

The Cost of Diabetes in NOVA SCOTIA

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The Nova Scotia Diabetes Cost Model¹

In 2009, the Canadian Diabetes Association commissioned a report, “*An Economic Tsunami: the Cost of Diabetes in Canada*,” to determine the cost of diabetes in Canada, including the impact of lost productivity on the economy. The report also evaluated the potential benefits of initiatives designed to delay or prevent the onset of type 2 diabetes and reduce the occurrence and severity of complications arising from the disease.

The diabetes cost model used in the 2009 report has since been adapted to provide an analysis of the costs of diabetes at provincial levels. The findings in this report are the preliminary findings concerning the costs of diabetes in Nova Scotia derived through the Nova Scotia Diabetes Cost Model. This is one of a series of reports issued on diabetes at a provincial level. The Association will continue to roll-out diabetes cost models across Canada.

The Canadian Diabetes Association continues to lead the fight against diabetes as it works to find a cure.



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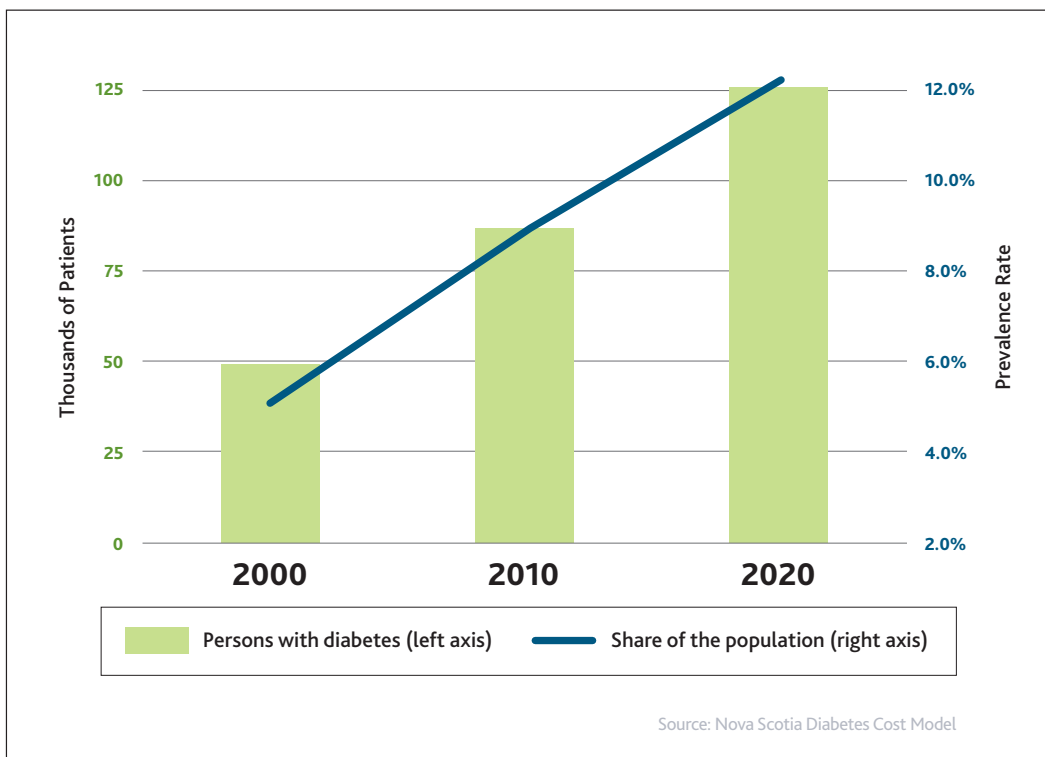
¹ The Nova Scotia Diabetes Cost Model was created for the Association by the Centre for Spatial Economics based on the Canadian Diabetes Cost Model developed by Informetrica Limited and made possible by an unrestricted educational grant provided by Novo Nordisk Canada Inc. The two main sources of data used for the estimate and forecasts come from the National Diabetes Surveillance System (NDSS) and Health Canada's study the Economic Burden of Illness in Canada (EBIC). The Model aimed to integrate the administrative prevalence and incidence estimates from NDSS with the economic cost estimates from EBIC.

