory	Comparative diabetes prevalence <sup>a</sup> (%)	Rank	Age-standardised diabetes prevalence (%)	
1	Pakistan	30.8	1	Pakistan	31.4
2	French Polynesia	25.2	2	Marshall Islands	25.7
3	Kuwait	24.9	3	Kuwait	25.6
4	New Caledonia <sup>a</sup>	23.4	4	Samoa	25.4
5	Northern Mariana Islands <sup>a</sup>	23.4	5	Qatari	24.6
6	Nauru <sup>a</sup>	23.4	6	Kiribati	24.6
7	Marshall Islands	23.0	7	Saudi Arabia	23.1
8	Mauritius	22.6	8	French Polynesia	22.8
9	Kiribati	22.1	9	Egypt	22.4
10	Egypt	20.9	10	Bahrain	22.1

### IDF Data for T1D

- 2021:
  - Of the 215 countries and territories covered by the IDF Diabetes Atlas, only 97 have their own incidence data for T1D.
  - For most, this is limited to children and adolescents under 15 years of age
  - The countries without data for age <20 are some very populous nations, such as Nigeria, Indonesia, the Philippines, Vietnam, and South Africa.
- 2022:
  - The T1D Index utilizes a Markov Model and machine learning techniques to estimate the number of people with T1D globally and by individual country.

www.diabetesatlas.org

### IDF 10<sup>th</sup> Atlas: Global Incidence of T1D in 2021

Map 3.4 Age-sex standardised incidence rates (per 100,000 population per annum) of type 1 diabetes in children and adolescents aged 0–14 years



The IDF Europe Region has the highest number of children and adolescents (0–19 years) with T1D – 295,000 in total

www.diabetesatlas.org

### IDF 10<sup>th</sup> Atlas: Top 10 Countries for T1D in 2021

Table 3.10 Top 10 countries or territories for estimated number of incident (new) cases of type 1 diabetes in children and adolescents (0–19 years) per annum

Rank	Country or territory	Number of incident (new) cases (0–19 years) in thousands
1	India	24.0
2	United States of America	18.2
3	Brazil	8.9
4	Algeria	6.5
5	China	6.1
6	Morocco <sup>1</sup>	5.1
7	Russian Federation	4.0
8	Nigeria	3.8
9	Saudi Arabia	3.8
10	Germany	3.6

<sup>1</sup> The figure for Morocco uses incidence rates extrapolated from Algeria

www.diabetesatlas.org

Table 3.11 Top 10 countries or territories for estimated number of prevalent (existing) cases of type 1 diabetes in children and adolescents (0–19 years) per annum

Rank	Country or territory	Number of children and adolescents with type 1 diabetes (0–19 years) in thousands
1	India	229.4
2	United States of America	157.9
3	Brazil	92.3
4	China	56.0
5	Algeria	50.8
6	Morocco <sup>1</sup>	43.3
7	Russian Federation	38.1
8	Germany	35.1
9	United Kingdom	31.6
10	Saudi Arabia	28.9

<sup>1</sup> The figure for Morocco uses incidence rates extrapolated from Algeria

### IDF 10<sup>th</sup> Atlas: Global Incidence of Adult Onset T1D in 2021

Map 3.5 Incidence of adult-onset type 1 diabetes in adults 20–40 years



Annual incidence of type 1 diabetes (per 100,000 per year) among adults aged 20–40 years (men and women) per country/region (estimated from studies between 1973 and 2020)

Among the 46 studies identified, incidence of adult-onset (≥20 years) T1D was available for 32 countries and regions reporting estimates between 1973 and 2019.

www.diabetesatlas.org

Table 3-13 Countries with the highest incidence of adult-onset type 1 diabetes

Rank	Country	Study year	Incidence (per 100,000)
1	Eritrea	2019	46.2
2	Sweden	2009	30.6
3	Ireland	2011-2016	30.6
4	Finland	2017	28.0
5	United Kingdom	2009-2013	17.8
6	Norway	1978-1982	16.7
7	United States	2017	16.5
8	Australia	2020	16.4
9	Libya	1981-1990	9.9
10	Spain	1987-1990	9.9

