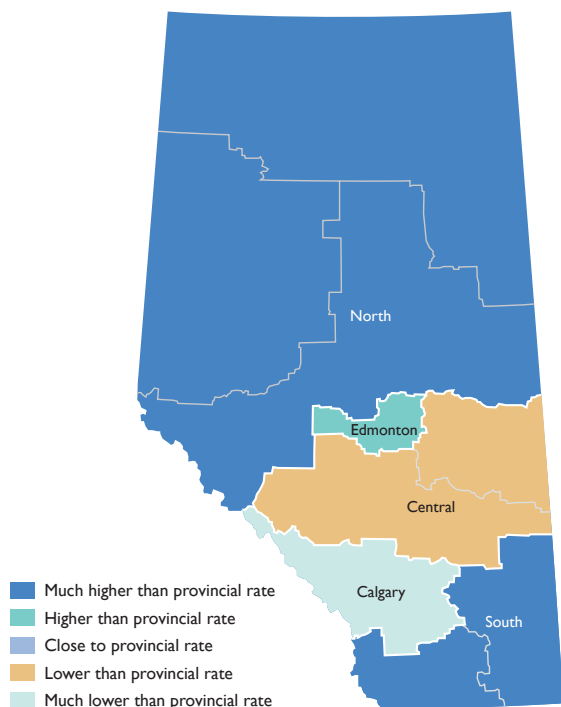


## Diabetes Trends in Alberta

**D**iabetes rates continue to increase in both men and women in Alberta, while the difference in rates increase as well. In 1995, diabetes rates were almost identical for both men and women, but in 2009, after adjusting for age, men had significantly higher rates of diabetes (6.0%) compared to women (5.4%) (Figure 1). Overall, a total of 205,726 individuals in Alberta were living with diabetes in 2009.

(continued on page 2)



## Coming soon... the ADSS interactive website.

In order to further facilitate the active dissemination of data collected by the ADSS,

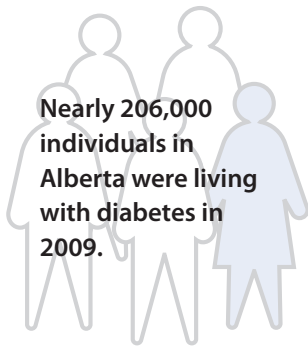


this site will be designed for users to perform specific, customized searches. There are three main search areas: 1) general epidemiology

of diabetes in Alberta, 2) diabetes-related comorbidities and 3) health care utilization associated with diabetes.

Some examples of searchable queries are – ‘How many people living in Medicine Hat have diabetes?’ or, ‘How many people living in Central Zone have had a heart attack in 2009?’ or even, ‘What is the rate of emergency room encounters or hospitalizations for people with diabetes in Edmonton compared to Calgary?’ The information available on the interactive website will further assist health care planning and resource allocation in addition to informing health care practitioners and policy-makers about their local populations.

The website will be launched in the Spring of 2011, and will be accessible from the ADSS website: [www.albertadiabetes.ca](http://www.albertadiabetes.ca)



Nearly 206,000 individuals in Alberta were living with diabetes in 2009.

There were 19,324 new cases of diabetes identified in 2009 (Figure 2). That's more than 1,600 new cases per month, or 53 per day. Increasingly more men compared to women received new diagnoses of diabetes throughout the past decade. Men over the age of 55 years have significantly higher prevalence rates of diabetes compared to women (Figure 3).

Age-adjusted mortality rates were twice as high in the diabetes population compared to their non-diabetic counterparts in the observed time span (Figure 4). However, since 1995 these rates have decreased for both men and women, most notably in the diabetes population. Reasons for this may have to do with better preventative strategies and in particular, a reduction in cardiovascular disease in the older age groups. Overall, men continue to have higher mortality rates.

