

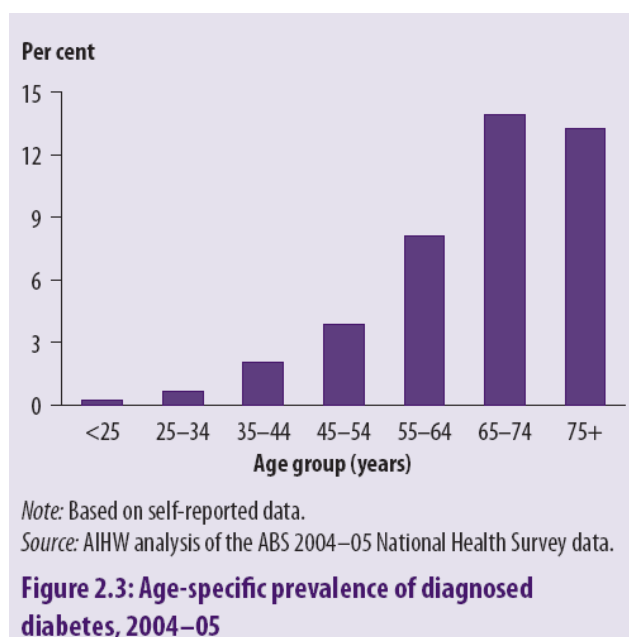


# Diabetes: Australian facts 2008

Published 28 March 2008  
Report 119 pages

## Key points

- This report covers the three main types of diabetes: Type 1, Type 2 and gestational diabetes.
- Diabetes was an associated cause of death for 11,864 Australians in 2005.
- Cases of diagnosed diabetes more than doubled between 1989-90 and 2004-05.
- Diabetes and the complications it can cause were responsible for 8% of the total burden of disease in 2003.
- A person with diabetes is at greater risk of developing cardiovascular, eye and kidney diseases.
- Aboriginal and Torres Strait Islander peoples are three times as likely as non-indigenous people to have diabetes. They also have much higher hospitalisation and death rates.
- It is estimated that 700,000 Australians (3.6% of the population) had diagnosed diabetes in 2004-05. However, many cases go undiagnosed and it is thought that there is one undiagnosed case for every diagnosed case.
- Type 1 diabetes makes up around 10-15% of diabetes cases. Those with this type of diabetes require daily insulin therapy for survival.
- Type 2 diabetes is more common among people aged 45 years or over and is marked by the inability of the body to use insulin properly. In most cases can be prevented by maintaining a healthy body weight and exercising regularly.
- Gestational diabetes affects around 1 in 20 women during pregnancy.



### Think...

What is a population group that experiences higher than normal rates of diabetes? What other diseases might you expect this population to have?

What can be done to minimise the chance of developing Type 2 diabetes?