The majority of available studies are limited by the use of clinical diagnosis or diagnostic codes for ascertainment of T1D in adults and, therefore, likely underestimate the true burden.

www.diabetesatlas.org

### Limitations of the Data in Adults

- ICD10 Coding
  - Youth and Adolescents are often coded as T1D even when documentation is clear that diagnosis is T2DM
    - This has minimal impact on the data as T2DM is a very small percent of the diabetes diagnosed in youth and adolescence
  - Most adults with documented T1D are still coded as T2DM
    - EHR defaults “diabetes mellitus” to E11.9
  - Many adults are not tested for T1D but are merely presumed to be T2DM
- Clinical Diagnosis typically uses initiation of insulin within 6 or 12 months of diagnosis as indication of T1D

### Countries with the highest number of people of all ages living with T1D in 2024

Rank	Country	Number of people of all ages living with T1D
1	United States of America	1,477,000
2	India	941,000
3	China	599,000
4	Brazil	499,000
5	United Kingdom	341,000
6	Germany	337,000
7	Russian Federation	323,000
8	Canada	243,000
9	Saudi Arabia	223,000
10	Turkey	196,000

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### US Data, 2018-2020

- 64,000 new diagnoses of T1D annually
  - 27,000 cases in youth (0-19 years)
  - 37,000 cases in adults (20-64 years)
- 1.6 million American are living with T1D
  - 200,000 of these are < age 20
  - 1.4 million are age 20+
- This number is projected to rise to 5 million people (3X increase) in the U.S. by 2050, including nearly 600,000 youth

Rogers et al. BMC Medicine (2017) 15:199

Can we prevent T1D?

## Stages of T1D

	Stage 1	Stage 2	Stage 3
<b>Symptoms</b>	Asymptomatic	Asymptomatic	Symptomatic
<b>Antibodies</b>	Autoantibodies present	2+ Autoantibodies present	Autoantibodies present in 90-95%
<b>Glucose</b>	No IFG or IGT	Dysglycemia*	Hyperglycemia
<b>ICD10 Code</b>	E10.A1	E10.A2	E10.65

IFG= impaired fasting glucose  
 IGT = impaired glucose tolerance  
 \*FPG 100-125 mg/dL or 2h PG 140-199 mg/dL or A1c 5.7-6.4%

## Using Immunotherapy to Prevent T1D

Teplizumab (an anti-CD3 antibody)

- Cancer therapy has seen a dramatic impact with checkpoint inhibitors that block CTLA-4, PD-1, or PD-L1, either alone or in combination
- Preventing autoimmunity needs a different approach
  - Teplizumab is now FDA approved to delay or prevent T1D in people at high risk
    - an anti-CD3 antibody
      - Prevents activation of the T-cell Receptor by preventing formation of the T-Cell Receptor-CD3 complex
        - This prevents activation of the CD4+ T-cells
          - prevents the recognition of autoantigens by T-cells
    - Shown to slow progression of T1D from Stage 2 to Stage 3 by a median of 2 years
  - *More biologic agents are in clinical trials*

## Summary

- The majority of T1D is diagnosed in adults
- The actual prevalence of T1D, in youth & adolescents and in adults, is not known in many countries
  - As data is coming available it is much higher than previously assumed, with India as the primary example
- Prevention of T1D is possible, if treated in Stage 2



## Newer technologies in the care of women with diabetes complicating pregnancy

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### Objectives

- Review goals in management of diabetes in pregnancy
- Review use of CGM in type 1 diabetes in pregnancy
- Describe insulin pumps and automated insulin delivery
- Research studies

### 15. Management of Diabetes in Pregnancy: Standards of Care in Diabetes—2026

Diabetes Care 2026;49(Suppl. 1):S323–S338 | <https://doi.org/10.2337/dc26-S015>

### ADA recommendations for reproductive health

- Preconception counseling should be part of every visit starting at puberty
- If pregnancy desired:
  - A1c level as close to normal as possible (<6.5%) without hypoglycemia
  - Evaluate and treat complications
  - Evaluate medications' safety

