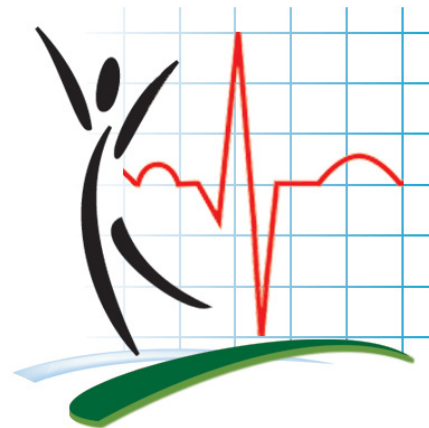


Health Fact Sheets

Diabetes, 2013



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- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- ^P preliminary
- ^r revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- ^E use with caution
- F too unreliable to be published
- * significantly different from reference category ($p < 0.05$)

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Diabetes, 2013

Diabetes occurs when the body does not produce enough insulin, or when the insulin produced is not used effectively. Diabetes may lead to a reduced quality of life as well as complications such as heart disease, stroke and kidney disease.¹



In 2013, 6.6% (2.0 million) of Canadians aged 12 or older reported that they had diabetes. This was not a significant change from 2012, though is an increase from 6.0% in 2009. Survey respondents were asked to report diabetes that had been diagnosed by a health professional. Included in the rates were:

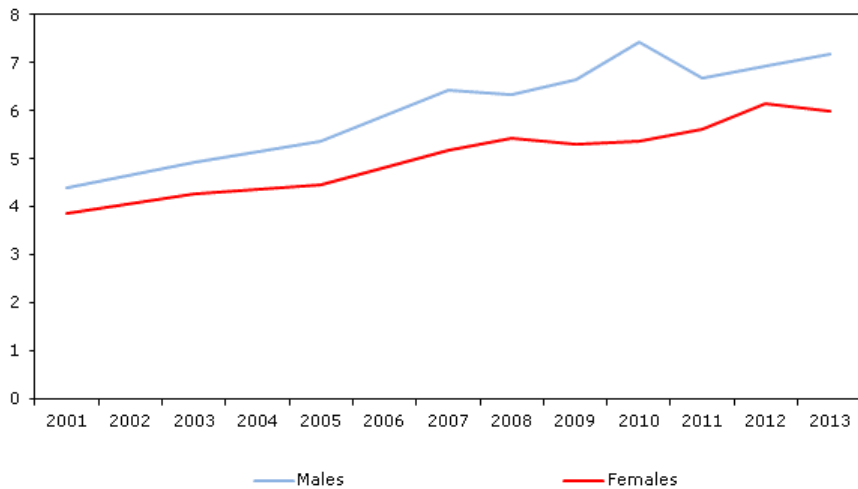
- type 1, which is usually diagnosed in children and adolescents;
- type 2, which usually develops in adulthood; and
- gestational diabetes, which occurs during pregnancy.

Throughout the period from 2001 to 2013, males were more likely than females to report that they had diabetes. In 2013, the rates were 7.2% for males, compared with 6.0% for females (Chart 1).

In addition, Canadians 18 or older who were obese – based on respondent-reported height and weight and Health Canada guidelines on body mass index – were more likely than those who were not obese to report that they had been diagnosed with diabetes. In 2013, 15.3% of obese Canadians 18 or older had diabetes, compared with 5.1% of those who were not obese.

Chart 1
Percentage reporting a diagnosis of diabetes, by sex,
household population aged 12 and older, Canada,
2001 to 2013

%



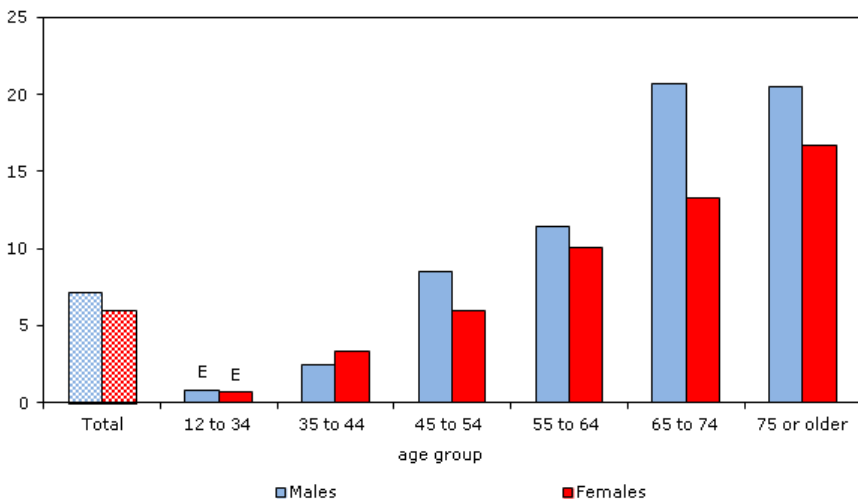
Source: Canadian Community Health Survey, 2001, 2003, 2005, 2007 - 2013.

The rate of diabetes for males increased with age starting at 12 and up to age 65. There was no significant difference between males aged 65 to 74 and those 75 or older. For females, the rate increased with age across all age groups (Chart 2).

In most age groups, males and females had roughly the same rates of diabetes. Between the ages of 45 and 54 and after 65, males were more likely than females to be diabetic (Chart 2).

Chart 2
Percentage reporting a diagnosis of diabetes, by age
group and sex, household population aged 12 and older,
Canada, 2013

%



Note: E Use with caution (coefficient of variation 16.6% to 33.3%).

Source: Canadian Community Health Survey, 2013.

The proportion of residents who reported being diagnosed with diabetes was **lower** than the national average (6.6%) in:

- Alberta (5.3%)
- British Columbia (5.5%)

The proportion of residents who reported being diagnosed with diabetes was **higher** than the national average in:

- Newfoundland and Labrador (8.6%)
- Prince Edward Island (8.9%)

Residents of the other provinces and territories² reported rates that were about the same as the national average.

Because diabetes is strongly related to age, provinces and territories with disproportionately younger populations are expected to have lower diabetes rates than the national average. The reverse is true for provinces and territories with older populations. To remove the effect of different age distributions when making provincial comparisons, please refer to the CANSIM table 105-0503 for the age standardized rates.

End notes

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- 1 James, Robert, T. Kue Young, Cameron A. Mustard and Jamie Blanchard. 1998. “ The health of Canadians with diabetes.” *Health Reports*. Vol. (volume) 9, no. (number) 3. Winter. Statistics Canada Catalogue no. (number) 82-003. p. (page) 47–52. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/1997/3477-eng.pdf> (accessed May 10, 2010).
 - 2 Note that the rates for Yukon and the Northwest Territories had coefficients of variation between 16.6% and 33.3%; interpret with caution. The rate for Nunavut had a coefficient of variation greater than 33.3%; this data is too unreliable to publish.
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Data

Additional data from the Canadian Community Health Survey are available from CANSIM tables [105–0501](#) and [105-0503](#).