

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 published yet.

How many Crees living with diabetes?

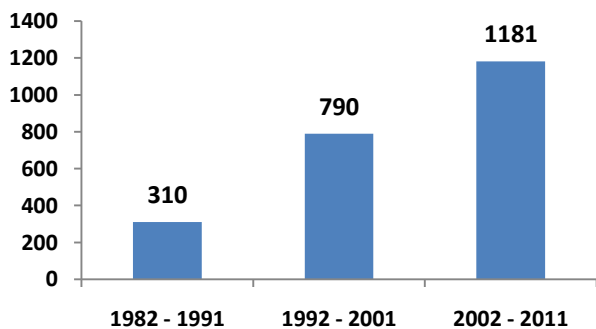
- As of January 2012, **2086 Crees were living with diabetes**
 - 2071 are adults (20 years and over)
 - 1242 women
 - 829 men
 - **22.0% of the adult population**
 - 18.6% Coastal
 - 26.9% Inland
- This is 3.5 times more than the rest of Quebec.

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

New cases of diabetes in Eeyou Istchee, per decade



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

This is 10 out of 20 Crees



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 **ABC** 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 kidney, 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

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