Diabetes Care Volume 49, Supplement 1, January 2026  
Management of Diabetes in Pregnancy: Standards of Care in Diabetes-2026

### Risks of maternal hyperglycemia in pregnancy

#### Fetal and neonatal risks

Congenital anomaly (cardiac, CNS, limb defects, orofacial clefts)
Prematurity
Large for gestational age or growth restriction
Neonatal medical complications
Perinatal mortality
Long-term outcomes

#### Obstetric complications

Miscarriage
Preeclampsia and gestational hypertension
Polyhydramnios
Preterm delivery
Cesarean delivery

#### Maternal medical risks

Progression of retinopathy
Progression of diabetic kidney disease
Cardiovascular disease
DKA

### Your patient with T1D is pregnant...now what?

- Discuss usual changes in insulin requirements during pregnancy
- Refer to multidisciplinary team of maternal fetal medicine providers, endocrinologist, diabetes educator, nutritionist, if available
- Weekly (or more often) glucose review to begin immediately

### Guidelines for glycemic targets for pregnancy

	Fasting glucose	Peak postprandial	A1c	CGM Recommended
ADA	70-95 mg/dl	1h 110-140 mg/dl 2h 100-120 mg/dl	<6%	T1D Not for T2D or GDM
ACOG	<95 mg/dl	1h <140 mg/dL 2h <120 mg/dL	<6%	T1D
AACE	60-99 mg/dl	1h or 2h: 100-129 mg/dl	<6%	Recommend if unable to achieve targets for all types of DM in pregnancy
CCPGP	<95 mg/dl	1h <140 mg/dl 2h <120 mg/dl	<6.5%	T1D
NICE	<95 mg/dl	1h <140 mg/dl 2h <115 mg/dl	<6.5%	T1D Also for T2D/GDM on insulin, severe hypoglycemia, or unable to achieve goals

### Should CGM be used in pregnancy?

- Since 2022, many CGM have been approved by the FDA for pregnancy

**15.10** Continuous glucose monitoring (CGM) can help to achieve glycemic goals (e.g., time in range, time above range) **A** and A1C goal **B** in type 1 diabetes and pregnancy and may be beneficial for other types of diabetes in pregnancy. **E**

**15.11** Recommend CGM to pregnant individuals with type 1 diabetes. **A** In conjunction with aims to achieve traditional pre- and postprandial glycemic goals, real-time CGM can reduce the risk for large-for-gestational-age infants and neonatal hypoglycemia in pregnancy complicated by type 1 diabetes. **A**

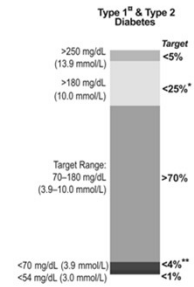
American Diabetes Association Professional Practice Committee. 15. Management of Diabetes in Pregnancy: Standards of Care in Diabetes—2026.

### Benefits of CGM in pregnancy

- Seeing trends in glucose changes and adjusting medications accordingly
- Identification of impending hypo- or hyperglycemia
- Identification of hyperglycemia overnight or postprandially not seen by SMBG
- Potentially may reduce nocturnal hypoglycemia
- Logging and sharing glucose data between visits
- Improved neonatal outcomes

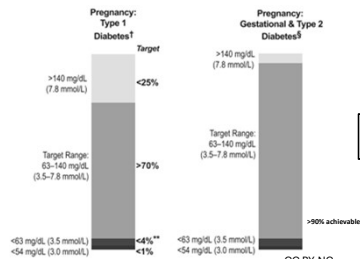
### CGM Targets for Non-Pregnant Individuals

Default target range: 70-180 mg/dL



Battelino Tadej, et al. Clinical Targets for Continuous Glucose Monitoring Data Interpretation: Recommendations From the International Consensus on Time in Range. Diabetes Care. 2019 Aug;42(8):1593-1603. doi: 10.2337/dci19-0028. Epub 2019 Jun 8. PMID: 31177185; PMCID: PMC6973648.