Figure 1: Age-Adjusted Diabetes Prevalence Rates, 1995-2009

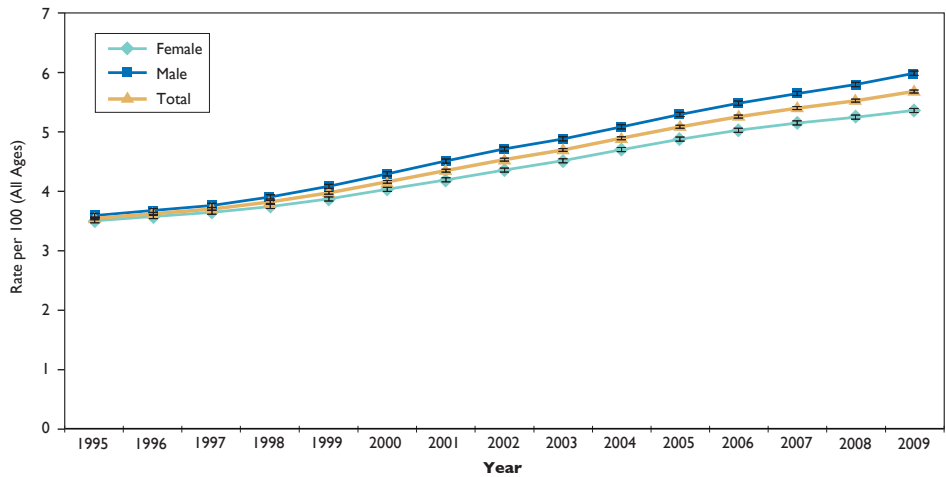


Figure 2: Incident Diabetes Cases, 1995-2009

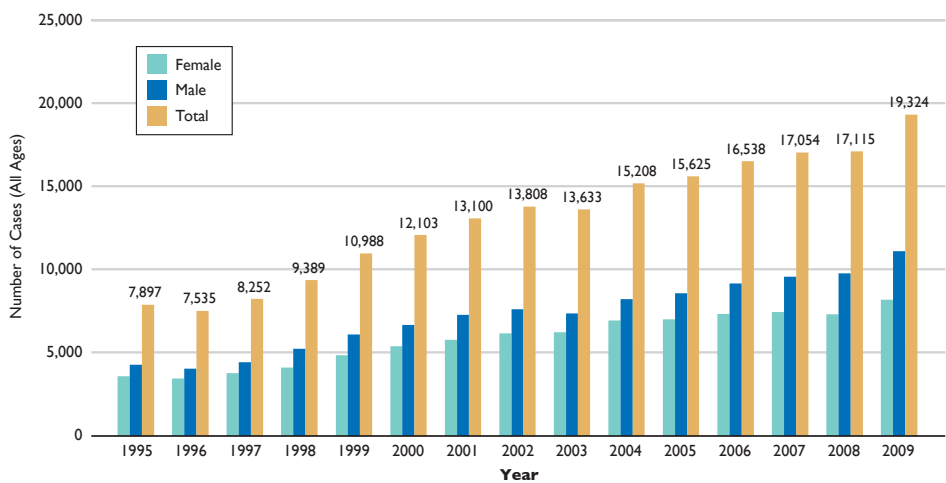


Figure 3: Age-Specific Diabetes Prevalence Rates, 2009

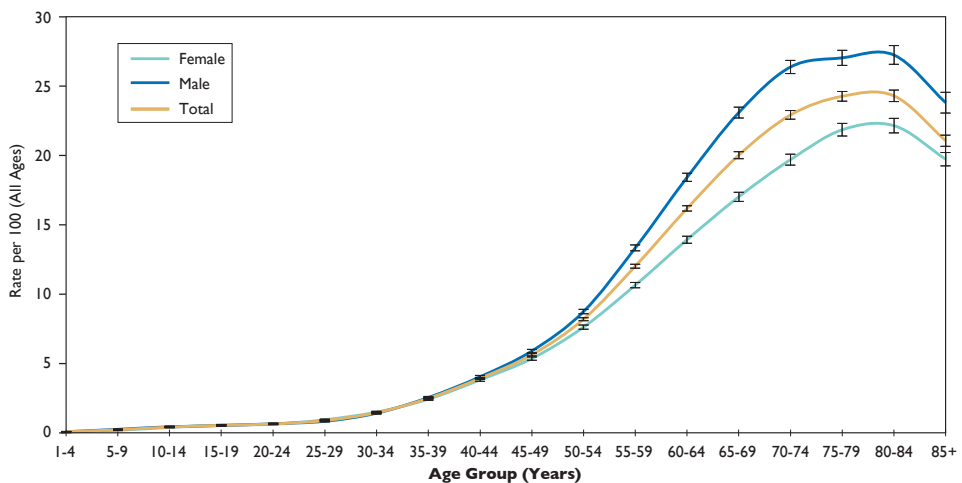


Figure 4: Age-Adjusted Mortality Rates, 1995-2009

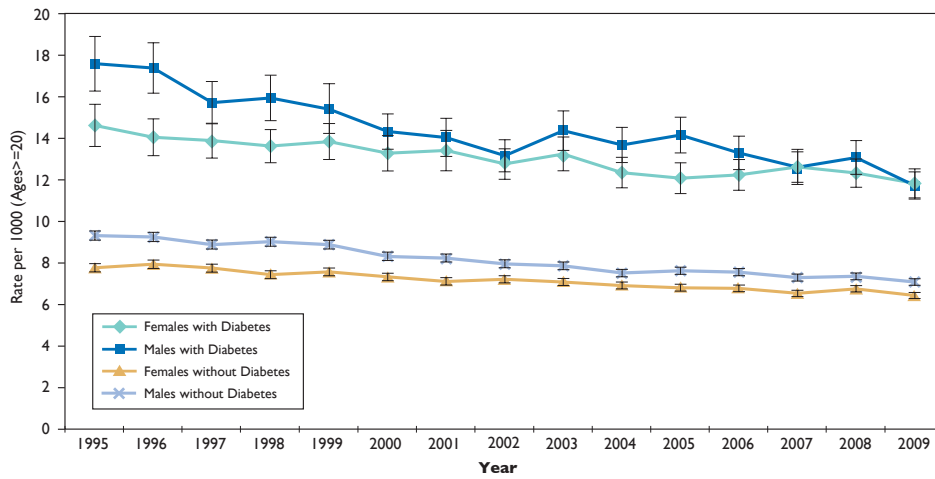


Figure 5: Age- and Sex-Adjusted Diabetes Prevalence Rates, Among Status Aboriginal and General Populations, 1995-2009

