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Global Prediabetes Market Size Study and Forecast by Drug Class (Biguanide, Thiazolidinediones, Glucagon-like Peptide-1 Agonists (GLP-1), SGLT2 Inhibitors, DPP-4 Inhibitors, Others), by Age Group (Children (12–18 years), Adults (18–49), Elderly (50+)), and Regional Forecasts 2026–2036

https://marketpublishers.com/r/G40C7F450028EN.html
Date: August 2026
Pages: 285
Price: US$ 3,750.00 (Single User License)
ID: G40C7F450028EN

Abstracts

The Global Prediabetes Market, valued at USD 349.50 Million in 2025, is anticipated to reach USD 965.04 Million by 2036, expanding at a 9.5% CAGR during the forecast period. The prediabetes market consists of pharmaceutical therapies and emerging treatment methods intended to postpone, prevent, or control the progression of prediabetes to type 2 diabetes. Prediabetes is a condition in which blood glucose levels are higher than normal but not yet high enough to be classified as diabetes, but they significantly increase the risk of metabolic diseases. Therapeutic options include biguanides, thiazolidinediones, glucagon-like peptide-1 (GLP-1) agonists, SGLT2 inhibitors, DPP-4 inhibitors, and other pharmacologic interventions in conjunction with lifestyle management strategies. Increasing global burden of metabolic disorders, increasing prevalence of obesity, increasing awareness pertaining to early diabetes prevention, and increasing research for the development of preventive pharmacological therapies are fuelling the market. According to the International Diabetes Federation (IDF, 2024), hundreds of millions of adults globally have impaired glucose tolerance or elevated blood glucose levels, presenting a significant opportunity for solutions to intervene early.

Global Prediabetes Market: Key Highlights

The global prediabetes market was valued at USD 349.50 million in 2025 and is

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projected to reach USD 965.04 million by 2036, growing at a CAGR of 9.5%.

North America is expected to dominate the market owing to high rate of obesity, advanced diabetes prevention program and strong adoption of metabolic disease therapies.

Asia Pacific region is expected to grow at the fastest rate, owing to increasing risk factors for diabetes, growing awareness of healthcare and wider access to preventive healthcare.

The drug class segment is dominated by biguanides due to their established clinical use, affordability and wide acceptance among physicians.

Adults (18-49 years) is the largest age group segment owing to the increasing prevalence of obesity, sedentary lifestyle and metabolic disorders in the working age population.

The market growth is driven by the rising emphasis on diabetes prevention and early intervention.

More research on GLP-1 agonists and metabolic therapies is opening up treatment options for high-risk populations.

The growth of options for prediabetes management is driven by the increasing focus on preventative strategies to reduce the burden of diabetes in healthcare.

Research Scope & Methodology

The Global Prediabetes Market is assessed in this report with an in-depth analysis of pharmaceutical innovations, preventive healthcare trends, clinical research advancements, competitive landscape, and regional market dynamics from 2025 to 2036. It includes the categories of drugs used to treat elevated blood glucose levels and reduce the chances of developing type 2 diabetes.

The research methodology consisted of primary interviews with endocrinologists, diabetologists, healthcare professionals, pharmaceutical companies, clinical researchers, and experts in metabolic diseases. Secondary research included reliable

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publications published after 2022 by diabetes associations, healthcare organizations, regulatory bodies, government agencies, and peer-reviewed clinical studies. Market estimation was based on the prevalence of prediabetes, treatment adoption rate, clinical trial success rates, pharmaceutical sales, healthcare expenditure, and preventive diabetes management initiatives. Forecast models took into account demographic changes, obesity rates, lifestyle changes, drug development pipelines, regulatory approvals, and healthcare accessibility. Data triangulation across pharmaceutical manufacturers, healthcare providers, researchers, and regulatory authorities led to reliable market projections.

Key Market Segments

By Drug Class:

- Biguanide
- Thiazolidinediones
- Glucagon-like Peptide-1 Agonists (GLP-1)
- SGLT2 Inhibitors
- DPP-4 Inhibitors
- Others

By Age Group:

- Children (12–18 years)
- Adults (18–49)
- Elderly (50+)

Key Market Players

- Novo Nordisk A/S

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AstraZeneca

RESVERLOGIX

Caelus Health

Pfizer Inc

Boston Pharmaceuticals

APHAIA PHARMA AG

Bristol-Myers Squibb Company

Industry Trends

The rising prevalence of obesity and metabolic disorders is expanding the pool of individuals susceptible to prediabetes and type 2 diabetes.

