

# Bariatric Surgery as a Type 2 Diabetes Intervention Strategy in Newfoundland and Labrador

**Q:** What is **type 2 diabetes (T2D)**?

**A:** A condition in which the body does not make enough insulin or cannot properly use the insulin it produces

## Risk factors:



- 40 years of age or older
- Family history of diabetes
- Indigenous, Asian, South Asian, Hispanic, Arab or African descent



- Low socioeconomic status
- Lack of access to healthy food
- Neighbourhoods not designed for physical activity



- Unhealthy diet
- Excessive consumption of sugary drinks
- Physical inactivity
- Smoking tobacco

More than **59,000** people in Newfoundland and Labrador have been diagnosed with T2D\*

Another **29,000** don't know they have it\*

\*2019 statistics



**80% to 90%** of people with T2D are living with overweight or obesity



Body Mass Index (BMI) is a ratio of weight-to-height that can be classified into ranges associated with health risk



## What is bariatric surgery?

An operation that makes changes to the digestive system that induce weight loss

**Q:** How does bariatric surgery help?

**A:** Bariatric surgery can result in sustained weight loss and improved control or remission of T2D

**Q:** When is it a treatment option for T2D?

**A:** Bariatric surgery may be considered in those with:  
- an inability to achieve or maintain weight loss, despite repeated attempts with different therapies  
**AND**  
- a BMI of 35.0 and over

Bariatric surgery in Newfoundland and Labrador is publicly funded for those who meet eligibility criteria.

## Enhanced coverage for bariatric surgery and greater uptake among eligible people in Newfoundland and Labrador would:\*



**INCREASE SURGERIES**  
70 more procedures annually



**DECREASE NUMBER OF PEOPLE LIVING WITH T2D**  
Over 600 fewer cases after 20 years



**LOWER NET COST OF BARIATRIC SURGERY**  
Represents millions of dollars in savings within 5 to 10 years



**OFFSET SOME OF COSTS RELATED TO SURGERY AND POSSIBLE COMPLICATIONS**  
\$0.10 to \$0.17 return on each dollar spent, solely from reduction in direct cost of diabetes

\*The data capture diabetes-related costs. Cost savings related to prevention or remission of other obesity-related conditions are not included in these estimates.

## Recommendations to the Government of Newfoundland and Labrador



Provide funding for expansion of bariatric surgery program for eligible candidates to enhance uptake and ultimately reduce prevalence and burden of T2D in Newfoundland and Labrador.



Establish bariatric surgery awareness programs for health-care providers and eligible patients to better inform them about this therapy option.



Support ALL evidence-based treatment options for people living with T2D.