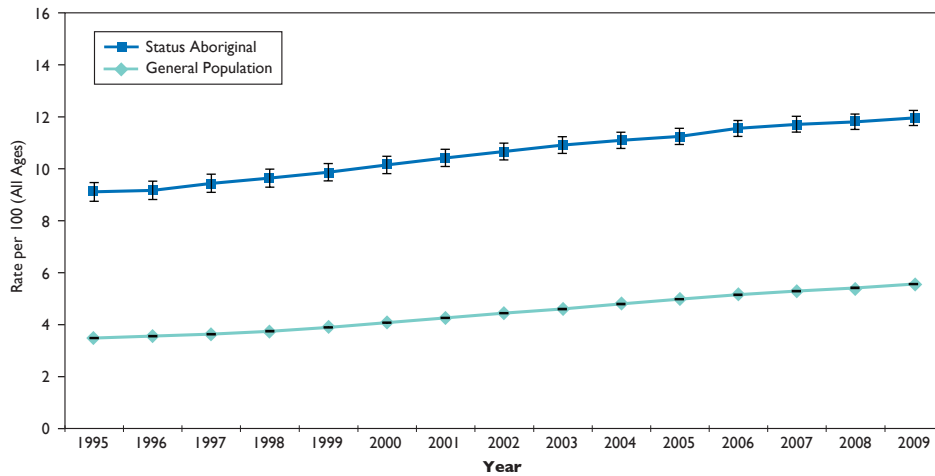
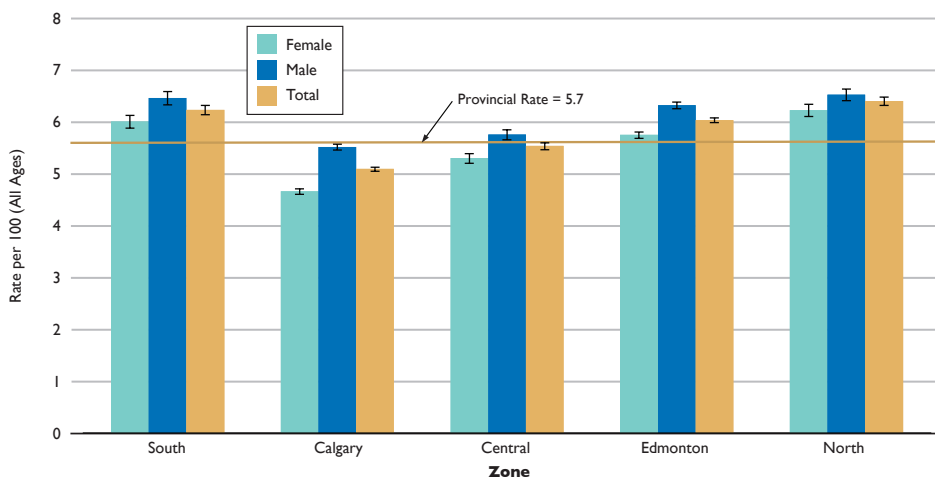


Figure 6: Age-Adjusted Diabetes Prevalence Rates by Zone, 2009



### Status Aboriginal Population

In 2009, rates of diabetes were more than twice as high among the Status Aboriginal population compared to the general population in Alberta (11.9% versus 5.5%) (Figure 5). However, over the observed time span, diabetes prevalence rates among the Status Aboriginal population increased at half the rate (31%) compared to the general population (60%). This may be due to a combination of raised awareness, or changes in clinical practice with increased emphasis on screening in the Status Aboriginal population. Additionally, Alberta may be seeing the influence of federally funded activities such as the Aboriginal Diabetes Initiative stressing prevention and promotion, or SLICK (Screening for Limbs, I-eyes, Cardiac and Kidneys: a province wide program aimed at reducing the burden of diabetes on reserves).

### Geographic Variation

Diabetes rates vary across the province. After adjusting for differences in age, the North and South Zones have the highest rates of diabetes in the province (6.4 and 6.2%, respectively) while the Calgary Zone has the lowest (5.1%) (Figure 6).



The interactive  
ADSS website  
is coming soon to  
[www.albertadiabetes.ca](http://www.albertadiabetes.ca)

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**ADSS**  
Alberta Diabetes  
Surveillance System



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