Growing awareness of early-stage diabetes prevention is prompting healthcare providers to identify and treat high-risk individuals before disease progression.

GLP-1 receptor agonists are gaining attention for their dual benefits in glucose control and weight management, broadening their potential role in prediabetes treatment strategies.

Pharmaceutical companies are increasingly focusing on metabolic disease pipelines targeting insulin resistance, weight loss, and diabetes prevention.

Digital health platforms, continuous glucose monitoring technologies, and personalized nutrition programs are supporting improved prediabetes monitoring and lifestyle management

Growing adoption of preventive healthcare models, shifting focus from disease management to early intervention and risk reduction

Clinical studies evaluating SGLT2 inhibitors, DPP-4 inhibitors and other

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metabolic therapies, expanding potential treatment options for the prediabetic population

Increasing healthcare expenditure and government-led diabetes prevention initiatives, improving access to screening and early management programs

Rising prevalence of prediabetes among younger populations, creating demand for early metabolic intervention strategies

Strategic collaborations between pharmaceutical companies and biotechnology firms, accelerating the development of innovative preventive diabetes therapies

Market Determinants

Rising Global Burden of Prediabetes and Metabolic Disorders: The increasing prevalence of prediabetes worldwide is the primary driver of market growth. Rising obesity rates, sedentary lifestyles, unhealthy dietary patterns, and aging populations are contributing to higher incidences of impaired glucose regulation. According to the International Diabetes Federation (IDF, 2024), hundreds of millions of adults globally are affected by impaired glucose tolerance or elevated blood glucose levels, creating a significant need for early intervention therapies to prevent progression toward type 2 diabetes.

Growing Focus on Diabetes Prevention and Early Intervention: Healthcare systems are increasingly shifting from reactive diabetes treatment toward preventive disease management. Early identification and treatment of individuals with prediabetes can delay or prevent the onset of type 2 diabetes, cardiovascular complications, and associated healthcare costs. This growing emphasis on preventive medicine is encouraging adoption of pharmacological interventions alongside lifestyle modification programs.

Increasing Adoption of GLP-1 Agonists and Metabolic Therapies: The expanding clinical use of glucagon-like peptide-1 (GLP-1) receptor agonists for glucose regulation and weight management is creating new growth opportunities within the prediabetes market. These therapies are gaining attention due to their ability to improve insulin sensitivity, support weight reduction, and address multiple metabolic risk factors associated with diabetes progression.

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Rising Healthcare Awareness and Screening Programs: Increasing public awareness regarding metabolic health, combined with government-led diabetes screening initiatives, is improving early detection of prediabetes cases. Healthcare providers are increasingly incorporating glucose testing, risk assessment tools, and preventive treatment strategies into routine care, supporting market expansion.

Limited Regulatory Approvals for Prediabetes-Specific Treatments: A major challenge for the market is the limited availability of therapies specifically approved for prediabetes management. Many existing medications are primarily approved for diabetes treatment, creating regulatory uncertainty and limiting widespread pharmaceutical adoption in the prediabetes segment.

Cost Barriers and Dependence on Lifestyle Modification: The cost of advanced metabolic therapies, particularly newer injectable treatments such as GLP-1 agonists, may restrict adoption among price-sensitive patient groups. Additionally, lifestyle modification through diet, exercise, and weight management remains the first-line approach for many prediabetic patients, potentially limiting immediate demand for pharmacological interventions.

Opportunity Mapping Based on Market Trends

Expansion of Preventive Metabolic Healthcare Programs: Growing emphasis on preventing type 2 diabetes before disease progression is creating opportunities for pharmaceutical companies developing therapies specifically targeting insulin resistance, weight management, and metabolic dysfunction. According to the International Diabetes Federation (IDF, 2024), strengthening diabetes prevention strategies is essential to reduce the increasing global burden of metabolic diseases.

