

DIABETES UPDATE

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**AUSTRALIAN DIABETES
COUNCIL**

LEARNING OBJECTIVES

- Identify inequities for ATSI, socioeconomically disadvantaged, Australian born overseas
- Trends Diabetes
- Prevalence
- Cost to the community
- Health Care in Australia
- Health promotion

Australian Diabetes Council.....a *shared voice for diabetes*



- Not for profit organisation
- Australia's oldest diabetes charity
- Manages the Government's National Diabetes Services Scheme

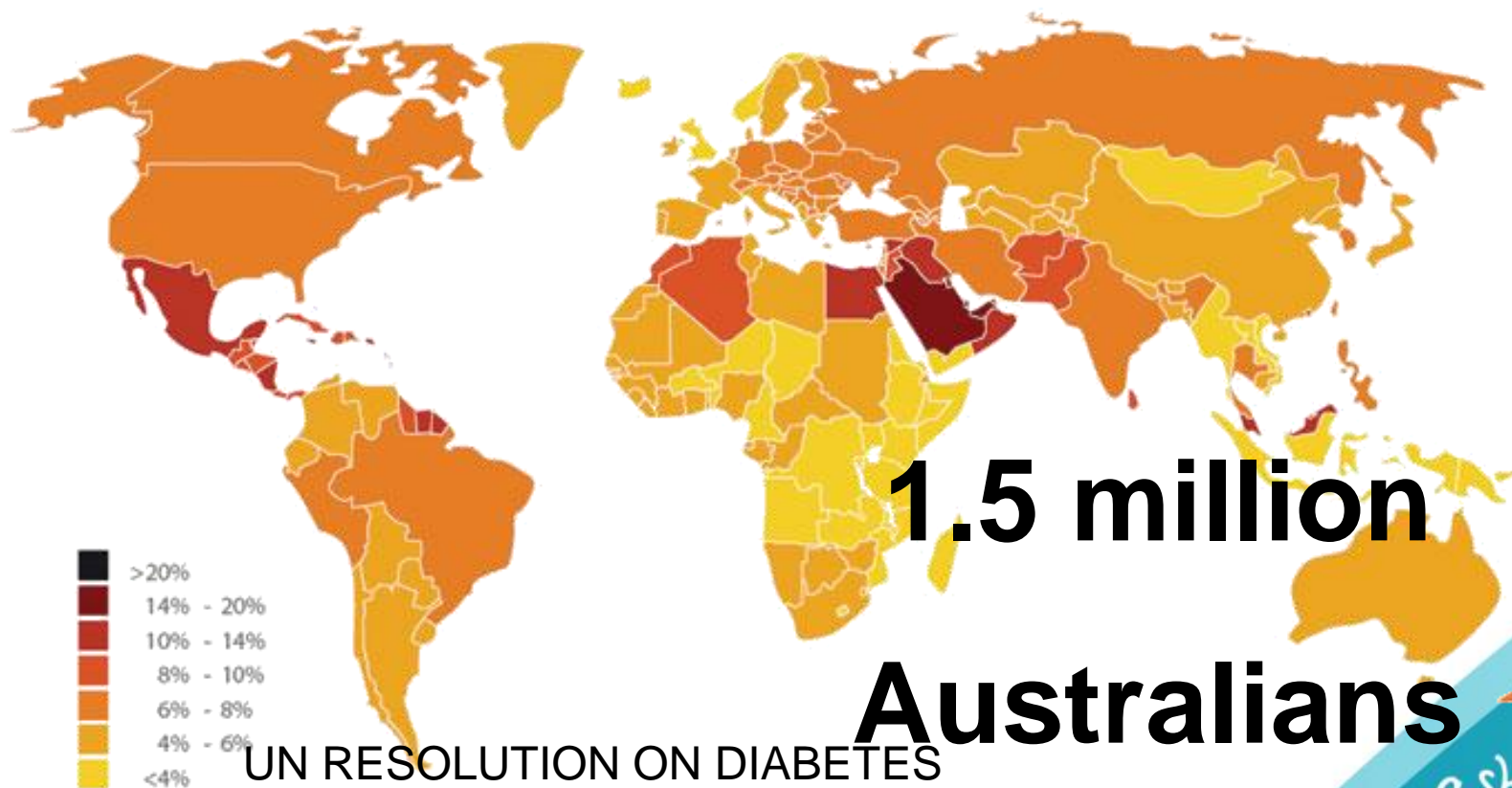
OUR AIM:

To work together to foster a shared voice for diabetes, now and into the future.

