

Alberta Diabetes Fact Sheet 2008



ADSS Alberta Diabetes Surveillance System

The Alberta Diabetes Surveillance System (ADSS) provides an overall picture of the burden of diabetes in the province and a system to monitor trends of diabetes and its complications over time. The system tracks the number of people living with diabetes in Alberta, their related health conditions, and the health services they use. This information helps health care providers and policy makers understand the scope of the disease and how to deal with it.

The ADSS is a partnership between the Institute of Health Economics/ACHORD and Alberta Health and Wellness.

ADSS Fast Facts

- More than 150,000 people living in Alberta have diabetes. That's more than 1 in every 20 people.
- Nearly 15,000 new diabetes cases were identified in 2006. That's about 1,250 new cases a month or 40 per day.
- Diabetes rates have almost doubled in the past decade.
- Adults with diabetes see family physicians and specialists 2-3 times more often than adults without diabetes and spend almost 3 more days in hospital compared to their non-diabetic counterparts.
- People with diabetes are twice as likely to die than people without diabetes; most people with diabetes die from heart attacks or strokes.
- Northern Lights Health Region has the highest rates of diabetes in the province and Calgary Health Region has the lowest.
- It is estimated that 90-95% of all diabetes cases are type 2 (typically adult onset), and only 5-10% are type 1 (insulin dependent, usually diagnosed in childhood).

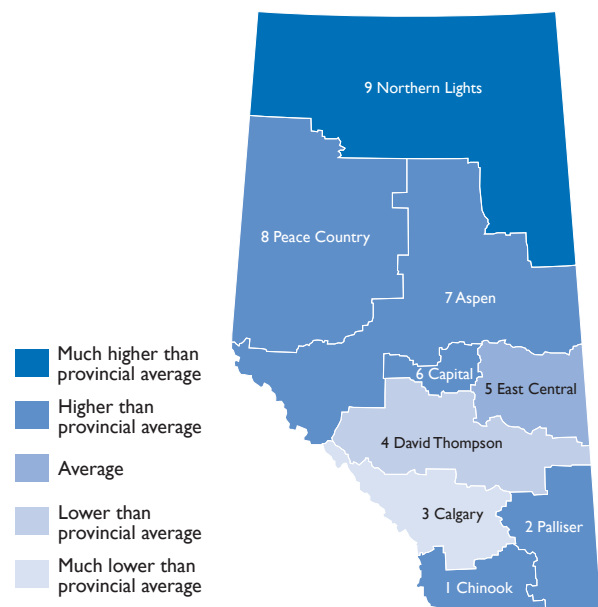
What are the most common diseases that occur together with diabetes?

- People with diabetes are over 2 times as likely to have a heart attack, heart failure or stroke.
- Due to poor circulation and nerve problems in the extremities, people with diabetes are 12-18 times more likely to have a lower limb amputation than people without diabetes.
- Almost half of those who have kidney disease in Alberta also have diabetes.
- Eye disease is common in diabetes, so screening by an experienced eye care professional is recommended in the first year after diagnosis.
- Prevalence of mental health disorders including depression and psychoses are twice as likely in people with diabetes compared to the non-diabetic population.

Diabetes in special populations

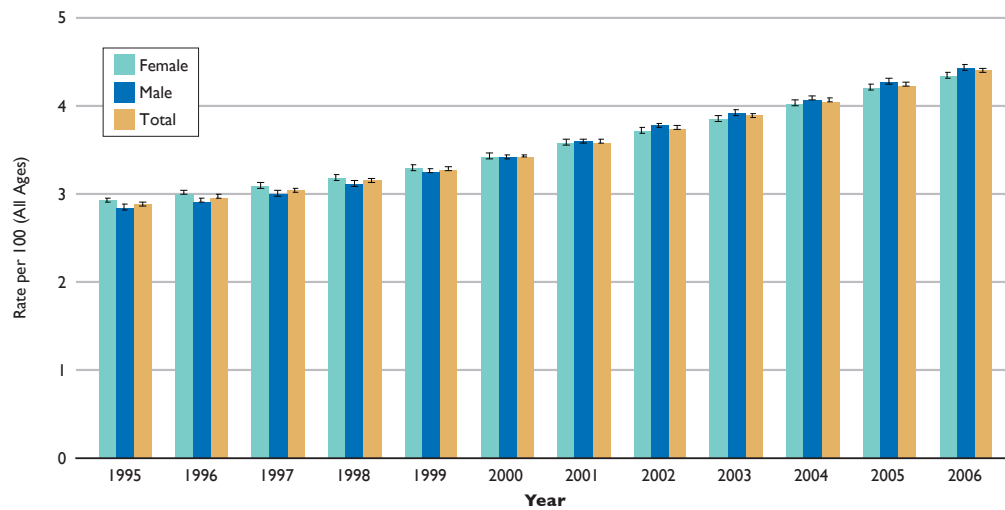
- Diabetes is more common in the older ages, but is increasing rapidly among all age groups.
- Rates of diabetes are twice as high in the First Nations population compared to the general population in Alberta.
- Other visible minorities, including Chinese and South Asian peoples, also have a higher risk of diabetes.

Age-Adjusted Diabetes Prevalence Rates by Region, 2006

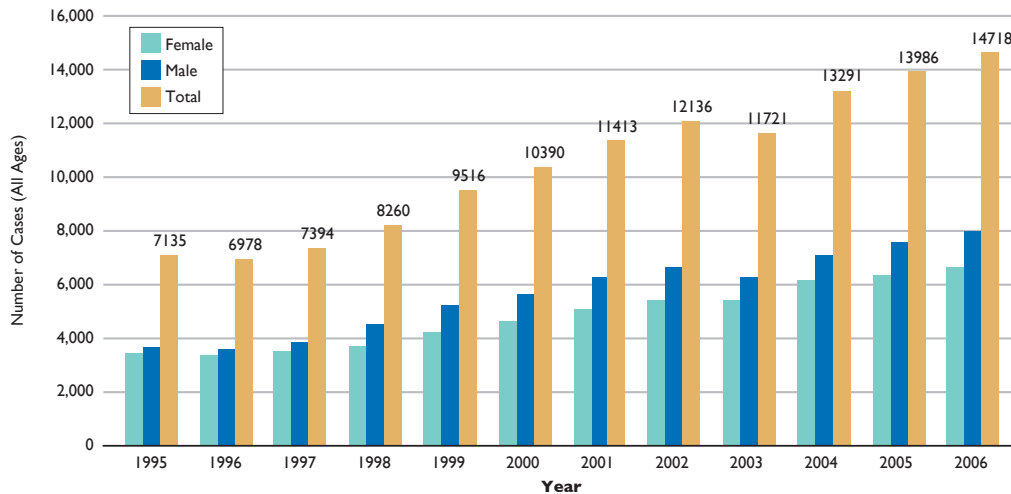


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Age-Adjusted Diabetes Prevalence Rates, 1995-2006



Incident Diabetes Cases 1995-2006



How does Alberta compare to the national figures for diabetes?

- Approximately 5% of adults (20 years and older) in Canada have diabetes. It is estimated that thousands more have diabetes, but are not yet diagnosed.
- In Alberta, we are slightly below the national average, which is highest in Eastern Canada and lowest in Western provinces.



Funding Provided By:



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