### Tighter Targets for Diabetes during Pregnancy



Pregnancy-Specific Target Range: 63-140 mg/dL

Battelino Tadej, et al. Clinical Targets for Continuous Glucose Monitoring Data Interpretation: Recommendations From the International Consensus on Time in Range. Diabetes Care. 2019 Aug;42(8):1593-1603. doi: 10.2337/dci19-0028. Epub 2019 Jun 8. PMID: 31177185; PMCID: PMC6973648.

1 Percentages of time in ranges are based on limited evidence. More research is needed.  
 § Percentages of time in ranges have not been included because there is very limited evidence in this area. More research is needed. Please see pregnancy section in text for more considerations on targets for these groups.

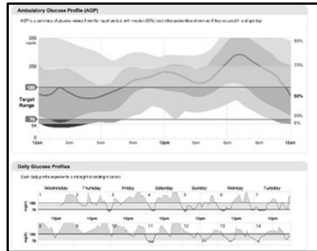
Murphy HR, Rayman G, Duffield K, et al. Changes in the glycemic profiles of women with type 1 and type 2 diabetes during pregnancy. Diabetes Care. 2007 Nov;30(11):2785-91.

### What to do with all the numbers/data??



## Understanding CGM reports

- Average sensor glucose
- Glucose management indicator (GMI): estimate of A1c based on 14 days of CGM data
- Measures of variability: standard deviation, coefficient of variation
- Ambulatory glucose profile
- Time in range graph



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- Use of CGM-derived mean glucose is superior to other measures such as glucose management indicator (GMI)

## Objectives

- Describe CGM
- Review goals in management of diabetes in pregnancy
- Review use of CGM in type 1 diabetes in pregnancy
- Describe insulin pumps and automated insulin delivery
- Should CGM be used for gestational diabetes and type 2 diabetes in pregnancy?

- Benefits of CGM in Pregnant Individuals with T1D

### CGM in women with T1D in Pregnancy Trial (CONCEPTT)

- 325 women (215 pregnant, 110 planning pregnancy) with T1D randomized to CGM or no CGM (finger stick glucoses)

#### Glycemic outcomes:

- Increased time within target (63-140 mg/dL) (68% vs 61%;  $p=0.0034$ ) at 34 weeks and less time hyperglycemic (27% vs 32%;  $p=0.0279$ )
- Time spent hypoglycemic and with severe hypoglycemia was comparable

Fagg DS, Denovan LE, Conroy R, et al. CGM in pregnant women with T1D (CONCEPTT): a multicenter international randomised controlled trial. *Lancet* 2017;390:2347-55

**Table 1: Glycemic control of pregnancy trial participants based on HbA1c**

	CGM (n=95)	Control (n=92)	P value
Baseline	6.83% (0.67)	6.95% (0.66)	--
24 weeks gestation	6.23% (0.53)	6.40% (0.68)	--
Change from baseline to 24 weeks	-0.67 (0.58)	-0.52 (0.55)	0.0374
34 weeks gestation	6.35% (0.57)	6.53% (0.70)	--
Change from baseline to 34 weeks	-0.54 (0.62)	-0.35 (0.65)	0.0372
Achieved HbA1c $\leq 6.5\%$ at 34 weeks	63/95 (66%)	48/92 (52%)	0.0601

Data are mean percentage (SD). P values are from linear regression (HbA1c) or logistic regression (HbA1c  $\leq 6.5\%$ ) on available data controlling for baseline HbA1c and method of delivery.

Fagg DS, Denovan LE, Conroy R, et al. CGM in pregnant women with T1D (CONCEPTT): a multicenter international randomised controlled trial. *Lancet* 2017;390:2347-55

### Neonatal outcomes

- Lower incidence of LGA (53% vs 69%;  $p=0.02$ ); NNT 6
- Fewer neonatal hypoglycemia (15% vs 28%;  $p=0.03$ ), NNT 8
- Fewer NICU stays  $>24$ h (27% vs 43%;  $p=0.02$ ), NNT 6
- 1-day shorter length of hospital stay ( $p=0.01$ )

\*NNT=number needed to treat with CGM to prevent 1 adverse outcome

Murphy VB, et al. Modifying gestational weight gain from use of real-time CGM in pregnant women with T1D. *Diabetes Medicine* 2019  
 doi:10.1111/dm.13858 Fagg DS, Denovan LE, Conroy R, et al. CGM in pregnant women with T1D (CONCEPTT): a multicenter international randomised controlled trial. *Lancet* 2017;390:2347-55

