

## Diabetes 360° and Canadians with Type 1 Diabetes

### *Overview*

Diabetes is a disease that brings with it many serious health challenges and that affects certain groups of Canadians differently. For example, Canadians with type 1 diabetes may face different challenges managing their disease and accessing supports.

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.

Of the 5 million Canadians currently living with diabetes, approximately 300,000 live with type 1. Type 1 is caused by an auto-immune reaction that causes the body to kill its insulin producing cells. The reason this occurs is not fully understood. People with type 1 diabetes produce very little or no insulin, causing an abnormal amount of glucose to accumulate in the blood. To keep glucose levels under control, people with type 1 diabetes must administer insulin daily and carefully monitor their lifestyle habits. If people with type 1 diabetes do not have access to insulin, they will die.

Type 1 diabetes requires multiple daily injections or infusions of insulin and multiple blood glucose tests each day, along with careful management of other variables such as exercise, sleep and stress levels to manage effectively.

### *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.

## WITH DIABETES 360°, WE CAN HAVE:



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 Lower Income Earners in Canada***

But what specifically might this mean for people with type 1 diabetes in Canada? In short, all the recommendations of Diabetes 360° will help all Canadians living with diabetes live more healthily. But there are some recommendations that have special relevance for people with type 1. For example:

1. Substantial financial support for ongoing **research** into the underlying causes and possible cures for type 1 diabetes will bring hope to the whole community.
2. Measures to end stigma and improve **screening** will promote earlier diagnosis of type 1 diabetes for some individuals, reducing the risk to their health.
3. Improved **access** to medications, devices and supplies like insulin pumps and advanced glucose monitoring devices will ensure that no one with type 1 struggles to afford the care they need.
4. Programs designed to better support young adults with type 1 diabetes transition from pediatric to adult care models will help ensure they are well **cared** for at this critical time of their life.

5. Better access to care and medications and devices will help ensure that more people with type 1 diabetes are spending more time in their target blood sugar range, which will ensure they have better health **outcomes** in the short- and long-term.