

SNAPSHOT OF DIABETES IN CANADA, 2023



DIABETES is a **chronic condition** that occurs when the body does not produce enough insulin or when it cannot use it effectively, resulting in high blood glucose levels. There are different types of diabetes.¹

TYPE 1 5-10% OF CASES²

Non-preventable auto-immune condition that requires insulin therapy for life.

TYPE 2 90-95% OF CASES²

Potentially preventable (or at least delayable), type 2 diabetes is treated with health behaviour modifications and/or medications (oral or injectable such as insulin).

GESTATIONAL DIABETES 10% OF WOMEN WHO GIVE BIRTH³

Temporary condition that develops during pregnancy and that resolves after delivery. It is associated with an increased risk of developing type 2 diabetes later in life.

OTHER UNCOMMON TYPES

Diabetes resulting from genetic mutations (such as neonatal diabetes mellitus or maturity-onset diabetes of the young), other diseases (such as cystic fibrosis) or medications use (such as steroids).

DIABETES COMPLICATIONS

Early detection and optimal management are crucial to reduce the risk of complications, including heart disease, diabetic ketoacidosis, foot ulcers and lower limb amputations, as well as eye, kidney, and nerve damage.¹

People living with diabetes are also at increased risk for more severe outcomes from infectious respiratory diseases such as the flu and coronavirus disease (COVID-19).^{4,5}



PREVENTING DIABETES

Type 1 diabetes is not preventable. Risk factors are not well understood, and may include genetic, young age, and environmental factors.⁶

Some risk factors for prediabetes and type 2 diabetes cannot be modified such as genetics and older age. However, the adoption of a healthy lifestyle (i.e., regular physical activity, healthy eating, weight management, and being smoke-free) can help prevent or delay their onset or complications.⁷

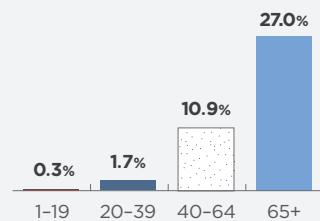
Populations facing systemic social and economic disadvantages are more likely to develop type 2 diabetes. Addressing the social, economic, and physical conditions that influence health equity can help to reduce these inequities in diabetes and improve health for all.^{8,9}



DIAGNOSED DIABETES^{10*†}

In 2020–2021, among people aged 1 year and older:

9.4% (or 3.7 million)
were living with diagnosed diabetes
(10.1% males, 8.7% females)



The prevalence of diabetes
INCREASED WITH AGE

UNDIAGNOSED DIABETES^{11*‡}

Between 2007 and 2019, among adults aged 20–79 years:

1.9%
had undiagnosed diabetes
(2.3% males, 1.5% females)

22.5%
who met the diagnosis criteria
for diabetes were unaware of their condition.

PREDIABETES^{11*§}

Between 2007 and 2019, among adults aged 20–79 years:

6.3%
had prediabetes
(6.6% males, 6.1% females)

PREDIABETES can progress
into type 2 diabetes over time.

LEARN MORE:

Diabetes in Canada | Framework for Diabetes in Canada

ARE YOU AT RISK?

CANRISK Questionnaire

EXPLORE MORE DATA: Canadian Chronic Disease Surveillance System
Health Inequalities Data Tool | Inequalities in diabetes in Canada

OTHER RESOURCES: Canada's food guide
Canada's 24-Hour Movement Guidelines | COVID-19

Notes:

* Types of diabetes are combined and gestational diabetes is excluded from diagnosed diabetes, undiagnosed diabetes and prediabetes estimates.

† Diagnosed diabetes: Individual with 1 or more hospital separation records or 2 or more physician billing claims within 2 years with a diabetes diagnostic code.

‡ Undiagnosed diabetes: Individual who did not self-report being diagnosed with diabetes, did not take blood glucose lowering medications and had hemoglobin A1c level of $\geq 6.5\%$.

§ Prediabetes: Individual who did not self-report being diagnosed with diabetes, did not take blood glucose lowering medications and had hemoglobin A1c level of $\geq 6.0\%$ and $< 6.5\%$.

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