Lesotho

Total population: 2 135 000 Income group: Lower middle

Mortality*

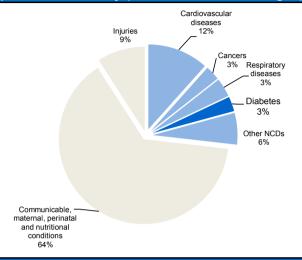
Number of diabetes deaths

	Illales	remaies
ages 30–69	120	260
ages 70+	110	310

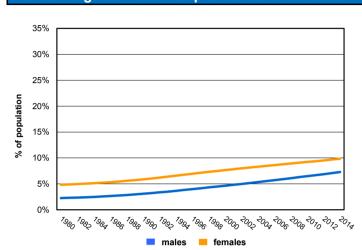
Number of deaths attributable to high blood glucose

	males	temaies
ages 30–69	150	300
ages 70+	140	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	4.5%	7.5%	6.0%
Overweight	16.3%	45.3%	31.0%
Obesity	3.3%	20.4%	11.9%
Physical inactivity	5.8%	6.3%	6.1%

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	NR
Operational policy/strategy/action plan to reduce physical inactivity	Yes†
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	

Procedures	
Retinal photocoagulation	0
Renal replacement therapy by dialysis	0
Renal replacement therapy by transplantation	0

^{*} 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).

† = documentation not provided

Basic technologies in primary care facilities

Busic technologies in primary care racinates		
Blood glucose measurement	•	
Oral glucose tolerance test	0	
HbA1c test	0	
Dilated fundus examination	0	
Foot vibration perception by tuning fork	0	
Foot vascular status by Doppler	0	
Urine strips for glucose and ketone measurement	0	

NR = country responded to survey but did not give a response to a specific question

⁼ not generally available= generally available