# Cree Diabetes Information System (CDIS)

# 2017 Update – At a Glance

The number of Eeyouch/Eenouch with diabetes **continues to increase** and now includes 2,932 people (26.7% of adults over age 20) – *more than one in four.*

**Women** continue to outnumber men, the reverse of the pattern seen elsewhere.

Diabetes in **young Eeyouch/Eenouch** (under age 40) is a big concern:

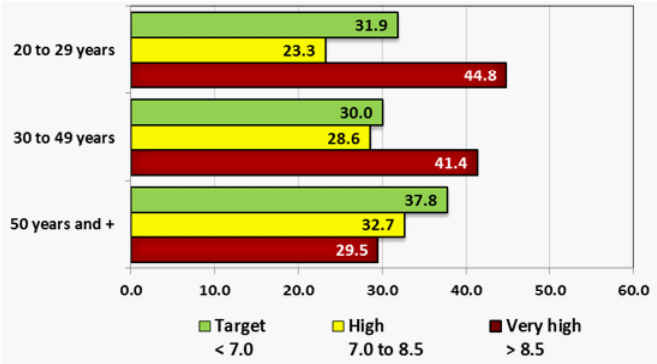
- They need to learn to live a healthy life with diabetes
- Only about 1/3 (39.4%) have their glucose at target levels
- 60% of them are showing early kidney damage on their urine test for protein.

Young Eeyouch/Eenouch with diabetes **require special attention** to help learn to live a healthy life with diabetes, and prevent the progression of kidney damage.

## Good news:

- Age at time of diagnosis is slowly **getting older**
- More and more people have been living, **successfully**, with diabetes for over twenty years.

*Amended: 06-12-18*




Proportion (%) of JBNQA Cree beneficiaries aged 20 years or over with type 2 diabetes by level of their last A1c result, by age group, Eeyou Istchee, January 1, 2016 to December 31, 2017

**Prediabetes** is an **opportunity to make behavior changes** that can prevent or delay the development of diabetes. If we look at the Eeyouch/Eenouch who have been diagnosed with prediabetes for at least 10 years (656 cases in the CDIS), **45%** of them (292) were still **diabetes-free** 10 years after their diagnosis. They managed to **prevent or delay developing diabetes**, most likely by making small but consistent changes in the way they **stay healthy**.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December 2018