Diabetes in Malaysia

It is estimated that 3.9 million adults are living with diabetes.

Prevalence of diabetes in Malaysia:
- Increased from 11.2% in 2011 to 18.3% in 2019*

*According to the National Health and Morbidity survey

Why is diabetes common in Malaysia?
What measures have been taken?

In 2017, Malaysia spent nearly RM10 billion to treat non-communicable disease (NCD) with RM4.38 billion spent on treating diabetes, making up 45% of the ministry’s total expenditure for treating NCDs. The Ministry of Health has implemented a sugar-sweetened beverage tax since July 2019. The Government has announced in the 2024 Budget to increase the excise duty on sugary drinks from 40 to 50 cents per liter. DM is a member of Non Communicable Diseases (NCD) Malaysia, which is expected to sign an agreement with the Ministry of Health to have formal meetings each year with NCD Malaysia and its affiliates.
A systematic review related to the incidence of Type 1 diabetes in our region has been published.

Led by Professor Linong Ji, and funded by a grant from the IDF EMCR researchers (Dr Wang, Hou, Huang and Sun) and senior researchers and past and present IDF Executive Council members Professors Kadowaki, Lee, Jenkins and Li conducted a systematic review and meta-analysis of the Type 1 diabetes (T1D) incidence and where data were available trends over time.

Based on 45 publications T1D incidence in 11 WPR countries varied widely, ranging from 0.9 (95% confidence intervals (CI), 0.6-1.3) in Fiji to 23.2 (95% CI, 21.3-25.2) in Australia. The mean annual increase over time ranged from 2.8% in Australia (1990-2002) to 14.2% in Shanghai (1997-2011).

T1DM incidence is increasing over time, the greatest increase being in China (2.7-fold over 30-years) then Thailand (2-fold over 15-years).

Results increase understanding of our regional T1D incidence and inform research and healthcare strategies.

Fig. 3. Pooled meta estimate of Type 1 Diabetes incidence before and after 2000 across countries: Australia, New Zealand, East Asia (China, Japan, Hong Kong SAR) and Thailand.

How to reach the article
- See on PubMed
- See on Diabetes Research Clinical Practice
  https://www.diabetesresearchclinicalpractice.com/article/S0168-8227(23)00818-5/abstract
Communications and Events

What You Can Find:
The IDF and IDF-WPR are posting a variety of information on various social media platforms. Our newsletter is one of them, and all previous issues are available on the IDF-WPR website.

@IDF-WPR Website
• Newsletters
• Disaster Manual
• Latest Study

@IDF-WPR X
• Updates
• Related information/Events

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• IDF Headquarters Activities
• Regional Activities

More IDF Social Medias
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How to reach Newsletters?
Access the IDF website and go to the WPR Region page

Scroll down the page, and you will find the issues!

Related Events in Western Pacific, 2024

April
● The World Health Summit Regional Meeting

#WHSMelbourne2024 is visiting Australian shores for the first time 22-24 April 2024, providing a platform to elevate the health and wellbeing challenges facing us, and the Asia-Pacific region, to a global stage.

May
● The 67th Annual Meeting of the Japan Diabetes Society May 17-19

August
● Diabetes Malaysia Conference 2024 August 2-4
● The 16th Scientific Meeting of AASD in conjunction with the Ulaanbaatar International Congress of Endocrinology and Diabetes (UICED) August 14-18

CALL FOR CONTENT!
Do you have news you want featured in the IDF WPR Newsletter?
Would you like to promote your conference?
Send us your story by May 31 to: idf.wpr@idf.org

Follow us on X (Twitter) @DiabetesIDFWPR1
### Prize Winners of 2024 Q1

We hereby announce the IDF-WPR EMCR publication prizes for the 1st quarter of 2024!

**CLINICAL**  
**Dr. Lee-Ling Lim**  
(University of Malaya)

Trends in all-cause mortality among adults with diagnosed type 2 diabetes in West Malaysia: 2010 – 2019  
**PMID: 37804999**

**SCIENCE**  
**Dr. Miwa Himuro**  
(Juntendo University Department of Medicine)

Novel time-resolved reporter mouse reveals spatial and transcriptional heterogeneity during alpha cell differentiation  
**PMID: 37870650**

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### Prize Winners of 2023 Q4

We hereby announce the IDF-WPR EMCR publication prizes for the 4th quarter of 2023!

**CLINICAL**  
**Dr. Johnny T K Cheung**  
(The Chinese University of Hong Kong)

Early treatment with dipeptidyl-peptidase 4 inhibitors reduces glycemic variability and delays insulin initiation in type 2 diabetes: A propensity score-matched cohort study  
**PMID: 37634071**

**SCIENCE**  
**Mr. Harry Cutler**  
(The University of Sydney)

Dual Tracer Test to measure tissue-specific insulin action in individual mice identifies in vivo insulin resistance without fasting hyperinsulinemia  
**PMID: 37699358**

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### What is the EMCR Publication Prize?

The IDF WPR publication prizes (4 times a year, one for clinical papers and one for basic science papers) are awarded to the best publications of the previous quarter and are selected by the newsletter editorial team based on the impact of the article.  
The two winners receive an IDF-WPR Award Certificate and will be featured in this newsletter corner.

Would you like to Apply? Please complete and submit the nomination form by May 31, 2024.