



Diabetes

Extracted from *Cardiovascular disease, diabetes and chronic kidney disease-Australian facts*
Nov 2014

Diabetes mellitus (in this report referred to as diabetes) is a chronic disease marked by high levels of glucose in the blood. It is caused either by the inability to produce insulin (a hormone produced by the pancreas to control blood glucose levels), by the body not being able to use insulin effectively, or both.

Type 1 diabetes

Type 2 diabetes

Gestational diabetes

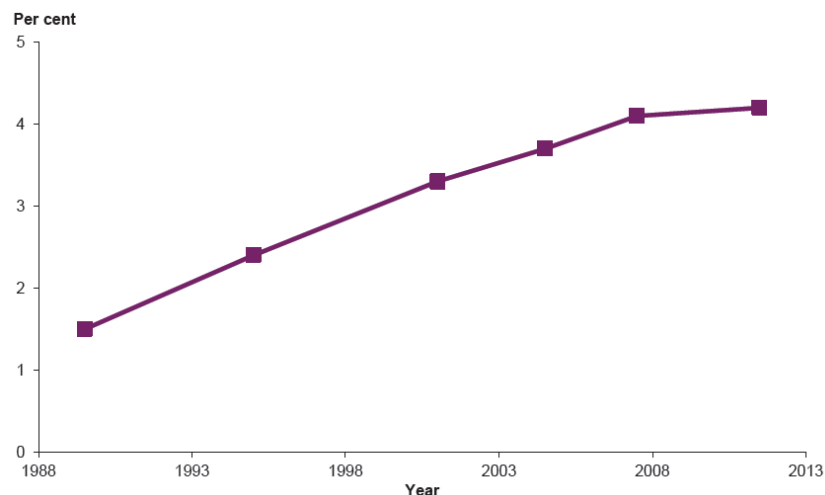
Key Points

- In 2011–12, an estimated 917,000 (5.4%) Australians aged 18 and over had diabetes.
- The prevalence of diabetes was higher in men than in women—an age-standardised rate of 6% for men and 4% for women aged 18 and over had diabetes.
- The prevalence of diabetes increased rapidly with age up to age 75. Rates for those aged 65–74 (16%) were 3 times those for 45–54-year-olds (5%) and almost double those for those 55–64-year-olds (9%).



Prevalence

- The prevalence of self-reported diabetes more than doubled between 1989–90 and 2011–12, increasing from an age-standardised rate of 1.5% in 1989–90 to 4.2% in 2011–12 (see figure below).



Classroom discussion

What are some factors that can be attributed to the rise in diabetes prevalence?

[Hint: See page 18- *CVD, diabetes and CDK-Australian facts* report]

- In 2011–12, prevalence rates for diabetes among those aged 18 and over ranged from 5.3% in *Major cities* to 5.5% in *Inner regional areas*, to 6.1% in *Outer regional and Remote areas* combined.
- In 2011–12, Australian adults in the lowest socioeconomic status group (9%) were more than 3 times as likely to have diabetes as those in the highest socioeconomic status group (3%).
- Based on data from the International Diabetes Federation, Australia's diabetes prevalence rate of 7.8% (among persons aged 20–79), ranked in the middle of the 15 countries compared.