**Uruguay**

**Total population:** 3,432,000  
**Income group:** High

### Mortality

#### Number of diabetes deaths

<table>
<thead>
<tr>
<th>Age Group</th>
<th>males</th>
<th>females</th>
</tr>
</thead>
<tbody>
<tr>
<td>30–69</td>
<td>110</td>
<td>&lt;100</td>
</tr>
<tr>
<td>70+</td>
<td>190</td>
<td>290</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>30–69</td>
<td>270</td>
<td>150</td>
</tr>
<tr>
<td>70+</td>
<td>550</td>
<td>650</td>
</tr>
</tbody>
</table>

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

- Communicable, maternal, perinatal and nutritional conditions: 8%
- Injuries: 7%
- Cardiovascular diseases: 30%
- Other NCDs: 19%
- Diabetes: 2%
- Respiratory diseases: 7%
- Cancers: 27%

### Trends in age-standardized prevalence of diabetes

- **% of population**
  - 0%
  - 5%
  - 10%
  - 15%
  - 20%
  - 25%
  - 30%
  - 35%

- **% of population**
  - 0%
  - 5%
  - 10%
  - 15%
  - 20%
  - 25%
  - 30%
  - 35%

### 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>10.1%</td>
<td>11.9%</td>
<td>11.1%</td>
</tr>
<tr>
<td>Overweight</td>
<td>63.3%</td>
<td>63.2%</td>
<td>63.2%</td>
</tr>
<tr>
<td>Obesity</td>
<td>22.9%</td>
<td>31.9%</td>
<td>27.6%</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>27.4%</td>
<td>40.3%</td>
<td>34.2%</td>
</tr>
</tbody>
</table>

### National response to diabetes

<table>
<thead>
<tr>
<th>Policy, guidelines and monitoring</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Operational policy/strategy/action plan for diabetes</td>
<td>No</td>
</tr>
<tr>
<td>Operational policy/strategy/action plan to reduce overweight and obesity</td>
<td>No</td>
</tr>
<tr>
<td>Operational policy/strategy/action plan to reduce physical inactivity</td>
<td>No</td>
</tr>
<tr>
<td>Evidence-based national diabetes guidelines/protocols/standards</td>
<td>Not available</td>
</tr>
<tr>
<td>Standard criteria for referral of patients from primary care to higher level of care</td>
<td>Available but not implemented</td>
</tr>
<tr>
<td>Diabetes registry</td>
<td>No</td>
</tr>
<tr>
<td>Recent national risk factor survey in which blood glucose was measured</td>
<td>Yes</td>
</tr>
</tbody>
</table>

### 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: DK
- Foot vibration perception by tuning fork: DK
- Foot vascular status by Doppler: DK
- Urine strips for glucose and ketone measurement: ●

DK = country responded “don’t know”

● = not generally available  ● = generally available