The Model supports analysis of the sensitivity of the prevalence and cost estimates to changes in demographic data, incidence and mortality rates by age and sex, and the average annual number of net general practitioner and specialist visits by people with diabetes. Assumptions made in this model are conservative and may understate the prevalence and cost of diabetes in the future, rather than to overstate it.

The Prevalence of Diabetes in Nova Scotia

The Nova Scotia Diabetes Cost Model estimates² that 87,000 people in Nova Scotia have been diagnosed with type 1 or type 2 diabetes in 2010 – representing approximately 8.9% of the population. This number is expected to increase by 38,000 over the next decade to 125,000 or 12.2% of the population of Nova Scotia.

Diabetes in Nova Scotia: 2000 to 2020



Diabetes in Nova Scotia (Table 1)

	2000	2010	2020
Persons with diabetes (left axis)	49	87	125
Share of population (right axis)	5.1%	8.9%	12.2%



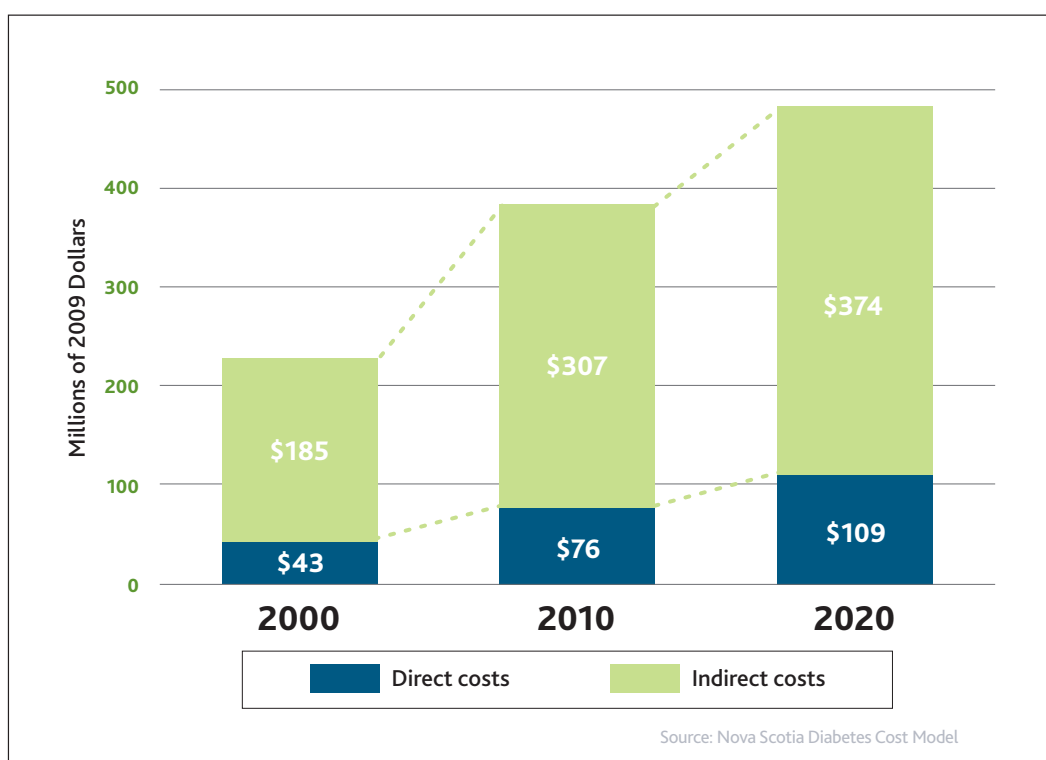
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²The estimates provided in this report include the most current data available from all sources but should be viewed as preliminary and will be subject to revision based on continuing research and more complete data.

The Economic Burden of Diabetes in Nova Scotia

The economic burden of diabetes in Nova Scotia is estimated to be \$383 million in 2010 (measured in 2009 dollars). This cost is expected to increase by 26% over the next decade to \$483 million by 2020.

