

# DIABETES IN PEI

**Diabetes** is a chronic disease that prevents the body from properly using energy from the food we eat. Type II diabetes is the most common type of diabetes; it occurs when the body does not produce enough insulin, or the insulin being produced is not being used properly.

**1/10** (aged 20+) are living with diabetes.

The percentage of Islanders living with diabetes has **DOUBLED** since 2000.

Seniors (age 65+) are **15X** as likely to have diabetes as young adults (18-34 years old).

## DIABETES AND SOCIAL FACTORS



**INCOME**  
**2X**

Low-income Islanders are 2 times as likely to have diabetes as high-income Islanders.



**EDUCATION**  
**2.5X**

Islanders without a high school diploma are 2.5 times as likely to have diabetes as Islanders with a post-secondary education.



**EMPLOYMENT**  
**2.9X**

Islanders who were unemployed in the last year are 2.9 times as likely to have diabetes as those who were employed.



**MARITAL STATUS**  
**2.2X**

Islanders who are widowed are 2.2 times as likely to have diabetes as Islanders who are married.



**SEX**  
**1.5X**

Males are 1.5 times as likely to have diabetes as females.

These social factors play a large role in one's risk of having/living with diabetes.

It will take all levels of government, working together with individuals and communities, to address these social factors and reduce the burden of diabetes in the Island population.

## THINGS YOU CAN DO TO REDUCE YOUR RISK

Eat more fruits, veggies and whole grains; avoid processed foods

Exercise regularly

Maintain a healthy weight

Drink lots of water

Manage your stress level



Chief Public Health Office, 2020

Data source: Canadian Community Health Survey (2000-01, 2003, 2005, 2007 to 2014)