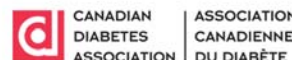


# Diabetes Report



The Serious Face of Diabetes in Canada

Know who to turn to



## Diabetes Report 2005: The Serious Face of Diabetes in Canada *Northwest Territories Backgrounder*

**Let's Be A Leader – The Canadian Diabetes Association asks the Northwest Territories government to ensure access to diabetes medications, supplies and education for people with diabetes through an immediate and on-going commitment, including a minimum of \$1 million to a Diabetes Strategy in the Northwest Territories.**

### Diabetes in the Northwest Territories: A snapshot

- More than 2,300 people in NWT had diabetes (diagnosed and undiagnosed) in 2005.
- The National Diabetes Surveillance System (NDSS) identified a 1999/2000 NWT prevalence rate for diagnosed diabetes of 3.9 per cent for females and 4.0 per cent for males over age 20. According to NDSS, diabetes rates are likely to be 30 per cent higher as a result of people who have diabetes but do not know it (undiagnosed diabetes).
- NDSS reports that Aboriginals represent 46 per cent of the total NWT population of 42,982 (in 2005). It is estimated that NWT's approximately 21,000 Aboriginal people are three to five times more likely to develop diabetes.

<u>Estimated Direct Costs of Treating Diabetes in the Northwest Territories<sup>1</sup></u>			
<u>2000</u>	<u>2005</u>	<u>2010</u>	<u>2016</u>
\$3,100,000	\$4,000,000	\$5,300,000	\$7,100,000

- Of the 17 diabetes medications approved as safe and effective for Canadians, residents of the Northwest Territories can fully access 12 of them under the Non-Insured Drug Benefit (NINB) program. The NINB does not list three of the approved diabetes medications at all, and restricts access to two of them.

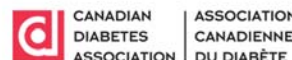
<sup>1</sup>The Projection of Prevalence and Cost of Diabetes in Canada: 2000 to 2016, Canadian Journal of Diabetes, June 2004

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## NORTHWEST TERRITORIES BACKGROUNDER - 2

<i>Jurisdiction</i>	<i>Listed diabetes medications</i>	<i>Restricted diabetes medications</i>	<i>Not listed diabetes medications</i>
British Columbia	7	5	5
Alberta	12	0	5
Saskatchewan	7	7	3
Manitoba	10	4	3
Ontario	6	3	8
Quebec	10	5	2
New Brunswick	6	6	5
Nova Scotia	6	4	7
PEI	7	1	9
Newfoundland	6	6	5
NIHB/Territories	12	2	3

### Northwest Territories -Best Practices:

*Diabetes Report 2005* highlights a number of best practices in diabetes strategies, programs and services across Canada. Among the best practices in the Northwest Territories:

- Northwest Territories, along with Nunavut, provide the best coverage for diabetes medications and supplies, primarily because the government follows the federal Non-Insured Health Benefit Program, which allows for the greatest access at the least cost of any Canadian jurisdiction.
- Northwest Territories have strategies for diabetes or chronic disease management in development and advise that they expect completion shortly.
- Northwest Territories reports that strategies for diabetes or chronic disease management are in development.
- Northwest Territories provide support for Canadians through income-related deductibles and co-payment programs.
- Northwest Territories actively supports the Standards for Diabetes Education in Canada (2000).
- Northwest Territories tracks waiting lists for people with diabetes to participate in diabetes education programs.

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## NORTHWEST TERRITORIES BACKGROUNDER - 3

### Northwest Territories -Best Practices: (cont'd)

- Northwest Territories held the Get Active NT Community Challenge in 2005 to encourage residents to be more physically active. From April to July 2005, residents competed for \$5,000 worth of physical activity equipment to be won by four communities with the most activity per capita depending on population. Over 6,500 people logged in nearly 102,000 hours of fun physical activity.

For a detailed chart showing financial coverage and access provision for diabetes medications and supplies in the Northwest Territories go to [http://www.diabetes.ca/Section\\_Advocacy/advCoverageComp.asp](http://www.diabetes.ca/Section_Advocacy/advCoverageComp.asp).

### Out of Pocket – it costs a lot!

Statistics Canada reports that Canadians over age 35 and living with diabetes are more likely than those without diabetes to have lower levels of income. A Canadian living with diabetes is likely to be a senior on fixed income and have medical costs two to five times higher than a Canadian without diabetes.

A June 2005 online survey of Canadian Diabetes Association and Diabète Québec members revealed:

- Over one in two Association members with diabetes (52%) reported that they pay personally for diabetes medications and supplies. More than seven in 10 (72%) of Diabète Québec members pay out-of-pocket for medication and supplies.
- Almost one in two (46%) of Association members reported paying out-of-pocket expenses between \$50 and \$200 per month; one in four (25%) spent less than \$50 a month.
- Among Diabète Québec members, 47 per cent said they paid more than \$50 a month but less than \$200, while 36 per cent paid less than \$50 a month.
- Almost one in four (24%) of Association members reported there were diabetes drugs, supplies or devices that their doctor recommended, but that they could not afford to purchase and could not access through their insurance plan. One in 10 Diabète Québec members reported that there were prescribed drugs, supplies or devices they could not afford.
- Those under age 40 with type 1 diabetes were more likely to be unable to afford medications and supplies recommended by their doctors.

*Diabetes Report 2005* highlights the progress, best practices and regional disparities facing Canadians with diabetes. The goal of *Diabetes Report 2005* is to assess diabetes policies or strategies, standards and guidelines, diabetes data collection (surveillance) as well as to gauge the financial support and access available to Canadians for diabetes medications and supplies. By 2011, the Canadian Diabetes Association will have amassed a 10-year comprehensive database of all government efforts to support Canadians with diabetes.

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ASSOCIATION  
CANADIENNE  
DU DIABÈTE



## REALITY CHECK: Canadians with Diabetes Speak Out

*Diabetes Report 2005* profiles 28 Canadians, including two residents from the Northwest Territories, about the reality of living with diabetes.

### ***Jerry Loomis, 63***

*Norman Wells, Northwest Territories*

Jerry, a successful businessman, was diagnosed with type 2 diabetes in 2000 at the age of 58. Today, he controls his diabetes through no medication, diet and exercise.

Fortunately for Jerry, all of his diabetes supplies are covered 100 per cent through insurance and the NWT drug plan. These benefits, together with his successful businesses mean the cost of medications and supplies is not an issue for Jerry and his family.

Jerry believes that access to nutritious food is important to preventing diabetes in the north. We order fresh food from grocery stores in Yellowknife or Edmonton and Canada Post flies it into our communities. On a recent order of 16 kilograms of fresh food, the freight charges were \$61.41. If the same shipment had been sent by 'food mail', the cost would have been \$12.80."

"But low income families with diabetes cannot use food mail because they don't usually have credit cards," Jerry says.

### ***Alex M., 23***

*Yellowknife, Northwest Territories*

"I know for a lot of people having diabetes can be very difficult. I went to school with a guy who has type 1 diabetes and he is going to die soon because he takes such terrible care of himself. He can barely see and his kidneys are failing," says Alex who wonders how people can let themselves go like that. Alex was diagnosed with type 1 diabetes at the age of eight, and thanks to his parents' drug plan and the NWT drug plan, his diabetes medications and supplies are fully covered.

Alex will be switching soon to long lasting insulin that is being listed on the NWT formulary.

"I have been fairly lucky," he says. "I've had a few hypoglycemic reactions since I was diagnosed. Once I was sick and became dehydrated and had to be hospitalized to get my blood sugar down."