### Maternal outcomes

- No change in:
  - Hypertensive disorders
  - Cesarean section
  - Preeclampsia
  - Maternal weight gain
  - Maternal length of stay

### Neonatal outcomes with CGM

- A 5% to 7% greater time in range during the second and third trimesters has been associated with lower risk of large for gestational age, macrosomia, shoulder dystocia, neonatal hypoglycemia, and neonatal intensive care unit stay

5% increase in TIR!

Battelino T, Danne T, Bergenstal RM, et al. Clinical targets for continuous glucose monitoring data interpretation: recommendations from the International Consensus on Time in Range. *Diabetes Care*. 2019;42(8):1589-1603. PMID: 31177185. Kristensen K, Ogbe LE, Sengpiel V, et al. Continuous glucose monitoring in pregnant women with T1D: an observational cohort study of 136 pregnancies. *Diabetologia*. 2019;62(11):43-1153.

### Objectives

- Review goals in management of diabetes in pregnancy
- Review use of CGM in type 1 diabetes in pregnancy
- Describe insulin pumps and automated insulin delivery
- Should CGM be used for gestational diabetes and type 2 diabetes in pregnancy?

None of the commercially available automated insulin delivery (AID) systems are approved for use in pregnancy in the U.S.  
The CamAPS Fx algorithm is the first FDA approved AID algorithm in the U.S. in 2024 but is not yet commercially available.



- Traditional intensive insulin therapy with multiple daily injections
- Sensor augmented pump therapy (SAPT)
- Hybrid closed-loop (HCL) insulin therapy (off-label in pregnancy)

### Insulin Pumps with Automated Insulin Delivery (AID)



### ADA Standards of Care 2026

15.19 Automated insulin delivery (AID) systems with pregnancy-specific glucose targets are recommended for pregnant individuals with type 1 diabetes. A 15.20 AID systems without pregnancy-specific glucose targets or a pregnancy-specific algorithm may be considered for select pregnant individuals with type 1 diabetes when used with assistive techniques and working with experienced health care teams. B

15. Management of Diabetes in Pregnancy: Standards of Care in Diabetes—2026  
Diabetes Care 2026;49(1):S1-S26 | DOI:10.2337/dc26S1

### Individualize the Decision to Use AID or Not in Pregnancy

- History of severe hypoglycemia or fear of hypoglycemia?
- Glycemic control on AID or SAPT
- Consider using AID certain times only (manual mode or SAPT overnight)
- Discuss risks and benefits with each patient

### Insulin Pumps with AID

**Omnipod 5**

**iLet Bionic Pancreas**

**Medtronic 770G & 780G**

**twiist**

**Tandem T-Slim X2**

**Tandem Mobi**

\*None that are currently commercially available in the US are FDA approved for pregnancy


Cam APS Fx app is approved for pregnancy but not commercially available yet

	Omnipod 5	Tandem Control IQ	Medtronic 670G/770G
Integrated CGM	Dexcom G6	Dexcom G6	Guardian 3
Algorithm Insulin Adjustment	60 minute predictive based on CGM	30 minute predictive based on CGM	120 mg/dL
Baseline Basal Pattern	Adaptive basal rate based on insulin delivery history	Programmed settings	Insulin delivery updates q6d (basal, CF)
Algorithm Target	Customizable 110 to 150 mg/dL	112.5 – 160 mg/dL 110 mg/dL	120 mg/dL 150 mg/dL
Temporary Override Options	Activity 150 mg/dL	Exercise 140 – 160 mg/dL Sleep 112.5 – 120 mg/dL	Temp Target 150 mg/dL
CGM trend used in bolus calculator	↑ up to 30% ↓ up to 100%	-	-
Insulin Action	2 – 6 hours	5 hours	2 – 8 hours


