



Incidence of insulin-treated diabetes in Australia, 2015

According to data from the National (insulin-treated) Diabetes Register (NDR), in 2015 there were 28,775 people who began using insulin to treat their diabetes in Australia—63% had type 2 diabetes, 26% had gestational diabetes, 9% had type 1 diabetes and 2% had other forms of diabetes or their diabetes status was unknown.

Type 1 diabetes



In 2015, **2,617 people were diagnosed with type 1 diabetes**—12 cases per 100,000 population, or around 1 in every 8,000 Australians.



The incidence rate was **higher in males** than females—13 per 100,000 males, compared with 10 per 100,000 females.



Almost **2 in 3** (63%) of people diagnosed with type 1 diabetes were **under the age of 25**, with the **age of diagnosis peaking among those aged 10–14** (33 cases per 100,000 population).

Insulin-treated type 2 diabetes



In 2015, **18,142 people began using insulin** to manage type 2 diabetes—69 cases per 100,000 population, or around 1 in every 1,400 Australians.



The incidence rate was almost **1.5 times as high in males** as in females—83 per 100,000 males, compared with 56 per 100,000 females.



Almost all (92%) of **new cases** of insulin-treated type 2 diabetes occurred in those **aged 40 and over**, with the highest incidence of new cases in people aged 75–79 (255 per 100,000 population).



Incidence rates were almost **3 times as high among Aboriginal and Torres Strait Islander people** than among non-Indigenous Australians—114 cases per 100,000 for Indigenous Australians compared with 42 cases per 100,000 for non-Indigenous Australians.



Incidence rates were **twice as high** among those **in the lowest socioeconomic group** compared with those in the highest group—96 cases per 100,000 in the lowest socioeconomic group compared with 41 cases per 100,000 in the highest group.

Insulin-treated gestational diabetes



In 2015, **7,405 women began using insulin** to manage gestational diabetes—130 cases per 100,000 women of reproductive age (15–49 years), or around 1 in every 800 women aged 15–49. This represents almost 1 in 4 (24%) women diagnosed with gestational diabetes aged 15–49 in 2015.



The highest rates of insulin-treated gestational diabetes among women of reproductive age were in women aged 30–34 (307 per 100,000 women of reproductive age). The proportion of women diagnosed with gestational diabetes who required insulin treatment **increased with age**, peaking among those aged 40–44, with almost 1 in 3 women requiring insulin (30%).