Cost of Diabetes in Nova Scotia: 2000 to 2020



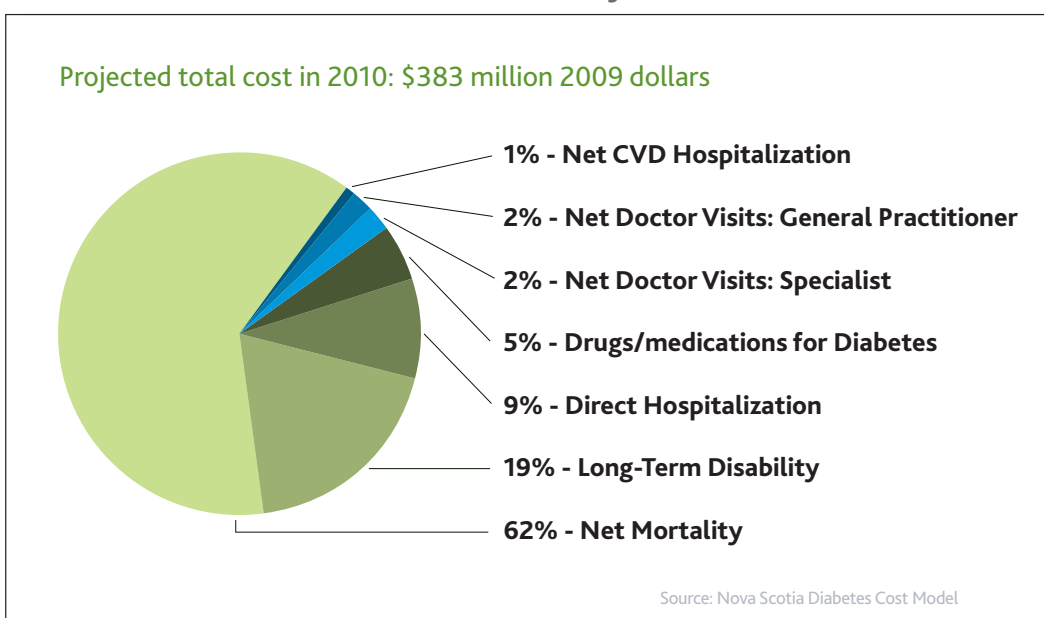
Cost of Diabetes in Nova Scotia in Millions of 2009 Dollars (Table 2)

	2000	2010	2020
Direct costs	43	76	109
Indirect costs	185	307	374



The direct costs of diabetes – which account for 20% of the total cost of the \$383 million in 2010 – are led by hospitalization costs. Indirect mortality and disability costs account for 80% of the total cost attributed to diabetes by the Diabetes Cost Model.

Economic Cost of Diabetes in Nova Scotia by Source in 2010



Economic Cost of Diabetes in Nova Scotia in Millions of 2009 Dollars (Table 3)

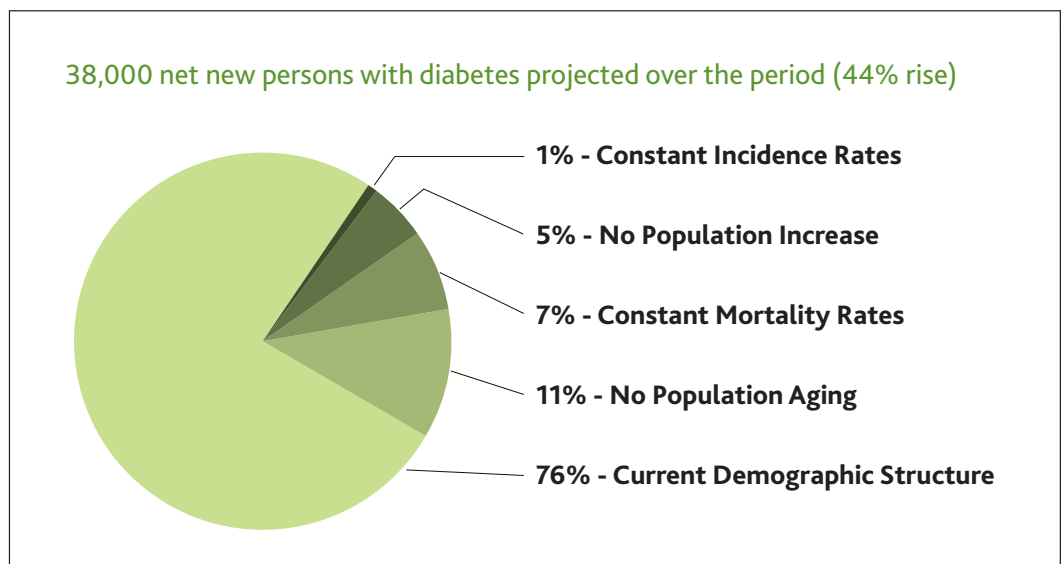
	2000	2010	2020
Direct Hospitalization	20	36	52
Net CVD Hospitalization	3	5	7
Net Doctor Visits: General Practitioner	5	9	12
Net Doctor Visits: Specialist	5	8	12
Drugs/medications for Diabetes	11	19	26
Net Mortality	146	236	281
Long-Term Disability	39	72	93
Total	228	383	483



