

Take Control of your body...

You have the freedom to make choices that will keep you healthy.

94% of people with diabetes in Eeyou Istchee are overweight.

Losing weight helps to...

control blood sugar levels.

reduce chances of getting damage to your body (kidney, heart, eye, amputation...)

And if you don't have diabetes yet, losing weight reduce chances of getting it.

Small changes can make a big difference!

If you want to lose 1 pound of fat, you could:

Physical exercise has a lot of benefits... even if you don't lose weight!

- o Eat one less bag of chips (180g) per week for 4 weeks
- o Walk 1 hour three days a week for 4 weeks
- o Replace 1 pop per day by water or diet pop for 24 days
- o Eat one less small poutine per week for 4 weeks
- o Eat an apple instead of a chocolate bar once a day for 19 days

If you do any of these for a year, you will lose 15 pounds!

If you want to: learn how to eat well, lose weight or be tested for diabetes, come see us at the clinic!

Walking, running, canoeing, hockey, snowshoes... even dancing or cleaning the house! These are examples of activities you can do to exercise.

Try these at least three times a week and you will feel healthier.

Choose the ones you prefer!

At the beginning, exercising can be hard, but after only one month, if you don't give up, you will feel the difference!

TOGETHER, LET'S FACE THE CHALLENGE.
MAKE DIABETES PREVENTION A PRIORITY...
FOR LIFE!

For more information contact:

Louise Richard
Solomon Awaashish

CBHSSJB Diabetes Program Coordinator
CBHSSJB Health Promotion Officer

Tel:(514)861-2353 ext.32
Tel:(514)861-2353 ext.28



CBHSSJB DIABETES REGISTRY

ᑕᑲᑲᑲᑲᑲ ᑲᑲ ᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲ ᑲᑲᑲᑲᑲᑲᑲᑲᑲᑲ

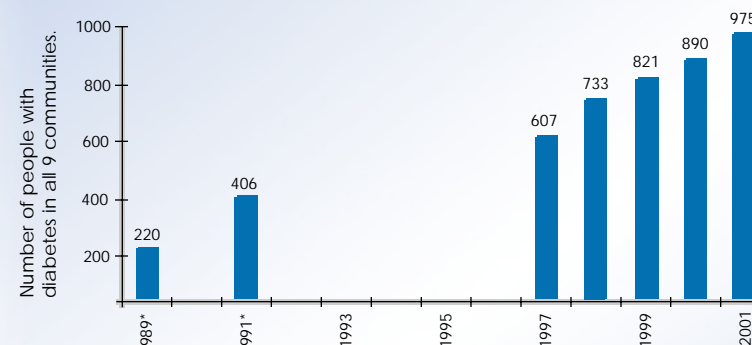
ISSN: 1482-9554 Vol 5.1

Annual Diabetes Update Eeyou Istchee May 2001

- * There are now 975 people diagnosed with diabetes in Eeyou Istchee.
- * The total number of people with diabetes has increased more than 4 times since 1989.
- * Two-thirds (67%) of Eeyouch with diabetes already have some damage to their bodies from their diabetes.

- * 94% of the people with diabetes are overweight.
- * One quarter (24%) of the people with diabetes in Eeyou Istchee are under the age of 40 years.
- * Over the last five years, the deaths of 26 Eeyouch were likely due to the long-term complications of diabetes.

How is diabetes increasing in the Cree Nation?



* 1989 and 1991 are statistics from studies before 1996, when the CBHSSJB diabetes registry was started.

Of the 975 people with diabetes in Eeyou Istchee (May 2001):

- 64% are women and 36% are men
- 32 people may not be of Aboriginal origin (no band number available for these people)
- 12 people are from other First Nations

13 Eeyouch living outside the territory have diabetes (not included in the 975)

Obesity (being overweight) significantly increases the risk of getting diabetes.

Body Mass Index (BMI) is a way of measuring if your weight is healthy (compared to your height). The risk of health problems (diabetes, high blood pressure, heart problems, etc.) increases significantly if your BMI is over 27.

BMI	Number of people with diabetes
26 or less (healthy weight)	35 (6%)
27 - 29 (overweight)	66 (11%)
30 or more (very overweight)	499 (83%)
Total with available BMI*	600

* For the remaining 371 people there was either no consent, or a height or weight measurement was missing from the registry

Ask your clinic if you want to know if your weight is healthy for you.

94% of the people with diabetes (565 out of 600) are overweight or very overweight.

The risk of developing diabetes increases as you gain weight and the longer you stay overweight.

Weight loss is one of the most important ways to control blood sugars in people with diabetes.

See the back page to know how to lose weight.



Diabetes in each community

Community	People with diabetes (age over 15)	Total population* (age over 15)
Waswanipi	147	803
Mistissini	259	1831
Ouje-bougoumou	46	359
Eastmain	55	374
Waskaganish	135	1092
Nemaska	39	383
Wemindji	65	767
Chisasibi	197	2155
Whapmaagoostui	28	444
Total	971**	8208

* Based on July 2001 Cree beneficiaries list.

** There are also 4 youth (age 10 to 14 years old) living with diabetes in Waswanipi or Mistissini not included in these totals.

