

Health Fact Sheets

Diabetes, 2014



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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, 2014

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

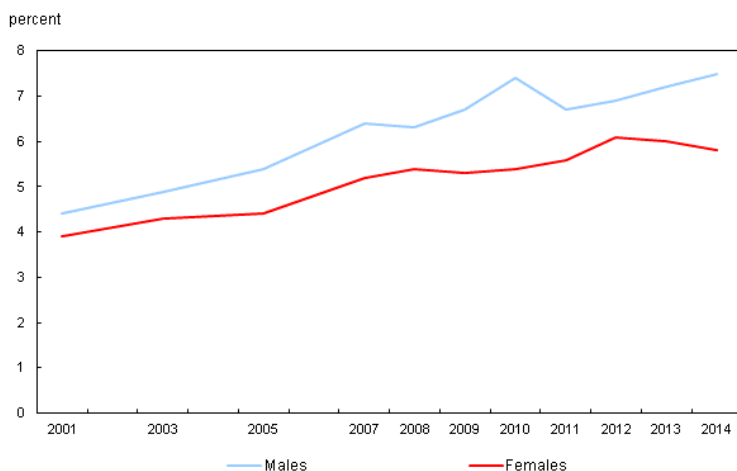
Survey respondents were asked to report if they had been diagnosed with diabetes by a health professional. Included in the rates were:

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

In 2014, 6.7% of Canadians aged 12 or older (2.0 million people) reported that they had diabetes. This was not a significant change from 2013, though it was higher than diabetes rates between 2001-2009 and 2011.

Throughout the period from 2001 to 2014, males were more likely than females to report that they had diabetes. In 2014, the rates were 7.5% for males, compared with 5.8% for females (Chart 1).

Chart 1
Percentage reporting a diagnosis of diabetes, by sex, household population aged 12 and older, Canada, 2001 to 2014

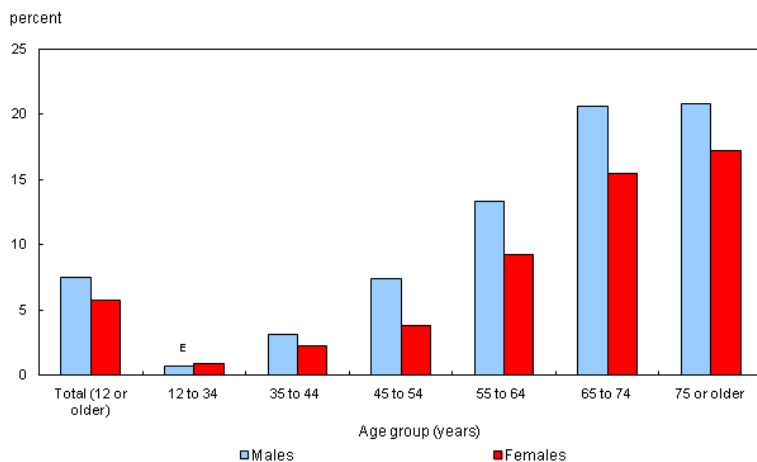


Source: Canadian Community Health Survey, 2001, 2003, 2005, 2007 to 2014.

The rate of diabetes among males and females increased with age up to age 74.² For those aged 75 or older, the rate did not increase significantly (Chart 2).

In the younger age groups (those aged 12 to 44), males and females had roughly the same rates of diabetes. After the age of 45, males were more likely than females to report a diagnosis of diabetes (Chart 2).

Chart 2
Percentage reporting a diagnosis of diabetes, by age group and sex, household population aged 12 and older, Canada, 2014



^E use with caution (these data have a coefficient of variation from 16.6% to 33.3%)

Source: Canadian Community Health Survey, 2014.

In addition, Canadians 18 or older who were obese³ were more likely than those who were not obese³ to report that they had been diagnosed with diabetes. In 2014, 14.6% of obese Canadians 18 or older had diabetes, compared with 5.2% of those who were not obese.

The proportion of residents aged 12 and older who reported being diagnosed with diabetes was **lower** than the national average (6.7%) in:

- Manitoba (5.6%)
- Alberta (5.0%)
- British Columbia (5.5%)

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

- Newfoundland and Labrador (9.0%)
- Nova Scotia (8.2%)
- New Brunswick (8.4%)
- Ontario (7.4%)

Residents of the other provinces and territories⁴ 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.

Notes

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- ¹ James, Robert, T. Kue Young, Cameron A. Mustard and Jamie Blanchard. 1998. " [The health of Canadians with diabetes.](http://www.statcan.gc.ca/studies-etudes/82-003/archive/1997/3477-eng.pdf) *Health Reports*. Vol. (Volume) 9, no. (number) 3. Statistics Canada Catalogue no. (number) 82-003. p. (page(s)) 47–52. <http://www.statcan.gc.ca/studies-etudes/82-003/archive/1997/3477-eng.pdf>.
 - ² Note that the rate of diabetes for males aged 12 to 34 had a coefficient of variation between 16.6% and 33.3%; interpret with caution.
 - ³ The classification as obese is based on respondent-reported height and weight and Health Canada guidelines on body mass index (BMI). An obese individual is an adult aged 18 or older, not pregnant, with a [BMI \(Body Mass Index\)](#) greater or equal to 30. For the comparison of diabetes rates, the 'not obese' category covers all those aged 18 and older and not pregnant, with the [BMI \(Body Mass Index\)](#) of less than 30.
 - ⁴ Note that the rate for the Northwest Territories had a coefficient 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](#).