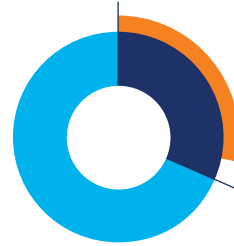


# Type 2 diabetes risk factors

## Today, 11 million Canadians live with diabetes or prediabetes

Every three minutes, another Canadian is diagnosed. About 90 per cent have type 2 diabetes, a disease in which the body does not make enough insulin or cannot properly use the insulin it produces.



**Out of 35 million Canadians:**  
**11 million** have diabetes or prediabetes  
about **90%** have type 2 diabetes

## Type 2 diabetes risk factors

### Factors you can't change

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



### The environment you live in

- **Lack of access to healthy food**  
4 million Canadians do not have good access to affordable, healthy food – particularly in remote and northern regions, in the Atlantic provinces and in Indigenous communities
- Neighbourhoods not designed for walking

### Lifestyle factors

- **Lack of healthy eating, which contributes to** 60% of adults and one-third of young people being overweight or obese



- **Lack of physical activity**  
78% of adults and 91% of children and youth are NOT getting the recommended amount of physical activity
- **Smoking**  
15% of Canadians smoke

## Signs you may have diabetes can include



Significantly increased thirst



Frequent urination



Weight gain or loss



Extremely tired or no energy



Blurred vision

**If you have any of these signs,** contact your health-care provider. If you are 40 or older, get tested regularly – at least every three years – even if you don't have signs, as you may not display any.

## Need more information?

[diabetes.ca/diabetes-basics](https://diabetes.ca/diabetes-basics) | [diabetes.ca/about-diabetes/signs-risks-&-prevention](https://diabetes.ca/about-diabetes/signs-risks-&-prevention)  
[diabetes.ca/managing-my-diabetes](https://diabetes.ca/managing-my-diabetes) | Call 1-800-BANTING (226-8464)

If you are at risk for type 2 diabetes, ask your doctor if you're eligible for the Canadian Diabetes Prevention Program (CDPP) launched by Diabetes Canada and LMC Healthcare. Visit [lmc.ca/diabetes-prevention](https://lmc.ca/diabetes-prevention)



**Join us to End Diabetes** Diabetes is an invisible epidemic, and Diabetes Canada is making it visible and urgent. We are calling for a national strategy, Diabetes 360°, to ensure better health outcomes for the 11 million Canadians with diabetes or prediabetes. Visit [diabetes.ca/strategy](https://diabetes.ca/strategy)

Diabetes Canada relies on generous donations from people like you to help us support Canadians with diabetes or prediabetes on a national scale with our population impact strategy. Donate now at [diabetes.ca/donate](https://diabetes.ca/donate).



[diabetes.ca](https://diabetes.ca)  
1-800-BANTING (226-8464)

**DIABETES CANADA** | **END DIABETES**