

Inequalities in Diabetes in Canada



ABOUT
1 in 14

Canadian adults report having diabetes.*
Diabetes is a challenging health condition that affects the most vulnerable.

Diabetes can lead to:



serious health conditions (e.g. heart disease, kidney failure)



disability (e.g. lower limb amputation)



poor mental health



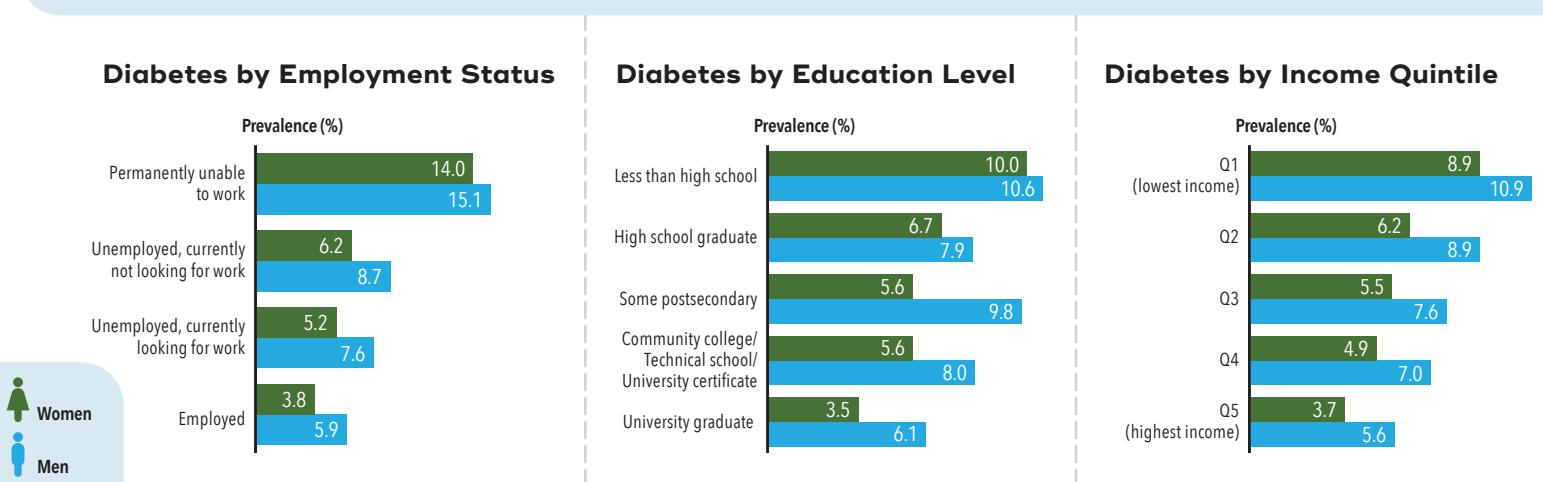
time lost from work



increased mortality risk

Factors that increase the risk of developing type 2 diabetes—or of experiencing negative health outcomes—include **socioeconomic and environmental factors, being overweight or obese, physical inactivity and sedentary behaviour, poor nutrition and smoking**.

The prevalence of diabetes among adults increases with lower socioeconomic status, especially among women.



Complex social, environmental and behavioural factors result in inequalities in the burden of diabetes between certain populations in Canada.

The prevalence of diabetes is:

2.3x
HIGHER

among South Asian adults

2.1x
HIGHER

among Black adults

than among White adults

The prevalence of diabetes for Indigenous adults is:

1.9x
HIGHER

First Nations adults living off reserve

1.5x
HIGHER

Métis adults

than non-Indigenous people

Inequities experienced by First Nations, Inuit and Métis populations are a direct result of colonial policies and practices that included massive forced relocation, loss of lands, creation of the reserve system, banning of Indigenous languages and cultural practices, and creation of the residential school system. Unaddressed intergenerational trauma adds to the ongoing challenges faced by Indigenous peoples.

To promote opportunities for all Canadians to achieve better health outcomes and address inequalities in diabetes requires improving factors that contribute to these inequalities, such as income and education levels, unemployment, poor working conditions, built environment, and access to prevention and care services (e.g. physical activity programs).

* Type 1 or 2 diabetes combined, excluding gestational diabetes.

Source: Canadian Community Health Survey – Annual Component (2010–2013).

For more data on health inequalities in Canada, visit: www.health-infobase.ca/health-inequalities

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