

Bariatric Surgery as a Type 2 Diabetes Intervention Strategy in Nova Scotia

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 **101,000** Nova Scotians have been diagnosed with T2D*



*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 Nova Scotia is publicly funded for those who meet eligibility criteria.

Enhanced coverage for bariatric surgery and greater uptake among eligible people in Nova Scotia would:*



INCREASE SURGERIES
110 more procedures annually



DECREASE NUMBER OF PEOPLE LIVING WITH T2D
Over 1,000 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 \$0.18 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 Nova Scotia



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



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.