

Why we are Worried: The Facts

Diabetes

Diabetes is a disease that results in high sugar levels in the blood caused by the body's inability to produce insulin and/or to properly use the insulin that is produced (Public Health Agency of Canada [PHAC], 2009). There are currently more than 9 million Canadians living with diabetes or prediabetes (Canadian Diabetes Association, 2012). They die younger than other Canadians, have more illnesses and use more services.

Did you know...

- Many adults with diabetes also have a diagnosis of hypertension (PHAC, 2009, p. 3) — a precursor of heart attacks and strokes. Indeed, it is thought that about 80 per cent of people with diabetes will die from heart disease or stroke (Canadian Diabetes Association, 2012).
- People with diabetes have a shorter life expectancy. The lives of those with type 1 diabetes may be shortened by as much as 15 years and those with type 2 diabetes by 5 to 10 years (Canadian Diabetes Association, 2012).
- Being overweight is one of the risk factors for type 2 diabetes (Canadian Diabetes Association, 2012). Type 2 diabetes, previously found only among adults, is increasingly being seen in obese children (PHAC, n.d., p. 1).
- The risk of depression is doubled in individuals with diabetes (Pacaud, 2008, p. 1), compared with those who do not have diabetes.

Fiscal implications:

- People with diabetes “incur medical costs that are two to three times higher than those without diabetes,” and they can face direct costs for medication and supplies ranging from \$1,000 to \$15,000 a year (Canadian Diabetes Association, 2012).
- Diabetes will cost the Canadian health-care system an estimated \$16.9 billion a year by 2020 (Canadian Diabetes Association, 2012).

References

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