

# Annual Diabetes Update:

## Eeyou Istchee - May 2002

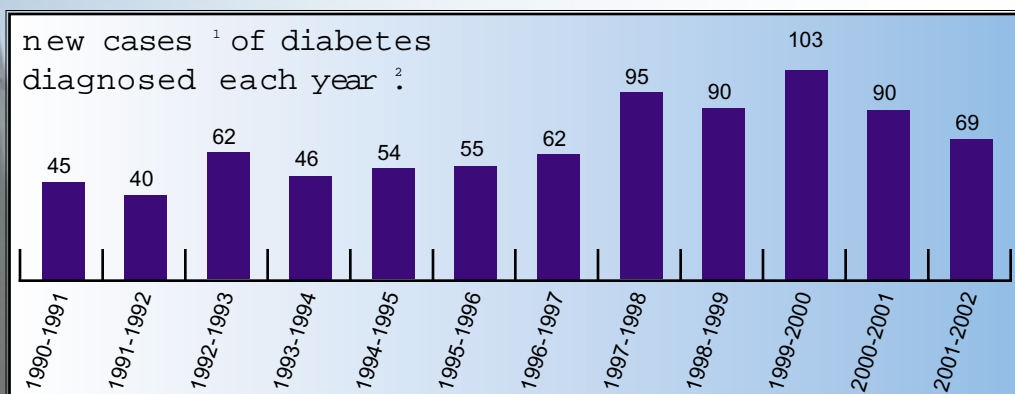
1064 Eeyouch living with diagnosis of diabetes

(12.5% of the population over 15 yrs)

XX% of the population over 20 yrs

(compared with 4.7% of the population of Quebec over 20 yrs (in 2000))

Does not include 12 Eeyouch living with diabetes off Eeyou Istchee  
672 females (67%) 404 males (37%)



In the past  
year, there has  
been a 23%  
reduction in  
the number of  
new cases of  
diabetes!

Take control of  
your own  
health:  
Help prevent  
diabetes.

<sup>1</sup> includes only Eeyouch who are still alive in 2002.

<sup>2</sup> year is defined as May 1 - April 30 (i.e. 2001-2002= May 1, 2001 - April 30, 2002)

(table excludes: diagnosis before to 1990: 254 cases and unknown year of diagnosis: 11 cases)

### How old are Eeyouch who have diabetes?

| Age (Years)           | 10 - 19 | 20 - 29 | 30 - 39 | 40 - 49 | 50 - 59 | 60 - 69 | 80 or more |
|-----------------------|---------|---------|---------|---------|---------|---------|------------|
| Number with diabetes  | 10      | 72      | 186     | 243     | 275     | 173     | 117        |
| Percent with diabetes | 0.4%    | 3 %     | 9 %     | 20 %    | 35 %    | 39 %    | 31 %       |

<sup>1</sup> out of every 2 women (54%) between 60 and 69 years old have diabetes.

<sup>1</sup> out of every 4 Eeyouch diagnosed with diabetes are younger than 40 years old.

They are at much higher risk of damage from diabetes because they will live with their diabetes for longer.

REST OF CANADA (1997 data):

0.5% diabetes in age 12-34 3.2% diabetes in age 35-64 10.4% diabetes in age 65 or more.

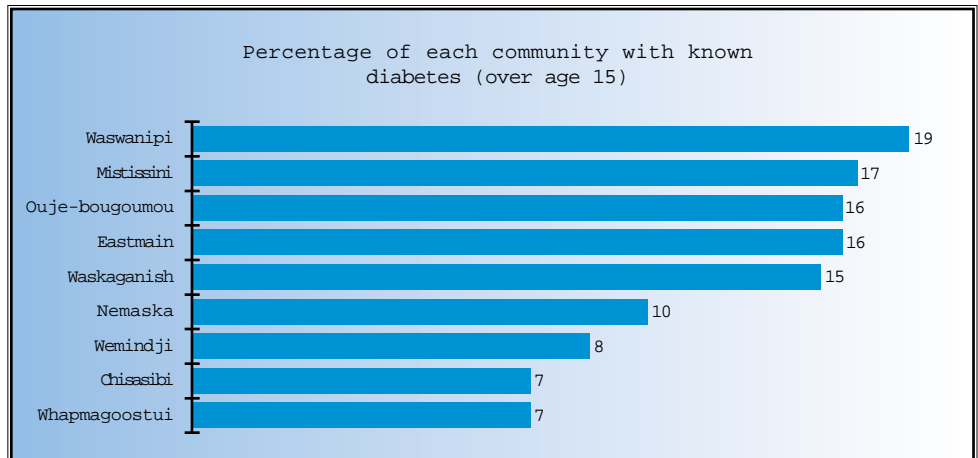
*Diabetes continues to be a very serious problem for many Eeyouch who are at risk of their diabetes damaging their bodies.*

*ALL EEYOUCH OF ALL AGES HAVE A RISK OF GETTING DIABETES.*

What have YOU done differently TODAY  
to take control of YOUR health?

## DIABETES IN EACH COMMUNITY

| Community                              | people with diabetes<br>(over age 15)* |
|--|--|
| Waswanipi                              | 158                                    |
| Mistissini                             | 300                                    |
| Ouje-bougoumou                         | 57                                     |
| Eastmain                               | 58                                     |
| Waskaganish                            | 142                                    |
| Nemaska                                | 41                                     |
| Wemindji                               | 65                                     |
| Chisasibi                              | 211                                    |
| Whapmagoostui                          | 32                                     |
| Cree living of Eeyou Istchee           | 12                                     |
| TOTAL<br>*includes 3 youth (age 1--14) | 1076                                   |



The following two sections are based on the information available from the 725 people who have given permission (consent) to share the diabetes information from their charts.

### How well are people with diabetes controlling their diabetes?

32% of Eeyouch with diabetes have kept their blood sugars at healthy levels this year (compared with 29% in 2001). But, there are still 493 out of 725 (68%) Eeyouch with diabetes who are having difficulty controlling their blood sugar and are at risk of having complications or problems from their diabetes.

32 % Healthy levels  
31 % Blood sugar level too high  
37 % Blood sugar level dangerously high

Health level= HbA1c less than 7.0  
Too high= HbA1c 7.1 - 8.4  
Dangerously high= HbA1c 8.5 or more  
(Values for all villages except Nemaska)

### Complications:

The following table likely significantly underestimates the true amount of complications because often the complications are not recorded properly on the diabetes flow sheets.

| Of the 725 people with diabetes who have given permission (consent) to share their information: | and from these people...   |
|---|--|
| 419 people (58%) have some kidney damage  | 278 have early kidney damage, 109 have mild kidney damage, 25 have pre-dialysis and 7 are on dialysis. |
| 79 people (11%) have some eye damage  | 79 have mild eye damage, 9 required laser, and 1 is blind  |
| 88 people (12%) have some nerve damage  | 73 mild nerve damage, 9 ulcers, and 6 amputations  |
| 95 people (13%) have damage to blood vessels  | 64 heart disease, 24 strokes, 7 impotence  |

Most of the people with complications from their diabetes are still at an early stage that is found on medical tests but they may not feel anything differently. These complications can get worse if their blood sugars stay high. They must act NOW to control their blood sugars in order to prevent the damage from getting worse.

Take control of your health  
and prevent or control diabetes!