

Fact Sheet

Diabetes: A Growing Concern

TYPE 2 DIABETES

- Type 2 diabetes is a long-term (chronic) condition that has serious health consequences. It affects the way the body regulates and uses sugar as a fuel, often resulting in too much sugar circulating in the bloodstream.

DIABETES IN PEEL REGION

- Those with Type 2 diabetes are at a higher risk of developing serious health complications such as vision loss, stroke, kidney failure and disease, amputations and cardiovascular disease. These complications put a strain on public health agencies and healthcare systems.
- The projected healthcare cost of Type 2 diabetes in Peel Region is estimated to be \$689 million in 2024.
- Peel Region, which includes Mississauga, has one of the highest rates of diabetes in Ontario.
- About one in 10 adults in Peel Region has diabetes and this number is projected to rise to one in six by 2025. In addition, one in six adults between the ages of 45 and 64 in Peel Region lives with diabetes, rising to one in three after age 65.
- Type 2 diabetes in Peel Region is 40 per cent higher than in the rest of Ontario.

THOSE AT RISK

- Obesity is the single biggest modifiable risk factor for developing Type 2 diabetes. Almost 90 per cent of people with Type 2 diabetes are overweight or have obesity.
- 53.6 per cent of adults in Peel Region are considered overweight or have obesity.
- Social, cultural and economic factors, including population, and activity level, play a big role in the prevalence of obesity, which can contribute to the prevalence of Type 2 diabetes.
- Age, race, pregnancy, stress, family history and high cholesterol are risk factors for Type 2 diabetes.
- 51.3 per cent of adults in Peel Region identify as Asian, South Asian, Arab, Black and Hispanic ethnic groups and Indigenous peoples – groups that are at an increased risk of getting Type 2 diabetes.
- Immigrants to Canada have a 40 per cent higher risk of developing prediabetes, which is an early predictor of an individual's likelihood of developing Type 2 diabetes and associated illnesses, like heart disease.

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ADDRESSING DIABETES IN MISSISSAUGA

- The City of Mississauga is the only Canadian municipality participating in the Cities Changing Diabetes Programme (CCD).
- The City's goal is to reduce Type 2 diabetes rates in Mississauga by educating residents about the disease, reducing obesity rates and preventing the disease.
- Through CCD, the City is working with healthcare professionals and providers, community groups, academic institutions, organizations and agencies, to prevent and reduce the rise of Type 2 diabetes and develop a Mississauga Type 2 Diabetes Prevention Strategy.
- The City has current programs and initiatives that contribute to diabetes prevention including:
 - a food and beverage policy that encourages healthy eating
 - a cycling infrastructure program that promotes active lifestyles
 - an Economic Development Strategy to decrease reliance on cars
 - a two-year pilot that evaluates development applications from a health perspective and promotes the use of stairwells at a number of City facilities