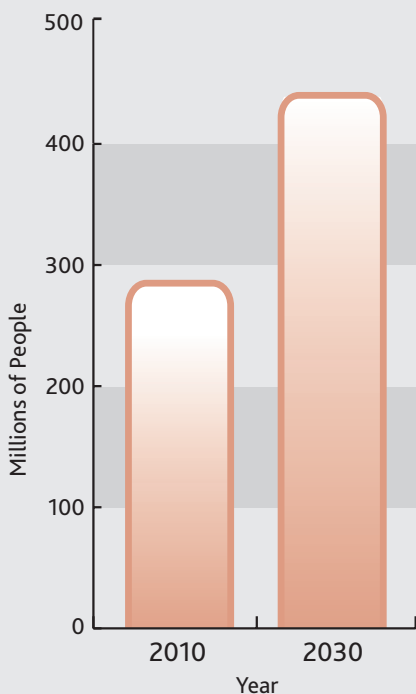


# The prevalence and costs of diabetes

facts

## A global epidemic

An estimated **285 million people** worldwide are affected by diabetes. This number is expected to hit **438 million** by 2030.



\* Source: IDF Diabetes Atlas, (4th edition, 2009)  
International Diabetes Federation, October 2009.

## The changing face of diabetes in Canada

Based on a U.S. study, a North American child born in 2000 stands a one in three chance of being diagnosed with diabetes in his or her lifetime. In Canada, more than 3 million Canadians are living with diabetes and this number is expected to reach 3.7 million by 2020.

Approximately 10% of people with diabetes have type 1 diabetes. The number of people with type 2 diabetes is increasing dramatically due to a number of factors:

- ◆ The population is aging.
- ◆ Obesity rates are rising.
- ◆ Canadian lifestyles are increasingly sedentary.
- ◆ Aboriginal people are three to five times more likely than the general population to develop type 2 diabetes.
- ◆ Almost 80% of new Canadians come from populations that are at higher risk for type 2 diabetes. These include people of Aboriginal, Hispanic, Asian, South Asian or African descent.

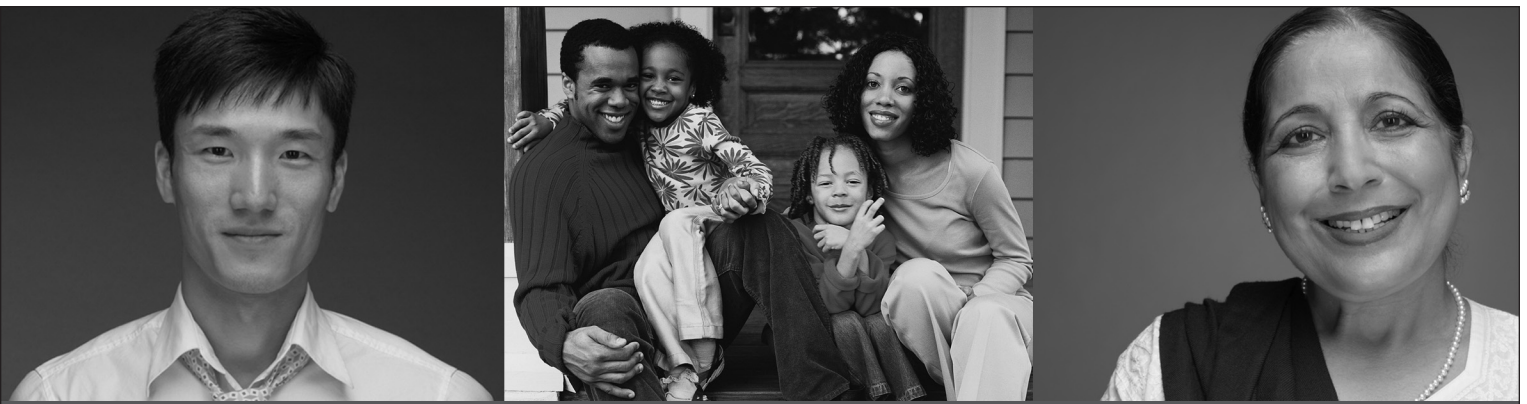
## The costs of diabetes

The personal costs of diabetes may include a reduced quality of life and the increased likelihood of complications such as heart disease, stroke, kidney disease, blindness, amputation and erectile dysfunction.

- ◆ Approximately 80% of people with diabetes will die as a result of heart disease or stroke.
- ◆ Diabetes is a contributing factor in the deaths of approximately 41,500 Canadians each year.
- ◆ Canadian adults with diabetes are twice as likely to die prematurely, compared to people without diabetes.
- ◆ Life expectancy for people with type 1 diabetes may be shortened by as much as 15 years. Life expectancy for people with type 2 diabetes may be shortened by 5 to 10 years.

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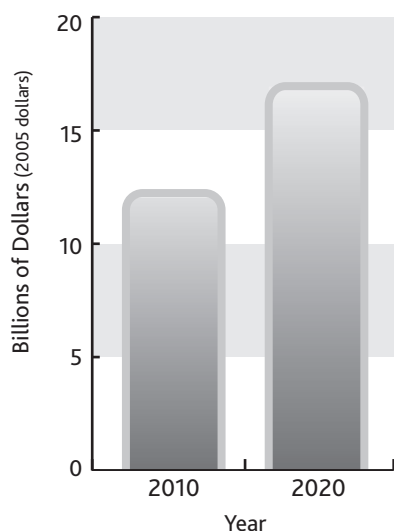




The financial burden of diabetes and its complications is enormous.

- ◆ People with diabetes incur medical costs that are two to three times higher than those without diabetes. A person with diabetes can face direct costs for medication and supplies ranging from \$1,000 to \$15,000 a year.
- ◆ By 2020, it's estimated that diabetes will cost the Canadian healthcare system \$16.9 billion a year.

Cost of Diabetes in Canada



\* Source: Canadian Diabetes Model

### Prevention of type 2 diabetes

To date there is no proven way to prevent type 1 diabetes. The onset of type 2 diabetes may be prevented or delayed, through increased physical activity, healthy eating and weight loss. Taking these steps now can lead to a healthier future.

- ◆ In a large study, people at risk of type 2 diabetes were able to reduce their risk by 58% by exercising moderately for 30 minutes a day and by losing 5 to 7% of their body weight. In people age 60 and over, the risk was cut by almost 71%. Other large studies have shown similar results in reducing risk.



*Across the country, the Canadian Diabetes Association is leading the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. We are supported in our efforts by a community-based network of volunteers, employees, healthcare professionals, researchers and partners. By providing education and services, advocating on behalf of people with diabetes, supporting research and translating research into practical applications - we are delivering on our mission.*

**diabetes.ca**  
1-800-BANTING (226-8464)

