



# The prevalence and costs of diabetes

Know who to turn to



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More than two million Canadians have diabetes. By the end of the decade, this number is expected to rise to three million.

## The changing face of diabetes in Canada

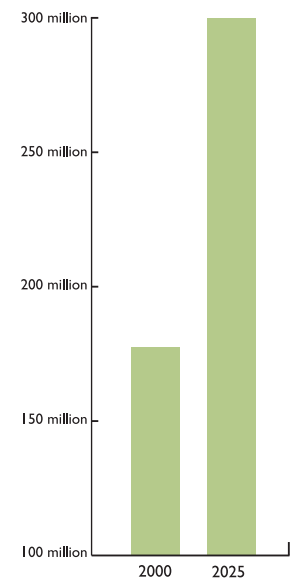
Approximately 10 % of people with diabetes have type 1 diabetes. However, the number of people with type 2 diabetes is increasing dramatically due to a number of factors:

- The population is aging.
- Obesity rates are rising.
- Canadians lifestyles are increasingly sedentary.
- Aboriginal people are three to five times more likely than the general population to develop type 2 diabetes.
- 77% of new Canadians come from populations that are at higher risk for type 2 diabetes. This includes people of Hispanic, Asian, South Asian or African descent.
- There is a growing incidence of type 2 diabetes in children from high-risk populations. Recent data suggests an American child born in 2000 stands a one in three chance of being diagnosed with diabetes in his or her lifetime.

## 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 persons without diabetes. For example, a



### Incidence of diabetes

In 2000, the World Health Organization (WHO) estimated that over 177 million people have diabetes. By 2025, this figure will top 300 million.

Established over 50 years ago, the Canadian Diabetes Association is a charitable organization that has grown to include a presence in more than 150 communities across the country. The Canadian Diabetes Association promotes the health of Canadians through diabetes research, education, service and advocacy.

## Canadian Diabetes Association

To become a volunteer, make a donation or to become a member, contact your local office or call 1-800-BANTING (226-8464). To find out more about the work of the Association, or for the location nearest you, consult our website, toll-free information line, or your telephone directory.

Canadian with diabetes is four times as likely to die at age 35 than a 35-year-old 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.

The financial burden of diabetes and its complications on people with the disease and on the Canadian healthcare system is enormous.

- A person with diabetes incurs medical costs that are two to three times higher than that of a person without diabetes. A person with diabetes can face direct costs for medication and supplies ranging from \$1,000 to \$15,000 a year.
- Based on a U.S. study, diabetes and its complications cost the Canadian healthcare system an estimated \$13.2 billion every year. By 2010, it's estimated these costs will rise to \$15.6 billion a year and by 2020, \$19.2 billion a year.

## Prevention of type 2 diabetes

The onset of type 2 diabetes may be prevented or delayed, through increased physical activity, healthy eating, weight loss, not smoking and stress reduction. Taking these steps now can lead to a healthier future.

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

[www.diabetes.ca](http://www.diabetes.ca)  
**1-800-BANTING (226-8464)**  
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