Diabetes facts

Topics:

Diabetes

Results of the Australian Diabetes, Obesity and Life Study (AusDiab) released April 2001 show that nearly one–in-four Australian adults has either diabetes or impaired glucose metabolism, both of which are associated with substantial increased risk of both diabetes and heart disease.

- It is the sixth highest cause of death by disease in Australia
- People with diabetes are almost three times more likely to have high blood pressure, obesity or elevated blood fats e.g. cholesterol
- They are two to three times more likely to have cardiovascular disease, e.g. heart disease and stroke
- 65-80 percent of people with diabetes will die of coronary heart disease
- 15 percent of people with diabetes have heart disease compared to 2.5 percent without diabetes
- Renal disease accounts for 8-14 percent of deaths in people with diabetes
- 5 percent of people with diabetes will experience foot ulcers
- Of the 3000 amputations every year in people with diabetes, most are preventable
- Australia's indigenous population suffers the fourth highest rate of Type 2 diabetes in the world

Statistics

- Type 2 diabetes is Australia's fastest growing chronic disease
- Almost 1,500 people are diagnosed every week, 214 people every day
- An average of almost 74,000 people have been diagnosed in the past twelve months
- 599,259 Australians are diagnosed with diabetes. For every one who knows they have it, another has it but doesn’t know it — yet
- That is a total of 1.2 million people including those who are unaware they have diabetes
- By 2010, Diabetes Australia expects the number to reach 1.8 million

Costs

- Type 2 diabetes costs Australia $3 billion per year
- Average cost for a person with Type 2 diabetes who has no complications is $10,900
- If there are complications this cost almost doubles to $20,525
- 4 percent of people who have diagnosed diabetes account for 12 percent of health costs in Australia

High risk categories for developing Type 2 diabetes

- Over 45 years of age and have high blood pressure Over 45 years of age and overweight
- Over 45 years of age and one of more members of the family has/had diabetes
- Over 55 years of age - Have heart disease or had a heart attack
- Have/had high blood glucose levels during pregnancy (gestational diabetes)
- Have recorded a pre-diabetes Impaired Fasting Glucose (IFG) or Impaired Glucose Tolerance (IGT) blood glucose level
- Have Polycystic Ovarian Syndrome
- Over 35 years of age and are an Aboriginal or Torres Strait Islander

- Over 35 years of age and from Pacific Islands, Indian subcontinent or Chinese cultural background

Diabetes research

- Diabetes Australia is the leading charity dealing with diabetes.
- At present there is no cure for either Type 1 or Type 2 diabetes.
- Researchers are hopeful that a cure for Type 1 diabetes will soon be discovered, although finding a cure for Type 2 diabetes is likely to take much longer. Diabetes Australia supports
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- Australian research through the Diabetes Australia Research Trust, which in 2002 provided a total of $1.5 million to 36 Australian research projects.
- International trials show that lifestyle changes can prevent or delay Type 2 diabetes.

For more information contact Diabetes Australia.
Phone: 1300 136 588
Website: www.diabetesaustralia.com

Statistics sourced from DA surveys, AusDiab, Diabcost September 2002 and partner health organisations.