

North West LHIN – November 16, 2010

Diabetes in the North West LHIN

According to information in the 2009 Environmental Scan: *Diabetes Management and Prevention in the North West LHIN* (available on our website under Reports and Publications):

- The NW LHIN has a higher rate of diabetes than the province overall (6.1%, as compared to 4.8%).
- The rates of mortality, hospital separations and emergency department care for diabetes within the LHIN are also above the provincial average.
- Prevalence of Type II diabetes in the Northwest LHIN is also somewhat higher than the provincial average (9.7% as compared to 8.5% for the province).
- Lowest prevalence of diabetes is found in the towns of Dryden, Kenora and the City of Thunder Bay.
- Highest prevalence is in the Kenora District, the North Shore and Nipigon, Red Rock and Greenstone areas.
 - Kenora District is most seriously affected, with almost one in six residents having a diabetes diagnosis. Women within the Kenora District have the highest rate of diabetes documented across the province at 18.3% and men at 12.7%, also well above provincial rates.

The **Ontario Diabetes Strategy** is advancing in the North West LHIN in many ways. Diabetes Education Centres are now in place in each of the three Aboriginal Health Access Centres in Fort Frances, Kenora and Thunder Bay. These centres support Aboriginal people in learning to manage all aspects of their diabetes. Additional diabetes education teams have also been added in Sioux Lookout and Thunder Bay to better serve the growing number of people with diabetes.

Helping people to better manage their diabetes and other chronic conditions has been an important part of the chronic disease management work undertaken by the North West LHIN. To date, three programs have been offered to develop capacity to lead Stanford self management programs throughout our region. Feedback from participants in the programs has been very positive. By helping people to better manage their conditions, acute worsening of chronic conditions are reduced, thereby avoiding visits to the hospital. In addition, several sessions to support health service providers in incorporating self management techniques into their practices have been offered.

To improve the coordination of diabetes services, regional coordinating centres for diabetes care are being established in all fourteen LHINs. The Northern Diabetes Health Network will host the regional coordinating centre here in the North West LHIN. The purpose of this centre will be to improve coordination of diabetes services resulting in a more seamless experience for people with diabetes. In the North West LHIN the regional coordinating centre is located in Kenora.