Increasing Demand for GLP-1-Based Preventive Therapies: The rising recognition of GLP-1 receptor agonists as effective metabolic interventions is creating significant opportunities for manufacturers developing next-generation therapies for glucose regulation and weight management. Continued clinical research may expand their role among high-risk prediabetic populations.

Growth Opportunities in Emerging Markets: Increasing urbanization, changing dietary habits, rising obesity prevalence, and improving healthcare access

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across Asia Pacific, Latin America, and the Middle East are creating substantial opportunities for prediabetes treatment providers. Expanding screening programs and healthcare investments are expected to improve diagnosis and treatment adoption.

Integration of Digital Health and Personalized Prevention Solutions: The combination of digital glucose monitoring, artificial intelligence-based risk prediction, personalized nutrition, and remote patient management is creating new opportunities for integrated prediabetes care. Companies developing technology-enabled prevention platforms alongside pharmaceutical therapies are expected to strengthen their market position.

Value-Creating Segments and Growth Pockets

Biguanides dominate the market through established clinical acceptance and cost-effectiveness

Based on the Drug Class segment, the market is classified into Biguanides, Thiazolidinediones, Glucagon-like Peptide-1 Agonists (GLP-1), SGLT2 Inhibitors, DPP-4 Inhibitors, and Others. Biguanides are anticipated to dominate the global prediabetes market with a share of around 41.5% in 2025. Their dominance is due to their long-term clinical history, low cost, well-established safety profile, and their widespread acceptance by physicians to improve insulin sensitivity and prevent the risk of progression to diabetes. Metformin, the most commonly prescribed biguanide, remains a preferred pharmacological intervention for select high-risk prediabetic patients, particularly among those with obesity or high metabolic risk factors.

The Glucagon-like Peptide-1 (GLP-1) Agonists segment is expected to experience the fastest growth at a CAGR of 14.2% during the forecast period. Increasing evidence of their efficacy in weight loss, glycemic control, and metabolic risk reduction is driving interest in their potential application in prediabetic individuals at high risk for diabetes.

Adults (18–49 years) represent the largest age group while younger populations create emerging opportunities

Based on the Age Group segment, adults (18-49 years) are expected to hold a major market share with an estimated 52.6% in 2025. The segment dominance is attributed to the rising prevalence of obesity, sedentary lifestyles, increasing cases of metabolic

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syndrome, and growing diagnosis of impaired glucose regulation among the working-age population. Early intervention within this demographic presents significant opportunities to delay or prevent progression to type 2 diabetes.

The Children (12-18 years) segment is anticipated to witness significant growth during the forecast period owing to the increasing rate of childhood obesity, changing dietary patterns, reduced physical activity levels, and rising incidence of insulin resistance among adolescents. The growing awareness of early metabolic screening is expected to support the demand for preventive interventions among younger populations.

Regional Market Assessment

North America dominates the market through advanced diabetes prevention programs and high metabolic disease burden

North America prediabetes market held the largest revenue share of around 42.1% in 2025 across the overall market. This can be credited to the increasing prevalence of obesity and metabolic disorders, robust healthcare infrastructure, strong diabetes screening programs, and significant investments in preventive healthcare solutions. U.S. dominates the regional demand, owing to increasing awareness regarding prediabetes management, widespread availability of diagnostic services, and robust presence of leading pharmaceutical companies engaged in metabolic therapies development. As per the Centers for Disease Control and Prevention (CDC, 2024), millions of adults in the U.S. have been diagnosed with prediabetes, driving substantial demand for early intervention strategies and preventive treatment approaches.

Europe maintains a significant position through structured diabetes prevention initiatives and healthcare accessibility

Europe constitutes a significant regional market driven by increasing awareness of metabolic health, government-endorsed diabetes prevention programs, and robust healthcare infrastructures. Countries such as Germany, the United Kingdom, France, Italy, and Spain are experiencing a rising adoption of preventive metabolic therapies, driven by increasing obesity rates and a focus on reducing healthcare costs linked to type 2 diabetes. According to the European Centre for Disease Prevention and Control (ECDC, 2024), enhancing chronic disease prevention strategies remains a key healthcare priority across European nations, thus maintaining the demand for prediabetes management interventions.

