

Life Expectancy of Albertans with Diabetes

Life Expectancy at age 50; Diabetes relative to Overall Alberta Population, 2000 to 2013

Diabetes mellitus (DM) is a chronic condition in which the body either does not produce enough insulin or does not effectively use the insulin produced. As a result, blood glucose levels rise (hyperglycaemia) and this can lead to severe complications. Diabetes is the leading cause of new cases of blindness among adults, non-traumatic lower limb amputations, and end stage renal disease. Chronic hyperglycaemia is associated with cardiovascular and cerebrovascular disease, renal disease and failure, neuropathy, and eye disorders.

There are three main types of diabetes: type 1, type 2, and gestational diabetes. Risk factors associated with type 2 diabetes include: overweight and obesity, family history, inactivity, high cholesterol, age, previously having had gestational diabetes, and ethnicity.

Today's edition of *Health Trends Alberta* compares life expectancy of 50 year old Albertans with diabetes against life expectancy of all 50 year old Albertans.

Life Expectancy of Albertans with diabetes improving relative to the general population

In 2013, a 50-year old Alberta resident with diabetes could expect to live and additional 29.4 years. By comparison, the life expectancy at age 50, for all Albertans, was an additional 33.7 years; a gap of 4.3 years of expected life.

The mortality prognosis of Albertans living with diabetes has been improving in recent years. The life expectancy gap, at age 50, has steadily declined since 2000, when the gap was 5.8 years.

