This country profile provides a summary of select findings from the DAWN2™ study in India. Find out more at dawnstudy.com.

Diabetes in India

- Adult population 2014 (20 to 79 years of age): 775 million
- Est. number of people with diabetes 2014: 67 million
- Est. number of people with diabetes 2035: 109 million

The DAWN2™ study is a global partnership initiative for the advancement of person-centred diabetes care. The study sets out to uncover the psychosocial challenges faced by people with diabetes and the people helping them, and explore new avenues for improving care. DAWN2™ represents the voice of more than 15,000 people living with or caring for people with diabetes in 17 countries across 4 continents. In India, the DAWN2™ study surveyed a total of 900 people, including 500 people with diabetes, 120 family members of people with diabetes and 280 healthcare professionals involved in providing care to people with diabetes.

People with diabetes psychosocial indicators

DAWN2™ reveals that diabetes presents a significant psychological burden for people with diabetes.

- 23% of respondents had participated in a diabetes education programme.
- 12% of respondents had signs of likely depression (WHO-5 score ≤ 28).
- 52% of respondents reported diabetes-related distress (PAID-5 ≥ 40).
- 27% of respondents felt discriminated against because they had diabetes.

Family members of people with diabetes

Family members also can be adversely affected by diabetes and its treatment.

- 19% of respondents perceived a notable diabetes-related burden on the family.
- 61% of respondents had a high level of distress related to concerns about their relative with diabetes.
- 31% of respondents were frustrated that they did not know how best to help the person with diabetes they support.
- 18% of respondents had participated in any diabetes education programmes or activities. Overall, 55% who participated found them to be somewhat or very helpful.

Base: All qualified respondents with diabetes (Type 1: n=80; Type 2: n=424)
The modern, evidence-based DAWN2 study reinforces ancient Indian wisdom: family is the key to success. India’s family-oriented DAWN2 results speak for themselves: ‘Diabetes in India: The family fights back!’

Dr Sanjay Kalra, DAWN2™ Lead Investigator

References