

# Diabetes in Eeyou Istchee – 2012

*Today, many Crees are living with diabetes and facing difficult challenges. Many are successful at managing their diabetes. The purpose of this update is to report on the situation of diabetes in Eeyou Istchee.*

*The information for this report comes from analysis of the data produced for the 2012 Cree Diabetes Information Systems (CDIS), not yet published.*

## How many Crees are living with diabetes?

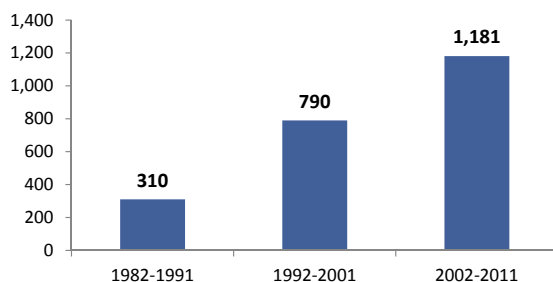
- ♦ As of January 2012, **2,086 Crees** are living with diabetes.
- ♦ 2,071 are adults (20 years and over).
  - 1,242 women
  - 829 men
- ♦ **22.0% of the adult population** is affected.
  - 18.6% Coastal
  - 26.9% Inland
- ♦ This is 3.5 times more than in the rest of Quebec.

## How many new cases in 2011?

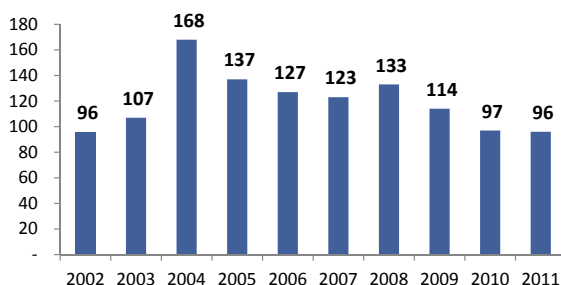
This following section discusses the number of Crees that were newly diagnosed with diabetes (this is different from the total number of Crees with diabetes).

In 2011, 96 Crees were told they have diabetes. Over the past 30 years, new cases of diabetes have roughly doubled each decade.

New cases of diabetes per decade



Number of new cases from 2002-2011



**Crees are being diagnosed at a much younger age.**

During the past 5 years, 50.4% of all the Crees newly diagnosed with diabetes were younger than 40.

**Crees have diabetes in their young adulthood.**

5.5% of all Crees aged 20 to 29 have diabetes

This is 1 out of 20 youths



16.0% of all Crees aged 30 to 39 have diabetes

This is 3 out of 20 young adults



Crees are being diagnosed at a much younger age than non-aboriginal people, and will be living with their diabetes for many years.

The longer people have diabetes, the higher their risk of complications, especially when blood sugar, blood pressure and cholesterol are not well controlled. Young Crees need to learn to live well with their diabetes if they want to be successful at preventing complications from their disease.

## How to prevent complications?

Checking your **ABCs** and **urine protein** is the best way to prevent complications from diabetes.

**A = A1C** = Average blood sugar in the last 3 months

- ♦ **31.7%** of Crees with diabetes have normal blood sugars (A1C at or less than 0.070).
- ♦ **68.3%** have blood sugars higher than normal (A1C higher than 0.070)

**B = Blood pressure below 130/80** is very important to prevent damage to the kidneys, heart and eyes (no information on BP is presently available from the CDIS)

**C = LDL Cholesterol less than 2.0** is important to keep your heart strong

- ♦ **45.5%** have their cholesterol at a healthy level

The urine protein test shows early signs of kidney damage

- ♦ **Half (53.2%)** of Crees with diabetes had protein found in their last urine test

## How is your diabetes?

**Ask your healthcare provider if your blood sugar (A1C), blood pressure, LDL cholesterol and urine protein are at healthy levels.**

## What is pre-diabetes?

Pre-diabetes is when blood sugar is higher than normal (more than 6.0), but not quite high enough to be called diabetes (more than 7.0).

Presently, we are aware of 821 Crees who have been diagnosed with pre-diabetes and who are registered on the CDIS.

Of these 821 Crees with pre-diabetes, 310 have developed diabetes. **On average, it took 5 years to develop diabetes after diagnosis of pre-diabetes.**

The good news is that 511 Crees with pre-diabetes have not developed diabetes; 300 of these have had prediabetes for more than 5 years and 211 for less than 5 years.

Having pre-diabetes is a **warning sign**; it means that there is still time to **prevent diabetes**. Contact your local healthcare provider to get more information about pre-diabetes.

## How to prevent diabetes?

You can prevent diabetes by adopting a healthy lifestyle:

- ◆ Be active. Exercise daily for at least 30 minutes at a good intensity
- ◆ Choose healthy foods and eat smaller portions
- ◆ Keep sweet foods and fast food for special treats
- ◆ Drink water and eat fruits rather than sweet beverages and juice
- ◆ Focus on healthy eating and move more – and you will lose a few pounds
- ◆ Take your medication as prescribed

**Knowledge is the key to success:  
learn about diabetes and pre-diabetes**  
(see “For more information”)

**Get tested for diabetes every year.**

Copies of this broadsheet may be found at:  
<http://www.creehealth.org>



Conseil Crie de la santé et des services sociaux de la Baie James  
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Cree Board of Health and Social Services of James Bay

## What is Maamuu Nakahehtaau? (“Together, let’s prevent it”)

The goal of the Maamuu Nakahehtaau initiative is to fight the diabetes epidemic that has touched the lives of 4 generations of Eeyouch.

Maamuu Nakahehtaau helps bring everyone together around diabetes prevention, and builds supportive environments that will make it easier for people to adopt healthy lifestyles.

In every community, it should be easy and safe for people of all ages to walk, play and do sports, and families should have access to affordable, healthy food, including traditional food.

**Encourage your family and friends to engage  
in a healthy lifestyle with you!  
It is easier to exercise and eat well when  
others are doing it too!**

**Get involved in your community.**

**Preventing diabetes and  
its complications is a  
community challenge.**

**Together, let’s prevent it!**

For more information:

See your health care provider

What is Diabetes?

<http://creehealth.org/clinical-protocols/what-diabetes-guide-understanding-type-2-diabetes>

What is Pre-Diabetes?

<http://creehealth.org/clinical-protocols/what-pre-diabetes-guide-understanding-pre-diabetes>

Maamuu Naakahehtaau

<http://creehealth.org/blog/22>