

## Diabetes 360° and Ethnic High-Risk Populations

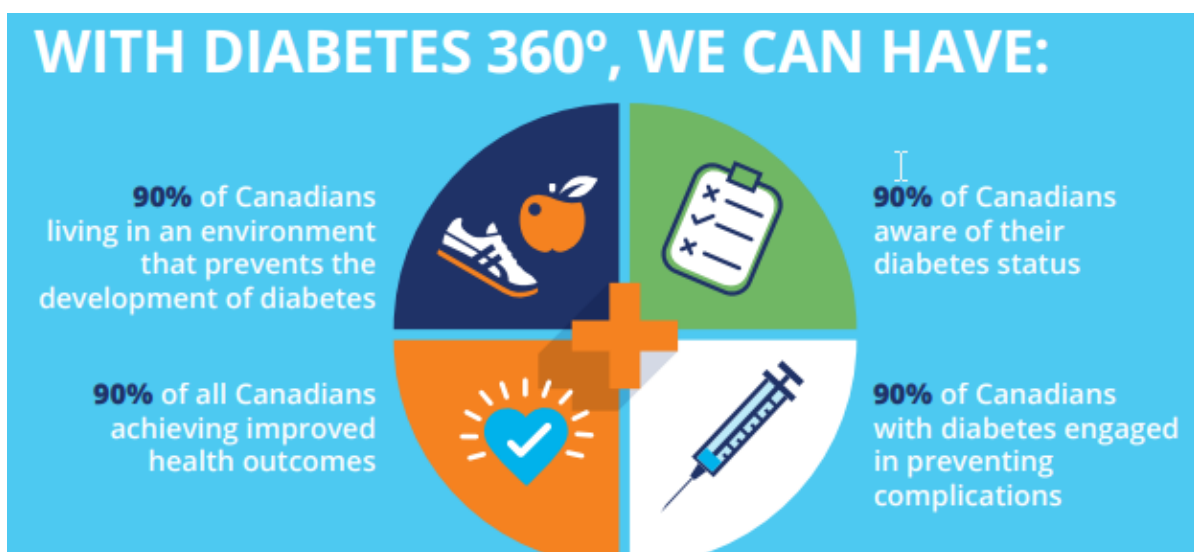
### Overview

Diabetes is a disease that brings with it many serious health challenges and that disproportionately affects certain groups of Canadians. For example, people of certain ethnic backgrounds are at greater risk of developing type 2 diabetes, specifically people of African, Arab, Asian, Hispanic, Indigenous and South Asian descent.

Today, 1 in 3 Canadians lives with prediabetes or diabetes, and someone is newly diagnosed with type 2 diabetes every 3 minutes. Diabetes complications are associated with premature death. Diabetes contributes to 30% of strokes, 40% of heart attacks, 50% of kidney failure requiring dialysis, and 70% of non-traumatic lower limb amputations every year. Its prevalence is growing at a rate of 40 per cent per decade and treating the disease will cost the Canadian health care system \$29 billion in 2019. Urgent action must be taken to end this epidemic.

### A 360° Response to Canada's Diabetes Epidemic

Diabetes Canada and nearly 100 other organizations came together to develop a framework for a new diabetes national strategy, called Diabetes 360°. Diabetes 360° was built on a successful model implemented in the HIV/AIDS community that has been credited for transformational breakthroughs in the treatment and management of HIV/AIDS.



The Diabetes 360° framework includes specific recommendations to improve prevention, screening, treatment and patient outcomes for diabetes. It suggests a plan that could deliver measurable results within less than seven years. All recommendations are based on extensive consultation and thorough review of the evidence.

### ***Opportunities for Ethnic High-Risk Groups***

But what specifically might this mean for people who are part of ethnic groups that are at higher risk of diabetes than the general population? In short, all the recommendations of Diabetes 360° will help all Canadians at risk of or living with diabetes live more healthily. But there are some recommendations that have special relevance for people at risk of diabetes due to ethnicity. For example:

1. Healthy Eating Strategy measures like making the Canada Food Guide inclusive of all cultural dietary patterns and available in 26 languages will make it easier for people to eat a healthy, culturally appropriate diet and **prevent** diabetes and its complications.
2. Culturally appropriate tools will be developed in collaboration with ethnic communities at higher risk of diabetes to support them in **preventing** diabetes and its complications.
3. Greater adherence to the [Clinical Practice Guidelines](#) for **screening** will mean that people of African, Arab, Asian, Hispanic, Indigenous or South Asian descent are screened regularly for diabetes.
4. Improvements in **treatment** will ensure that everyone gets culturally relevant care when and where they need it.
5. A patient portal will help Canadians access community-based supports for diabetes **self-management** in their language, in their culture and in their community.

### ***A common framework with custom implementation***

Diabetes 360° is a framework that is intended to be implemented differently in each province and territory, and possibly in each community, based on their unique priorities and needs. The detailed implementation of the strategy will be done *by* each community with support from the Diabetes 360° taskforce. Each community will be able to decide what programs they wish to put in place based on their needs. This will help to ensure that the needs of each group at higher risk of diabetes due to ethnicity are well met by Diabetes 360°.