*a shared
Voice*
FOR DIABETES

Estimated 285 million worldwide

Expected
438 mill by
2030 =



Data Collection

3 main sources

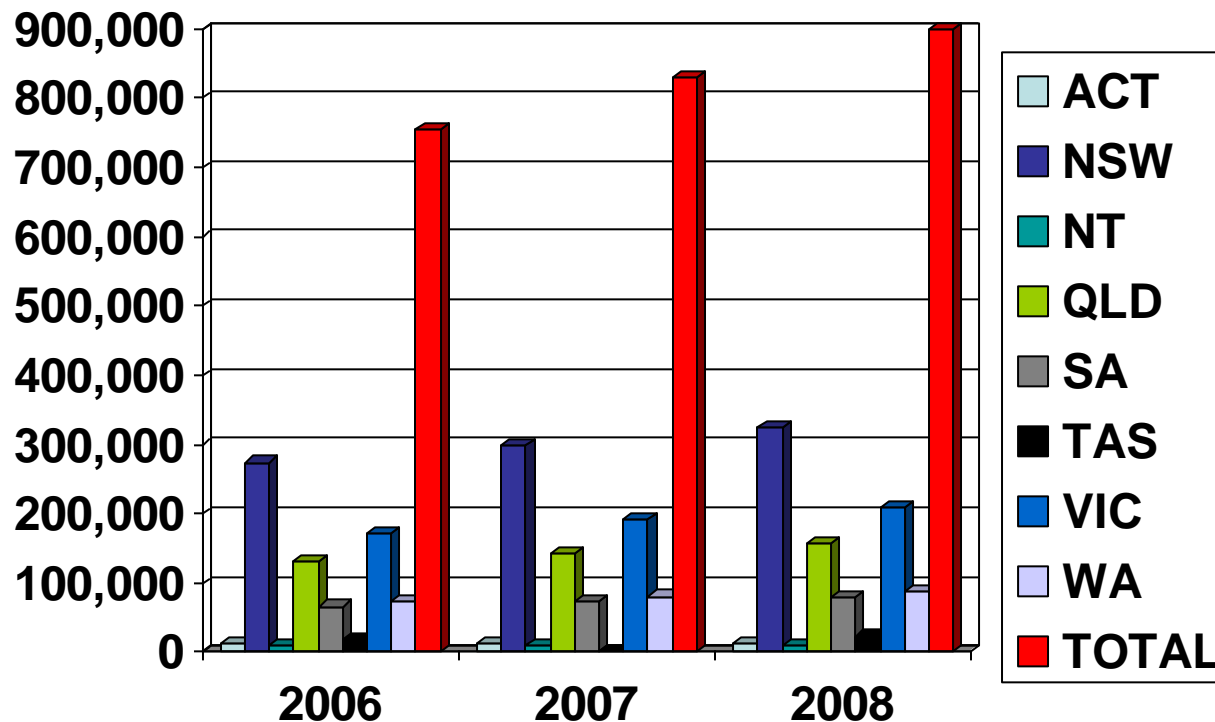
- 1. National Health Survey (**NHS**)- self reported information
- 2. National Diabetes Services Scheme (**NDSS**) – dr/nurse certified diabetes status for those registering
- 3. Australian Diabetes, Obesity & Lifestyle Study (**AusDiab study**) – measured BGL's (Dx and unDx)

Prevalence

- >500 new NDSS registrations weekly
- one person every 7 minutes
- 88% type 2 diabetes
- 10% type 1 diabetes
- 2% unsure



Total registrants NDSS



Growth rate (1yr) 8.42%

NSW 2008 Diabetes Atlas



2000 – 2007 **100%** increase in diagnosis (3% inc in pop)

2004 – 2007 GDM **50%** increase annually

NSW **72%** PWD Anglo Saxon background

Greater West AHS highest concentration

High prevalence less public transport
less educated
lower paid
more unemployed

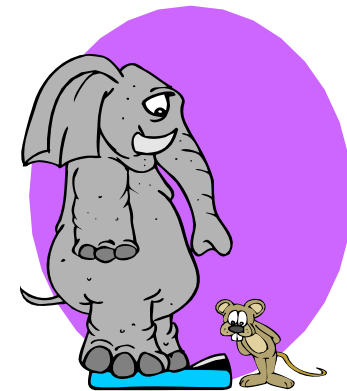
INCREASING INCIDENCE OF DIABETES?