Type 1 diabetes

Number per 100,000 population

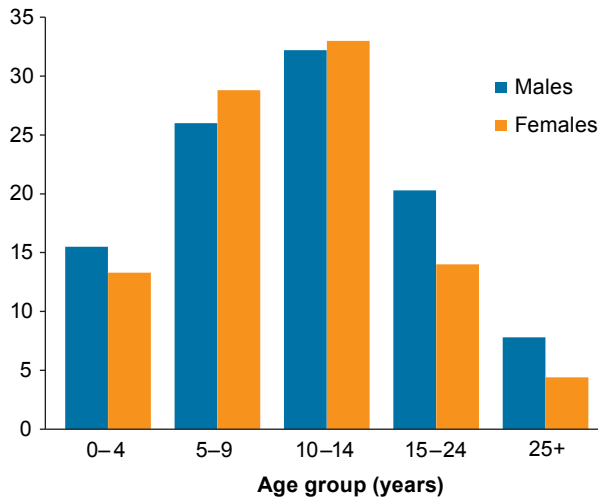


Figure (a): Incidence of type 1 diabetes, by age, 2015

Number per 100,000 population

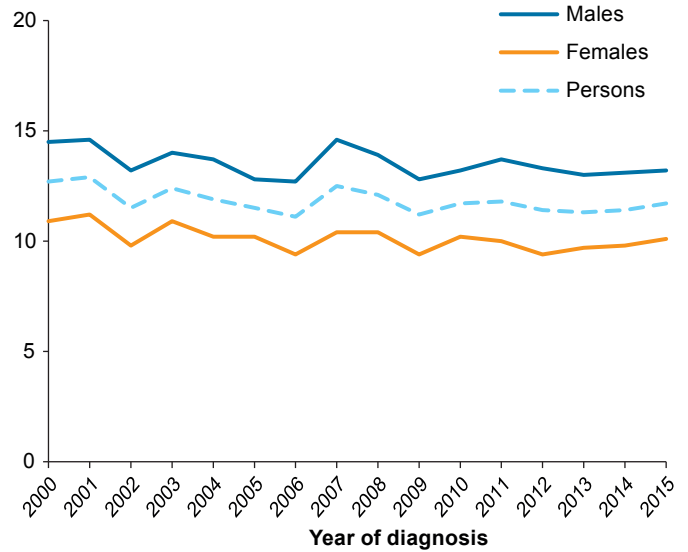


Figure (b): Incidence of type 1 diabetes, by year of diagnosis, 2000-2015

Insulin-treated type 2 diabetes

Number per 100,000 population

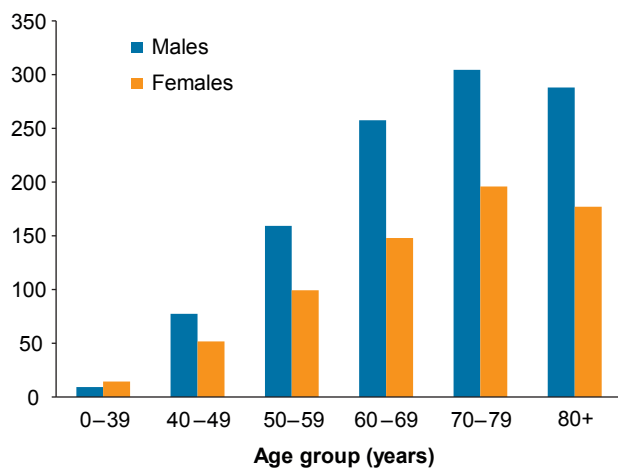


Figure (c): Incidence of insulin-treated type 2 diabetes, by age, 2015

Socioeconomic group

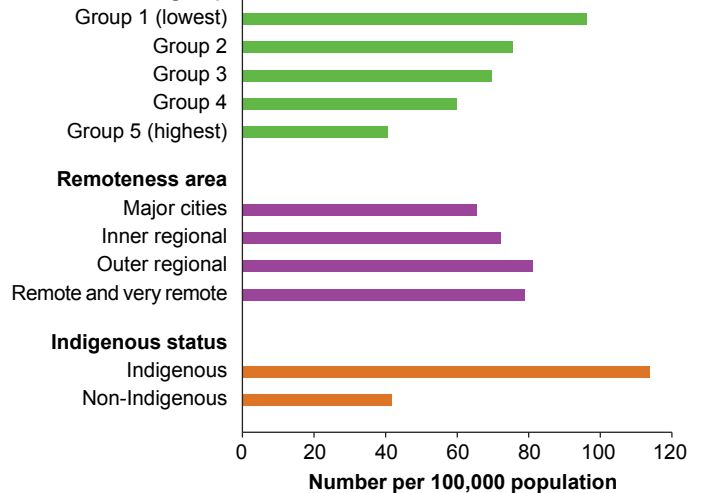


Figure (d): Incidence of insulin-treated type 2 diabetes across population groups, 2015

Notes

- Figure (b) and (d): Rates are age-standardised to the 2001 Australian Standard Population.
- Figure (d): Socioeconomic classifications are based on the Index of Relative Socio-Economic Disadvantage (IRSD). For analysis, the population is divided into 5 socioeconomic groups, with roughly equal populations, based on the level of disadvantage of the Statistical Areas Level 2 (SA2) of their current residence.
- Figure (d): Remoteness is classified according to the Australian Statistical Geography Standard 2011. Remoteness area is based on postcode of current residence.
- Figure (d): Incidence rates of insulin-treated diabetes may be influenced by the under representation of Indigenous Australians and of people living in *Remote and very remote* areas as captured in the primary data sources of the NDR.

Source: AIHW analysis of 2015 NDR.



The National (insulin-treated) Diabetes Register

Results presented in this report are from the NDR, which was established in 1999 and captures information about people who use insulin to treat and manage diabetes. The NDR is maintained by the AIHW and derived from 2 primary data sources:

- the NDSS (National Diabetes Services Scheme)—an initiative of the Australian Government, administered by Diabetes Australia, to subsidise the supply of diabetes-related products to people diagnosed with diabetes by a health professional
- the Australasian Paediatric Endocrine Group (APEG)—a professional body that represents health professionals involved in the management and research of disorders of the endocrine system, including diabetes in children and adolescents. The APEG maintains clinic-based state and territory diabetes registers.

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