

## Diabetes Incidence among First Nations in Alberta

### Diabetes Incidence and Relative Rates by age group, First Nations status, and sex, 2015

Given a strong interest in diabetes information among First Nations communities in Alberta, this is the third in a series of *First Nations – Health Trends Alberta*<sup>1</sup> dedicated to diabetes-related topics. In previous editions, we provided data on diabetes prevalence and lower-leg amputations among diabetics. Here, the age-specific incidence rates of diabetes in 2015 are presented by sex for First Nations and non-First Nations in Alberta separately. Incidence is the number of new cases of disease diagnosed in a population. We also provide age-specific relative rates that compare the difference in rates between First Nations and non-First Nations by age group and sex.

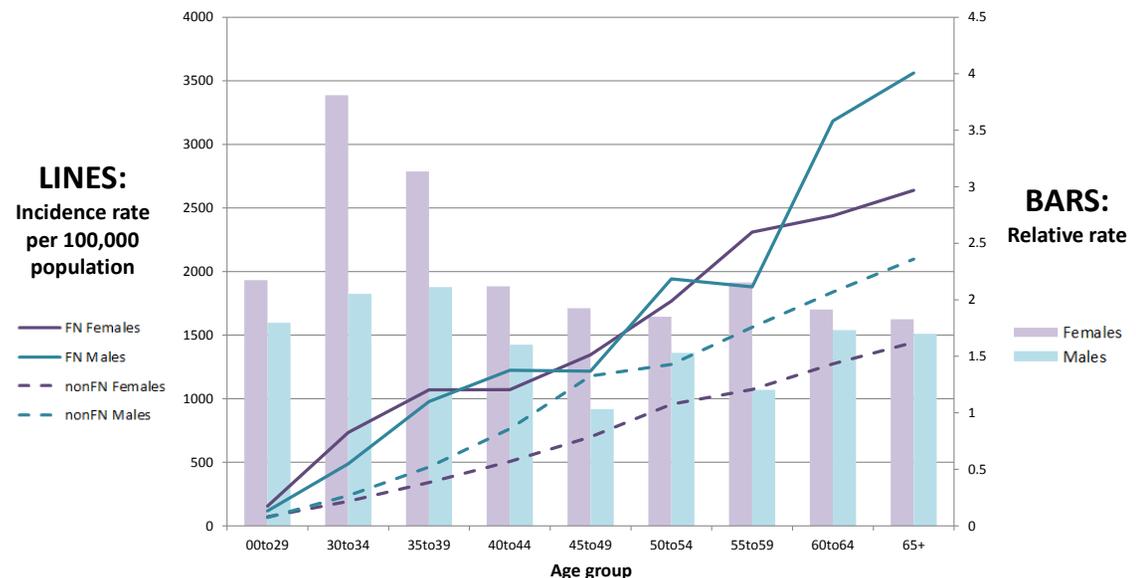
In Alberta in 2015, there were approximately 23,320 people diagnosed with diabetes (1,000 First Nations and 22,320 non-First Nations). The age-standardized diabetes incidence rate among First Nations (1257.6 per 100,000 population) was 1.8 times higher than among non-First Nations (714.7 per 100,000).

### Diabetes incidence rises with age for everyone; however, the biggest differences in rates between First Nations and non-First Nations are among younger populations.

Age-specific diabetes incidence rates rose with age in both populations. However, the differences between First Nations and non-

First Nations age-specific rates were highest among younger populations, especially young females. The incidence rate of diabetes among 30 to 34 year old First Nations females was 3.8 times higher than the rate among their non-First Nations counterparts (3.1 times higher for 35 to 39 year olds).

An earlier onset of diabetes may increase the risk of developing long-term complications such as renal disease (disease of the kidneys), diseases of the retina (tissue at the back of the eye), and cardiovascular problems such as myocardial infarction (heart attacks).<sup>2</sup>



<sup>1</sup> This is the 15<sup>th</sup> in a series of First Nations-specific Health Trends compiled in collaboration by Alberta Health and the Alberta First Nations Information Governance Centre (AFNIGC). To suggest future topics, please contact the AFNIGC ([communications@afnigc.ca](mailto:communications@afnigc.ca); 403-539-5775).

<sup>2</sup> Wilmut and Idris (2014), doi: 10.1177/2040622314548679