- Type 1 -2007 (1 in 4000) = **30% increase** vs 2000.
- **150** new cases of insulin-treated Type 2 diabetes in children 14 and younger, and over **700** cases among 15--24 year olds. (1999 -2005) (AIHW 2007)
- GDM: **30% increase** 2000-1 to 2006-7.
- every yr 8 adult person in every 1000 will get diabetes(275 daily) (2004-05 AusDiab estimates)

INCREASING INCIDENCE OF Type 2 DIABETES-Why?



- No clear cut beginning & often underdiagnosed = difficult to estimate how frequently it is arising each yr
- Increases in obesity
- Physically inactive lifestyle
- Ageing population
- Rising awareness
- Improved detection

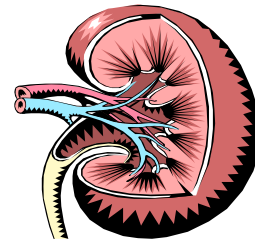


HEALTH OUTCOMES.... Diabetes



can lead to:

- CVD (AMI in PWD 10x more prevalent)
- Stroke 5 x likely (2004-5 = 4)
- Renal failure
- Retinopathy (blindness 19 x more prevalent in PWD)
- PVD: Amputations (3,400)
- Impotence
- Oral health problems



Retinopathy

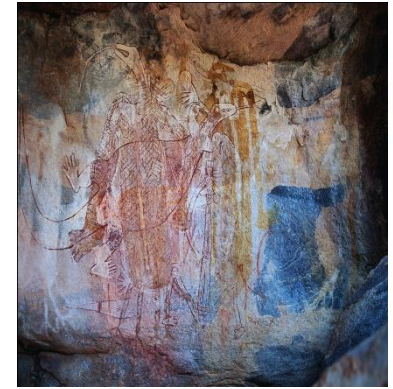


MORTALITY DIABETES

- Diabetes 6th highest cause of death by disease in Australia
- Underlying or associated cause of death **approx 8% of deaths in 2005.**
now 9.5% in 2007
- reflects the fact that people die from the complications of diabetes, not the disease itself.



INEQUITIES: ATSI



Prevalence

3 x greater than non indigenous people

- Indigenous adolescent
6 x the rate of non-indigenous
- Hospitalisation rates for diabetes
11 x the rate of other Australians

Kidney complications

29 x greater

INEQUITIES ATSI

Associated with

- High rate of modifiable risk factors
 - obesity (62% vs 51% > 15 yrs)
 - sedentary lifestyle
 - alcohol use
- Non-modifiable risk factor
 - Genetic factors



INEQUITIES: ATSI

- Death rate from *diabetes*

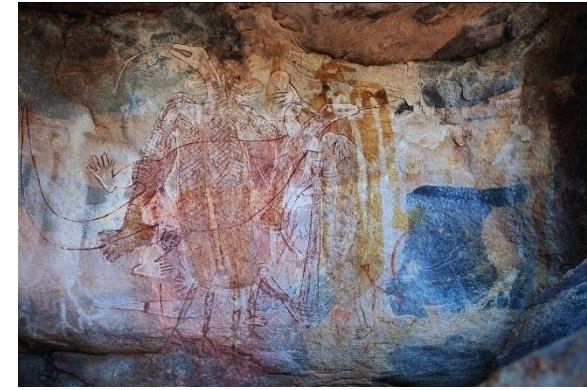
12 x the rate of non indigenous

19 x the rate for renal complications

7 x the rate for CHD, stroke, PVD

- (AIHW 2008)

INEQUITIES: ATSI



BARRIERS TO GOOD CONTROL

- “passive” management
- access to trained HPs
- Financial
- available transport
- literacy
- culturally appropriate services
- feelings of marginalisation

INEQUITIES: Socioeconomics



- **Prevalence**

Increases as decreasing socioeconomic position

- **Incidence**

Lowest s/e groups have twice the incidence rate than higher s/e groups

- **Hospitalisations**

- Diabetes hospitalisation rates increased for all socioeconomic groups

INEQUITIES: Australians born overseas



28% of Australians born overseas

Prevalence, hospitalisation and mortality are higher among people born in.....

Modifiable risk factors similar

- obesity, inactivity, poor dietary habits

Barriers to accessing health care services:
Language and culture