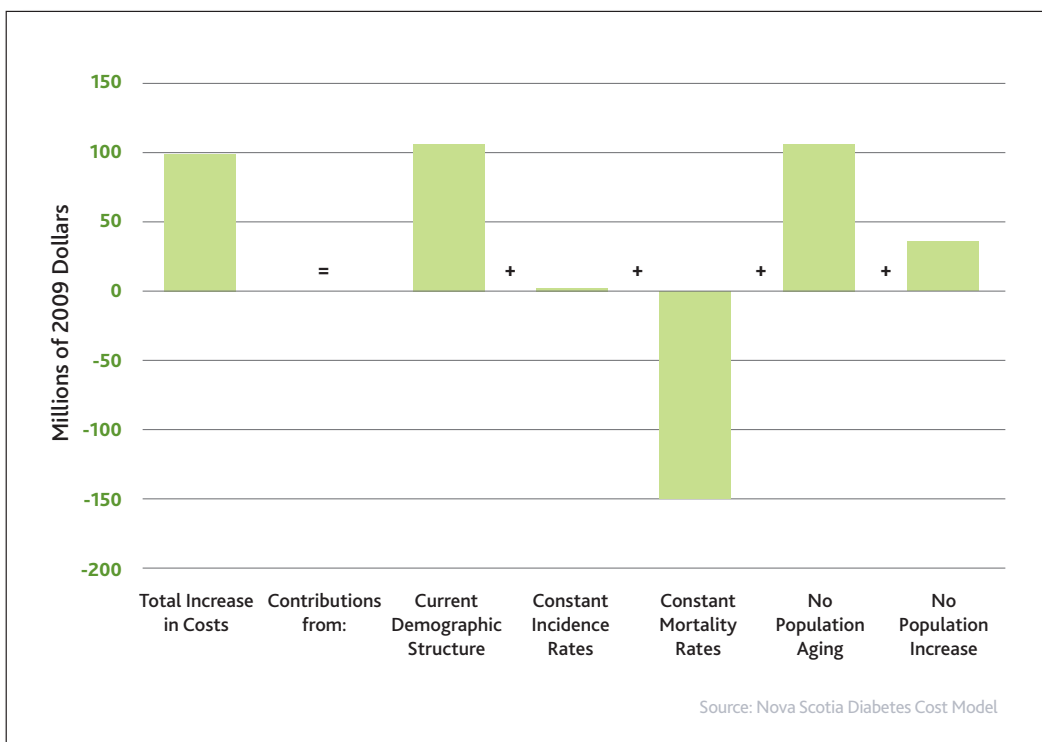
The Factors Driving Diabetes Prevalence and Costs in Nova Scotia

Over the next decade, population growth, an aging population, rising incidence rates and declining mortality rates will be responsible, in part, for the 38,000 net increase (a 44% rise) of people diagnosed with diabetes in Nova Scotia. Three-quarters of the increase is, however, locked-in – based on the prevalence of diabetes and the province’s current demographic structure – due to the number of net new people diagnosed with diabetes in Nova Scotia each year. These same factors are also responsible for the projected \$99 million increase in costs over the next decade. While declining mortality rates for persons with diabetes increases the prevalence of the disease over the period, also decrease the cost of the disease associated with premature mortality.

Factors Driving the Increase in Prevalence from 2010 to 2020



Factors Driving the Increase in Costs from 2010 to 2020



About the Canadian Diabetes Association

Today, more than nine million Canadians live with diabetes or prediabetes. 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. Our community-based network of supporters help us provide education and services to people living with diabetes, advocate for our cause, break ground towards a cure and translate research into practical applications.

For more information, please visit diabetes.ca
or call 1-800-BANTING (226-8464).

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We thank Novo Nordisk Canada Inc. for its ongoing
commitment to diabetes in Canada.