### Costa Rica

#### Total population: 4 808 000

#### Income group: Upper middle

### Mortality

#### Number of diabetes deaths

<table>
<thead>
<tr>
<th>Age Group</th>
<th>males</th>
<th>females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 30–69</td>
<td>180</td>
<td>160</td>
</tr>
<tr>
<td>Ages 70+</td>
<td>200</td>
<td>300</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>males</th>
<th>females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 30–69</td>
<td>330</td>
<td>240</td>
</tr>
<tr>
<td>Ages 70+</td>
<td>370</td>
<td>480</td>
</tr>
</tbody>
</table>

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

- Cardiovascular diseases: 30%
- Diabetics: 4%
- Cancers: 23%
- Respiratory diseases: 6%
- Other NCDs: 20%
- Communicable, maternal, perinatal and nutritional conditions: 6%
- Injuries: 11%

### Prevalence of diabetes and related risk factors

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>males</th>
<th>females</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>8.4%</td>
<td>8.7%</td>
<td>8.5%</td>
</tr>
<tr>
<td>Overweight</td>
<td>58.0%</td>
<td>61.9%</td>
<td>59.9%</td>
</tr>
<tr>
<td>Obesity</td>
<td>19.0%</td>
<td>29.2%</td>
<td>24.0%</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>. . .</td>
<td>. . .</td>
<td>. . .</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: Yes
- 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 fully 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
- HbA1c test
- Dilated fundus examination
- Foot vibration perception by tuning fork
- Foot vascular status by Doppler
- Urine strips for glucose and ketone measurement

... = no data available

### % of population

- Cardiovascular diseases: 30%
- Cancers: 23%
- Respiratory diseases: 6%
- Other NCDs: 20%
- Communicable, maternal, perinatal and nutritional conditions: 6%
- Injuries: 11%

#### Trends in age-standardized prevalence of diabetes

- Diabetes
- Overweight
- Obesity
- Physical inactivity