**Bhutan**

**Total population:** 775,000  
**Income group:** Lower middle

### Mortality*

#### Number of diabetes deaths

<table>
<thead>
<tr>
<th></th>
<th>males</th>
<th>females</th>
</tr>
</thead>
<tbody>
<tr>
<td>ages 30–69</td>
<td>&lt;100</td>
<td>&lt;100</td>
</tr>
<tr>
<td>ages 70+</td>
<td>&lt;100</td>
<td>&lt;100</td>
</tr>
</tbody>
</table>

#### Number of deaths attributable to high blood glucose

<table>
<thead>
<tr>
<th></th>
<th>males</th>
<th>females</th>
</tr>
</thead>
<tbody>
<tr>
<td>ages 30–69</td>
<td>&lt;100</td>
<td>&lt;100</td>
</tr>
<tr>
<td>ages 70+</td>
<td>&lt;100</td>
<td>&lt;100</td>
</tr>
</tbody>
</table>

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

- Cardiovascular diseases: 18%
- Cancers: 8%
- Respiratory diseases: 10%
- Other NCDs: 18%
- Diabetes: 3%
- Communicable, maternal, perinatal and nutritional conditions: 24%
- Injuries: 15%

### Trends in age-standardized prevalence of diabetes

![Graph showing trends in age-standardized prevalence of diabetes]

### Prevalence of diabetes and related risk factors

<table>
<thead>
<tr>
<th></th>
<th>males</th>
<th>females</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>9.5%</td>
<td>8.9%</td>
<td>9.2%</td>
</tr>
<tr>
<td>Overweight</td>
<td>23.3%</td>
<td>26.6%</td>
<td>24.8%</td>
</tr>
<tr>
<td>Obesity</td>
<td>4.6%</td>
<td>7.5%</td>
<td>5.9%</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>4.8%</td>
<td>10.9%</td>
<td>7.5%</td>
</tr>
</tbody>
</table>

### National response to diabetes

**Policies, guidelines and monitoring**

- Operational policy/strategy/action plan for diabetes: Yes
- 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 fully implemented
- Standard criteria for referral of patients from primary care to higher level of care: Available and partially implemented
- Diabetes registry: Yes
- 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 photoocoagulation: ○
- Renal replacement therapy by dialysis: ○
- Renal replacement therapy by transplantation: DK

#### Basic technologies in primary care facilities

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

*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