



Environmental Scan

The Facts:

Across the province, close to 540,000 British Columbians live with diabetes and it is estimated that this figure will grow to 720,000 by 2030.¹ Diabetes poses a threat to both our society and health care system. A Canadian with diabetes is 75% more likely to die at any given age than a Canadian not suffering from the disease and is more likely to experience a host of negative health outcomes.²

The burden of diabetes is often underrepresented because one in three people living with diabetes is undiagnosed and an estimated 765,000 British Columbians have prediabetes, a precursor to type 2 diabetes.³ In total, that means over 1.5 million people, or 31% of BC's population, have diabetes or prediabetes.¹ Approximately 90% of diabetes cases are related to type 2 diabetes.¹

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11% BC Diabetes Prevalence Rate¹

59% Increase in the last ten years⁴

34% Expected Increase by 2030¹

Risk Factors:

Type 2 diabetes usually develops over time with weight, age and inactivity being the most common risk factors. Other risk factors include family history, ethnicity, diet composition and depression.⁵ This disease is strongly correlated with many social determinants of health and, as a result, places an even larger burden on many disadvantaged and minority populations. With the most prominent risk factors related to lifestyle, type 2 diabetes is increasingly being classified as a preventable disease that can be put into remission.



People with less than a high school education are 21% more likely to be diagnosed with diabetes than those who have completed post-secondary education.⁶



The prevalence of diabetes is higher for people from the First Nations, South Asian and/or Chinese populations. First Nations people are 30% more likely to develop the disease than other Canadians.⁷

Changing the Way We Think About Type 2 Diabetes:

Diabetes prevention programs around the world have demonstrated that lifestyle intervention can prevent or delay diabetes in at-risk individuals. Innovations such as therapeutic nutrition and gastric surgery have shown that even after the onset of the disease, it can be put into remission.⁸⁻¹¹

Emerging technologies like artificial intelligence can provide more successful personalized interventions and virtual care can help deliver easy to access interventions as effectively as face-to-face care.¹²⁻¹³

The diabetes trend can also be disrupted at the population level. Government policies such as taxes on sugar-sweetened beverages as well as regulations on marketing practices and the nutritional makeup of processed foods can change the composition of our diets. Healthy community strategies can encourage more active transport and physical activity. Smartphone applications that encourage healthy eating and exercise can engage thousands of people in lifestyle modification and mass media campaigns can change the way people think about food.

Our Opportunity to Reverse the Trend:

Organizations leading the way in diabetes innovation have started to turn knowledge into action when it comes to type 2 diabetes prevention and/or management by leveraging many of the promising interventions mentioned above. With this momentum and shift in dialogue across the globe, it is critical that there is a coordinated effort to help scale innovations and reverse the upward trend of diabetes in BC.



Strategic Leadership



Team-Based Care



Government Policies to Support Healthy Living



Rigorous Program Evaluation



Virtual Care Technologies

Join Our Network

In an effort to increase collaboration and knowledge transfer, the BC Patient Safety & Quality Council, in partnership with the Institute for Health System Transformation & Sustainability, are leading the formation of the Type 2 Diabetes Network. The Network is focused on sharing, developing and applying innovative, evidence-based practices to improve outcomes for people living with type 2 diabetes across BC.

Learn more and join us at BCPSQC.ca/diabetes

Get in touch with us at diabetes@bcpsqc.ca

Read the Full Environmental Scan: <http://ow.ly/tLH5oB2Xxv>



**BC PATIENT SAFETY
& QUALITY COUNCIL**
Working Together. Accelerating Improvement.

The BC Patient Safety and Quality Council (the Council) is a driving force for high-quality health care in British Columbia (BC). The Council delivers the latest knowledge from home and abroad to champion and support the best care possible for every person in our province. Recognizing that system-wide impact requires creativity and innovative thinking, the Council uses evidence-informed strategies to shift culture, improve clinical practice and advance person- and family-centred care. The Council understands that meaningful change comes from working together and are uniquely positioned to build strong relationships with patients, care providers, health leaders, policymakers, senior executives, academics and others. These connections enable them to nurture networks, recognize the needs of our health care system and build capacity where it is needed the most.



**Institute for
Health System
Transformation
& Sustainability**

The Institute for Health System Transformation & Sustainability (IHSTS) gathers, develops and shares evidence about BC's health care system to inform decisions that impact health care quality, cost and sustainability. A valuable resource to those who plan, deliver and support health care services in BC, IHSTS collaborates with health authorities, clinical and community leaders, policy makers and government. Their organizational independence, expertise and standardized project process help develop credible, robust evidence that partners can confidently use to improve policy and practice.

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