	Medtronic 780G	iLet Bionic Pancreas	twiist
Integrated CGM	Guardian 4	Dexcom G6	Libre 3+
Baseline Basal Pattern	Insulin delivery updates q6d (basal, CF)	Weight entry	Programmed basal plus adjustments based on predicted CGM over next 6 hours
Algorithm Target	100, 110, 120 mg/dL	100, 110, 120, 130 mg/dL	87-180 mg/dL
Temporary Override Options	Exercise (150 mg/dL)	None	Pre-meal preset (67-130 mg/dL) Exercise (87-250 mg/dL)
CGM trend used in bolus calculator	Bolus automation, every 5 minutes	No. Uses "usual for me," "less," or "more" customized by meal	Yes
Insulin Action	2 – 8 hours	Unknown	6 hours

<h3>AID limitations</h3> <ul style="list-style-type: none"> <li>• It's not perfect</li> <li>• User must be prepared to use pump without AID</li> <li>• Pumps and CGMs can fail</li> <li>• Reporting software may have glitches</li> <li>• DKA can happen due to site issues</li> <li>• Cost</li> <li>• Training needed</li> <li>• No pregnancy specific glucose target or algorithm yet</li> </ul>
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### Clinician resources




**iLet Bionic Pancreas**



**MiniMed 780G**



**t:slim X2 Control-IQ**



**Omnipod 5**

CALCULATE	iLet	780G	Control-IQ	Omnipod 5
What is automation (bolus)?	Auto Basal: Pancreas Includes Automation is initiated by entering user's weight. Basal insulin (insulin) adjusts every 5 minutes based on CGM glucose trends and adjusts over time based on the 4-6h analysis of the user's daily glucose patterns.	Auto-Basal™ "Auto-Basal" calculated from total daily insulin, which is equalized each day at midnight. Auto-Basal is adjusted every 5 min based on latest CGM glucose trends, along with the target glucose value.	Control IQ™ Increases or decreases the programmed basal rates based on a 30-min prediction of CGM glucose, aiming for the target glucose range.	Adaptive Basal™ "Adaptive Basal" calculated from total daily insulin, which is equalized at each 24-hour interval. Adaptive Basal is adjusted every 5 min based on a 6-8 hrs prediction of CGM glucose, aiming for the target glucose value.
Bolus automation?	Auto bolus: Bolus and correction bolus doses are automated.	Auto correction bolus (insulin) every 5 min if glucose is >150 mg/dL. Auto correction can be turned on or off.	Auto correction bolus (insulin) every 5 min if glucose is predicted to be >180 mg/dL in 30 min.	No automated boluses.
Algorithm target glucose / target range?	3 target options: "usual", "lower", "higher"	3 target options: 100, 110, 120 mg/dL.	Target range: 112.5-160 mg/dL.	3 target options: 110, 120, 130, 140, 150 mg/dL.
Which insulin dose the user gets?	User completes a meal "announcement" to prompt the iLet to deliver a meal bolus, which includes including the carbohydrate amount for each meal (i.e. "usual" for 40g, "more" for 50g, "less" for 30g).	User gets boluses for meals by entering total grams of carbs in the bolus menu / bolus calculator. User can deliver correction boluses as needed in the bolus menu / bolus calculator.		

## Research on Insulin Pumps with Automated Insulin Delivery (AID)



## Targets and Achieved Mean Glucose for AID Systems (US)

Device (Algorithm)	Lowest BG Target (mg/dL)	Mean Glucose in Non-Pregnant Studies (mg/dL)	Mean Glucose in Pregnancy Studies (mg/dL)
TSlim X2, Mobi (Control IQ)	Sleep activity: 112-120	156 vs 179 (Parallel RCT)	Expected soon
Medtronic 780G (SmartGuard)	100	147 vs 151 (single arm, run-in)	126 vs 128 (parallel RCT)
Omnipod 5 (SmartAdjust)	110	154 vs 161 (single arm, run-in)	---
iLet	110	164 vs 181 (parallel RCT)	---

## Summary

- Plan ahead – talk to your female patients with T1D about pregnancy planning & CGM use to improve neonatal outcomes
- Automated insulin delivery may be used off-label in pregnancy for those with T1D
- Pregnancy specific targets for AID systems are needed

