

Myanmar

Total population: 53 897 000

Income group: Lower middle

Mortality*

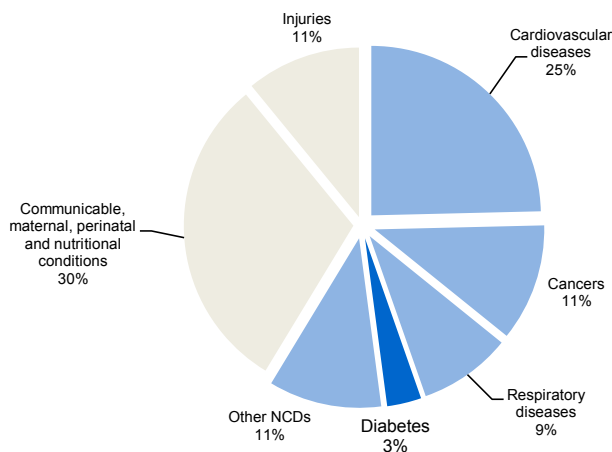
Number of diabetes deaths

	males	females
ages 30–69	2 740	4 760
ages 70+	2 250	4 400

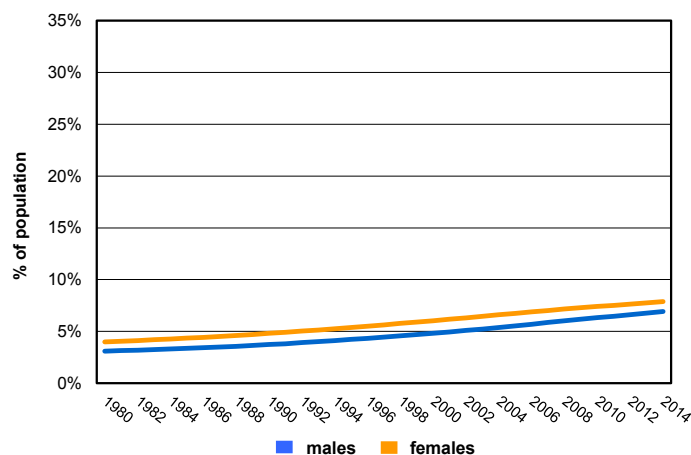
Number of deaths attributable to high blood glucose

	males	females
ages 30–69	6 930	8 570
ages 70+	4 930	7 400

Proportional mortality (% of total deaths, all ages)*



Trends in age-standardized prevalence of diabetes



Prevalence of diabetes and related risk factors

	males	females	total
Diabetes	5.9%	7.2%	6.6%
Overweight	13.3%	21.3%	17.4%
Obesity	1.4%	4.2%	2.9%
Physical inactivity	7.2%	10.7%	9.0%

National response to diabetes

Policies, guidelines and monitoring

Operational policy/strategy/action plan for diabetes	No
Operational policy/strategy/action plan to reduce overweight and obesity	No
Operational policy/strategy/action plan to reduce physical inactivity	No
Evidence-based national diabetes guidelines/protocols/standards	Available and partially implemented
Standard criteria for referral of patients from primary care to higher level of care	Available and partially implemented
Diabetes registry	No
Recent national risk factor survey in which blood glucose was measured	Yes

Availability of medicines, basic technologies and procedures in the public health sector

Medicines in primary care facilities

Insulin	○
Metformin	●
Sulphonylurea	●

Procedures

Retinal photocoagulation	○
Renal replacement therapy by dialysis	○
Renal replacement therapy by transplantation	○

Basic technologies in primary care facilities

Blood glucose measurement	○
Oral glucose tolerance test	DK
HbA1c test	DK
Dilated fundus examination	DK
Foot vibration perception by tuning fork	DK
Foot vascular status by Doppler	DK
Urine strips for glucose and ketone measurement	DK

* The mortality estimates for this country have a high degree of uncertainty because they are not based on any national NCD mortality data (see Explanatory Notes).

DK = country responded "don't know"

○ = not generally available ● = generally available