

Costa Rica

Total population: 4 808 000
Income group: Upper middle

Mortality

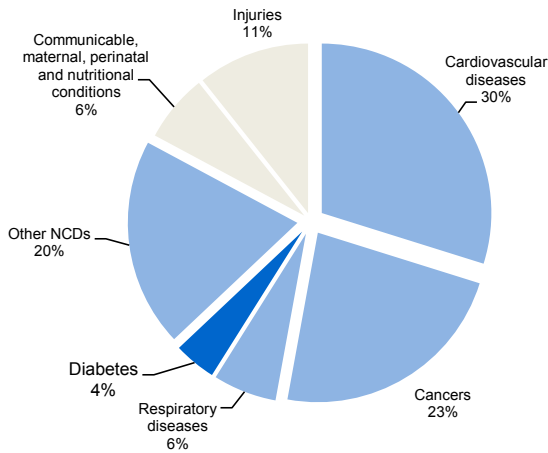
Number of diabetes deaths

	males	females
ages 30–69	180	160
ages 70+	200	300

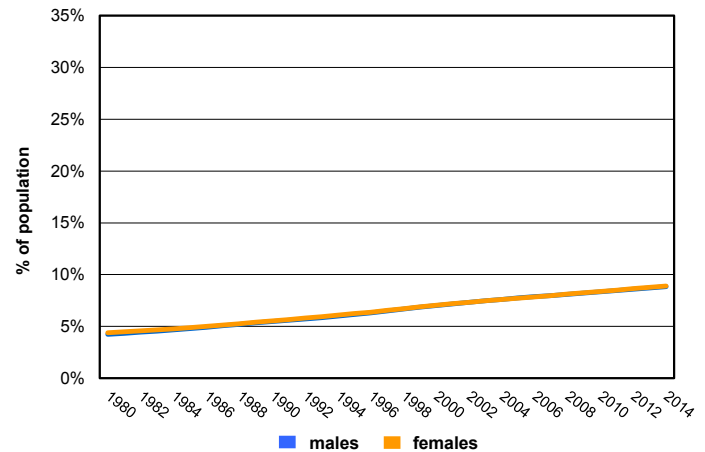
Number of deaths attributable to high blood glucose

	males	females
ages 30–69	330	240
ages 70+	370	480

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	8.4%	8.7%	8.5%
Overweight	58.0%	61.9%	59.9%
Obesity	19.0%	29.2%	24.0%
Physical inactivity

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

○ = not generally available ● = generally available