

Health Fact Sheet

Diabetes, 2016

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Health Fact Sheets

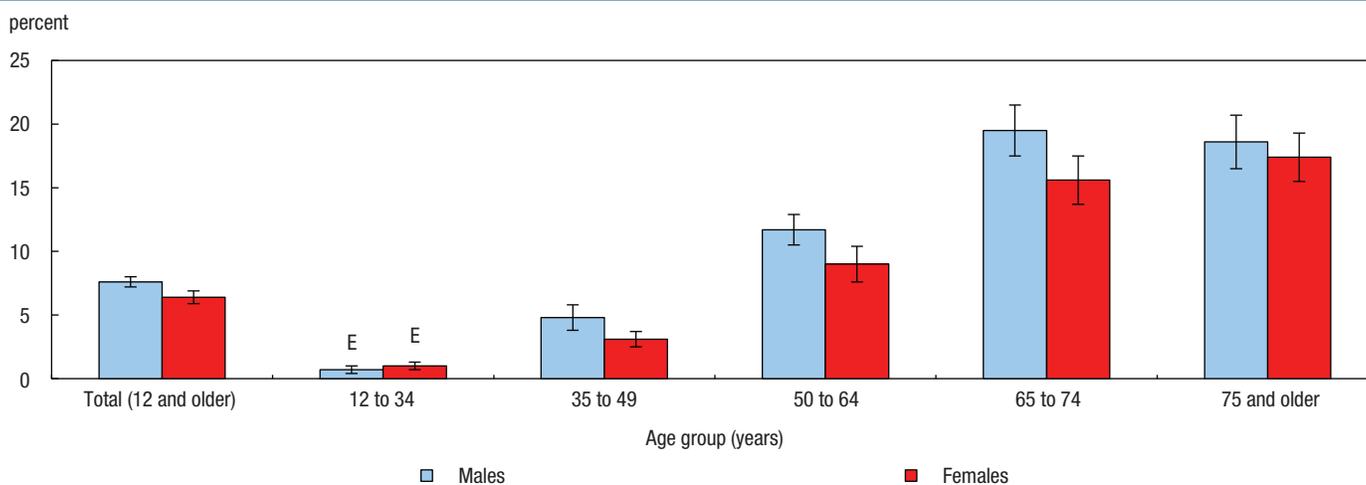
Statistics Canada, Catalogue no.82-625-X

Diabetes, 2016

In 2016, 7.0% of Canadians aged 12 and older (roughly 2.1 million people) reported being diagnosed with diabetes.¹ Between 2015 and 2016, the proportion of Canadians who reported being diagnosed with diabetes remained stable.²

Overall, males (7.6%) were more likely than females (6.4%) to report that they had diabetes. Diabetes increased with age³ for both males and females up to age 64. The prevalence did not increase significantly for those aged 75 and older (Chart 1).

Chart 1 Diabetes, by age group and sex, household population aged 12 and older, Canada, 2016



^E use with caution (these data have a coefficient of variation between 15.1% and 35.0%)