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Asia Pacific records the fastest growth through rising diabetes risk factors and expanding healthcare access

The Asia Pacific region is anticipated to register the highest growth rate during the forecast period with an estimated CAGR of 10.7% from 2026 to 2036. The growth of the market in China, India, Japan, South Korea, and Southeast Asia is attributed to rapid urbanization, changing dietary habits, increasing obesity rates, aging populations, and increasing awareness of healthcare. The region holds a significant opportunity due to its large population base and rising prevalence of impaired glucose regulation. The International Diabetes Federation (IDF, 2024) states that Asia Pacific accounts for a large share of the global diabetes population, highlighting the significance of early prevention and metabolic risk management initiatives.

LAMEA presents emerging opportunities through improving metabolic healthcare infrastructure

The LAMEA region is expected to experience consistent growth during the forecast period, driven by healthcare systems' emphasis on diabetes prevention, early detection, and chronic disease management. Latin America is experiencing increased demand for metabolic health solutions due to rising obesity rates and health challenges linked to lifestyle factors. Middle Eastern countries are investing in advanced healthcare infrastructure and preventive medicine programs. Africa remains an emerging opportunity as healthcare access, diagnostic capabilities, and awareness of metabolic disorders improve. According to the World Health Organization (WHO, 2024), reinforcing prevention and management strategies for non-communicable diseases remains essential across developing regions, driving future adoption of prediabetes management solutions.

Recent Developments

June 2025: Novo Nordisk A/S expanded its metabolic disease portfolio by strengthening research initiatives focused on GLP-1-based therapies and innovative approaches for obesity, glucose regulation, and diabetes prevention.

May 2025: AstraZeneca advanced its metabolic disease strategy through continued investment in diabetes and cardiovascular risk management therapies, supporting the development of preventive treatment solutions.

October 2024: Pfizer Inc. continued exploring innovative metabolic healthcare

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opportunities through research initiatives focused on next-generation therapies targeting chronic disease management and prevention.

August 2024: Bristol-Myers Squibb Company strengthened its research activities in metabolic disease areas by advancing therapeutic development programs focused on improving outcomes for patients at risk of diabetes progression.

Critical Business Questions Addressed

What is the current and projected size of the global prediabetes market?

The global prediabetes market was valued at USD 349.50 million in 2025 and is projected to reach USD 965.04 million by 2036, growing at a CAGR of 9.5% during the forecast period.

Which factors are driving market growth?

The market is driven by the increasing prevalence of prediabetes, rising obesity and metabolic disorders, growing focus on early diabetes prevention, expanding screening programs, and advancements in metabolic therapies.

Which drug class segment dominates the market?

Biguanides dominate the market due to their proven clinical efficacy, affordability, favorable safety profile, and widespread use in improving insulin sensitivity and delaying the progression to type 2 diabetes.

Which age group segment is expected to witness the highest growth?

Children (12–18 years) are expected to register the highest CAGR, driven by the increasing prevalence of childhood obesity, sedentary lifestyles, insulin resistance, and growing emphasis on early metabolic intervention.

Which region offers the strongest future growth opportunities?

Asia Pacific offers the strongest future growth opportunities, driven by rising diabetes risk factors, expanding healthcare access, increasing awareness of metabolic health, and growing government-led prevention initiatives.

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Beyond the Forecast

The prediabetes market is expected to evolve toward personalized metabolic prevention, integrating advanced pharmacological therapies, digital monitoring technologies, artificial intelligence-driven risk assessment, and precision lifestyle interventions to prevent progression toward type 2 diabetes.

Advancements in GLP-1 receptor agonists, SGLT2 inhibitors, biomarker-based patient stratification, continuous glucose monitoring, AI-powered metabolic analytics, digital therapeutics, and personalized nutrition platforms will enhance early intervention strategies and improve long-term metabolic outcomes.

As global prevalence of obesity, insulin resistance, metabolic disorders, and demand for preventive healthcare solutions continues to increase, companies investing in targeted metabolic therapies, digital health ecosystems, and patient-centric diabetes prevention strategies will be well positioned to achieve sustained long-term growth in the global prediabetes market.

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