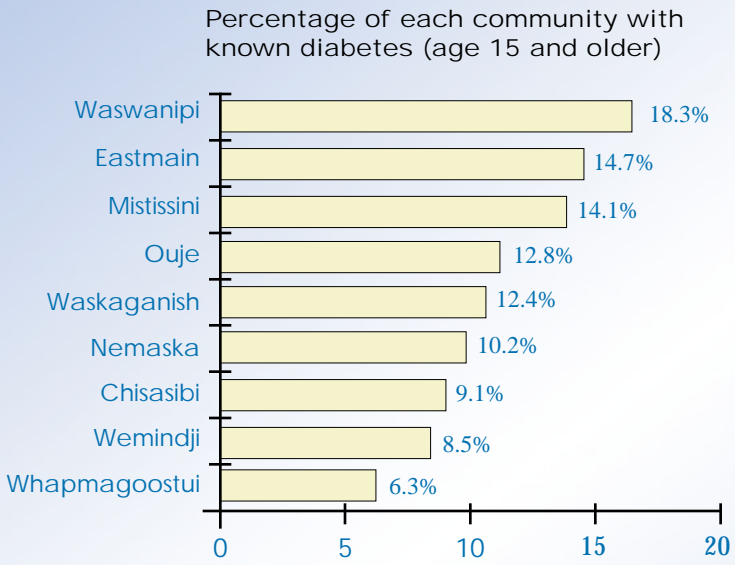
*** 13 Eeyouch living outside the territory have diabetes (not included in these totals).

How old are people who have diabetes?

Age group	People with diabetes	Total number of people in age group*	% of people with diabetes
10 - 19 yrs	8	2472	0.3%
20 - 29 yrs	62	2430	3%
30 - 39 yrs	160	1912	8%
40 - 49 yrs	215	1154	19%
50 - 59 yrs	260	744	35%
60 - 69 yrs	160	426	38%
70 yrs or older	110	381	29%
Total	975	9519	x

- * Based on July 2001 Cree beneficiaries list.
- 230 people under the age of 40 have diabetes. This means, 24% (one quarter) of people with diabetes in Eeyou Istchee are under the age of 40.
- 35% of all Eeyouch (1 in 3 people) over the age of 50 have diabetes.

More and more young people are being diagnosed with diabetes every year. Many of them may get the complications of diabetes (amputations, heart disease, kidney failure) at a young age.



(Note that a community diabetes project in Eastmain and Waswanipi two years ago slightly increased the rates of diabetes in those two communities.)

The percentage with diabetes in Waswanipi, Mistissini, Ouje and Whapmaagoostui is less than last year even though new cases were diagnosed. This is because some cases were removed due to death, moving off the territory or errors in diagnosis.

How does diabetes in Eeyou Istchee compare to the rest of Canada?

- Diabetes affects 3% to 5% of Canadians over the age of 18. It is not just a problem for Eeyou Istchee.
- The population of Eeyou Istchee is much younger than the rest of Canada. If we adjust the rate of diabetes in Eeyou Istchee according to the age distribution of Canada, there is the equivalent of 17.6% of people in Eeyou Istchee over the age of 15 with diabetes. This is 3 to 5 times above the Canadian rate.

How well are people with diabetes doing?

The information in the next two sections is being shared only by the 666 people with diabetes who have given permission (consent) for the diabetes information to be sent from their charts to the central diabetes registry computer. We thank them for sharing their information.

29% of Eeyouch with diabetes are keeping their blood sugars at a healthy* level.

26% of Eeyouch with diabetes have blood sugar levels that are too high*.

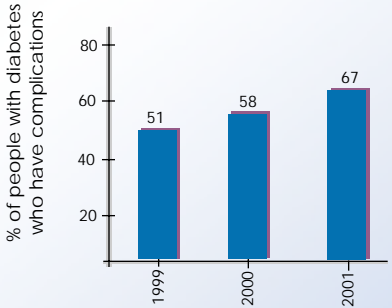
44% of Eeyouch with diabetes have blood sugar levels that are dangerously high*.

* Healthy blood sugar level = HgbA1c ≤ 115%, high sugar = HgbA1c 116 - 139%, dangerously high = HgbA1c ≥ 140%

Seventy percent (26% + 44% = 70%) of all Eeyouch with diabetes are having trouble keeping their blood sugars at a healthy level, compared to 59% last year. Not everyone will be able to get their sugars to healthy levels, but people with diabetes need to try their best to get their sugars as close to normal as they can.

Complications

Most of the people with complications from their diabetes are still at an early stage, even though they may feel perfectly fine. This means that your diabetes is starting to damage your body. These complications can lead to serious damage to your body (heart disease, stroke, blindness, amputations, dialysis, etc.) and even death, if the blood sugar stays high. Some people already have more serious damage, as you can see in the table below. The percentage of people with diabetes who have complications is higher each year. In total, two- thirds (67%) of people living with diabetes in Eeyou Istchee have one or more complications from their disease.



The increase in numbers of people with complications is likely due to two factors: a true increase in the number of people with diabetes who are showing damage as well as a better use of the registry system in the clinics.

3 out of 5 people with diabetes have damage to their kidneys.

Of the 666 people* with diabetes...	and from these...
395 people (59%) have some kidney damage	32 have kidney failure, 7 are on dialysis
96 people (14%) have some eye damage	17 had laser therapy, 2 are blind
89 people (13%) have some nerve damage	14 have foot ulcers, 7 had amputations
97 people (15%) have blood vessel damage	65 heart disease, 27 stroke, 6 impotence

* only includes people who gave consent

Deaths likely related to diabetes between 1997 - 2000.

Over the past 5 years, 57 people with diabetes have died; 27 of these deaths were likely related to diabetes. This table shows the cause of death of the people with diabetes over the past 5 years.

Cause of death	Number of people
Heart attack, heart failure or stroke	23
Kidney failure	4
Infections (may be due to diabetes)	8
Deaths likely not related to diabetes	22