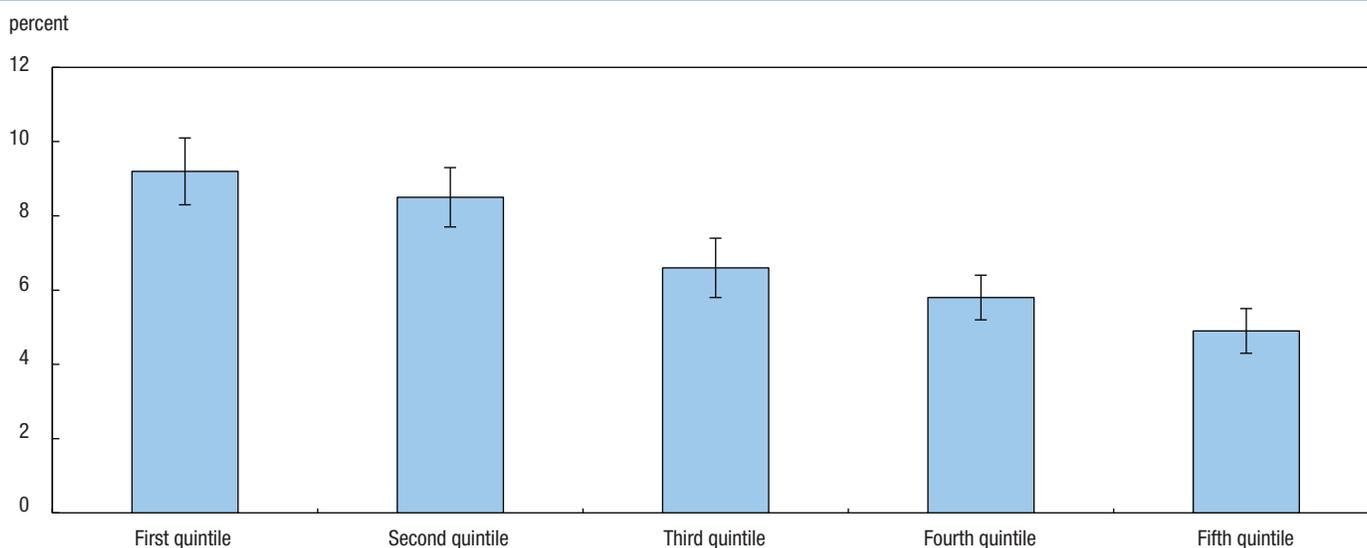
Note: Population aged 12 and over who report that they have been diagnosed by a health professional as having diabetes. 95% confidence intervals are denoted by vertical lines overlaid on the bars in this chart. They indicate the degree of variability in the estimates.

Source: Canadian Community Health Survey, 2016.

Canadians aged 18 and older who were either overweight or obese were more likely than those who were classified as having a normal weight⁴ to report that they had been diagnosed with diabetes. The prevalence of diabetes among obese Canadians was 13.2% in 2016, compared with 6.6% among overweight Canadians and 3.6% among those classified as having a normal weight.

The prevalence of diabetes varied notably with household income. The percentage of Canadians aged 12 and older who had been diagnosed with diabetes was lowest amongst households that fell within the highest income quintile (4.9%).⁵ Households among the lowest and second lowest income quintiles were most likely to report being diagnosed with diabetes (Chart 2).

Chart 2 Diabetes, by household income quintile, household population aged 12 and older, Canada, 2016



Note: 95% confidence intervals are denoted by vertical lines overlaid on the bars in this chart. They indicate the degree of variability in the estimates.

Source: Canadian Community Health Survey, 2016.

About Diabetes

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.⁶

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

Notes

1. Estimates in this article referring to the national average or Canada rate exclude the territories. This is because the coverage of CCHS in 2016 does not represent the entire population of the territories. Only half of the communities in the territories were visited in 2015, and the other half in 2016 so analyses based on the territories is only available for two year cycles of the CCHS (e.g. 2015-2016).
2. In this article when two estimates are said to be different this indicates that the difference was statistically significant at a 95% confidence level (p-value less than 5%).
3. Note that the rate of diabetes for both males and females aged 12 to 34 had a coefficient of variation between 15.1% and 35.0%; interpret with caution.
4. The classification as obese is based on respondent-reported height and weight, adjusted by correction factors to control for known bias, and Health Canada guidelines on body mass index (BMI). An obese individual is an adult aged 18 or older, not pregnant, with a BMI greater or equal to 30. The BMI range from 25 to less than 30 represents overweight individuals, and the range from 18.5 to less than 25 represents normal weight individuals.
5. Based on household income, adjusted by the before-tax low income cut-off (LICO) for the household and community size. The LICO is the threshold at which a family would typically spend a larger portion of its income than the average family on the necessities of food, shelter, and clothing. This accounts for spending power based on the family and community size.
6. James, R., T. K. Young, C.A. Mustard, and J. Blanchard. 1998. "The health of Canadians with diabetes". *Health Reports*. Statistics Canada, Catalogue no. 82-003. Vol. 9, no. 3. <http://www.statcan.gc.ca/pub/82-003-x/1997003/article/3477-eng.pdf> (accessed January 11, 2017)

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Data

Additional data from the Canadian Community Health Survey are available from CANSIM table 105-0508 <http://www5.statcan.gc.ca/cansim/a26?lang=eng&retrLang=eng&id=1050508>.

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