



November 2020

Diabetes Rates

IN THE NORTHWEST TERRITORIES



10%

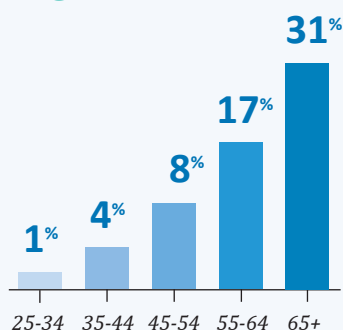
of people over the age of 24 had diabetes in the NWT in 2016.

What is a diabetes?

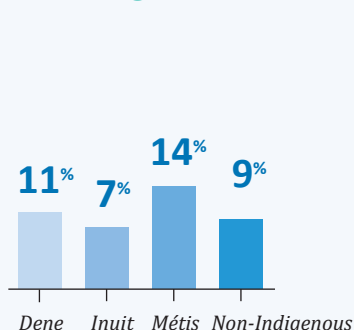
Diabetes is a chronic disease where the body is unable to control blood sugar levels.

DIABETES RATES BY

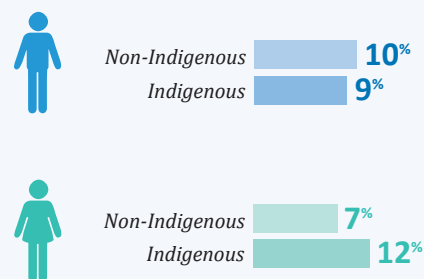
AGE



ETHNICITY



SEX AND ETHNICITY



COMMUNITY TYPE

Yellowknife



Regional centres



Small communities



NWT RATE*

10%

CANADIAN RATE*

vs.

10%

SO WHAT?

Diabetes can be managed, but potential complications include heart disease, stroke, and kidney damage. Finding diabetes early will help you stay well, now and in the future.

PROTECT YOURSELF

Most cases of diabetes can be prevented through healthier lifestyle focusing on weight loss, improved nutrition, and increased physical activity.

GET TESTED

Everyone 40 years and older should be screened every 3 years for diabetes. The test is a simple blood test and is offered at all health centres.

*Interpret with caution: Canadian rate includes individuals 20 years of age and older; NWT rate includes individuals 25 years of age and older. INDICATOR SOURCE: 2016 NWT data: 2016 Canadian Chronic Disease Surveillance System, Population Health, Department of Health and Social Services; 2016 Canadian Data: Canadian Chronic Disease Surveillance System. INDICATOR DEFINITION: Any person 25 years of age and older identified through administrative data as having diabetes as of March 31, 2017, according to the Canadian Chronic Disease Surveillance System algorithm for diabetes: one or more hospitalizations or two or more physician claims within two years.