



DIABETES AMONG ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE

Diabetes mellitus is a group of disorders resulting in high glucose (sugar) levels in the blood. It occurs when glucose cannot be effectively converted into energy due to insulin not being produced by the pancreas or only produced in small amounts.



Diabetes is the **WORLD'S FASTEST** growing chronic disease and a serious health problem for **ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE**:



13% of adults (18+) have diabetes

Adults living in remote areas are

2x MORE LIKELY

to have diabetes than those in non-remote areas

Compared with non-Indigenous Australians, **ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE** are:

4x MORE LIKELY
to have diabetes

4x MORE LIKELY
to be hospitalised for diabetes

5x MORE LIKELY
to die from diabetes

MAIN TYPES OF DIABETES:

TYPE 1



TYPE 2



GESTATIONAL



Compared with non-Indigenous Australians, **ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE** are:

Less likely to develop **TYPE 1 DIABETES**

More likely to develop **TYPE 2 DIABETES** early & die from it at a younger age

(gestational diabetes develops in some women during pregnancy)

More likely to develop **GESTATIONAL DIABETES**

RISK FACTORS FOR DIABETES (TYPE 2)

include:



HIGH BLOOD PRESSURE



HIGH BLOOD CHOLESTEROL



TOBACCO SMOKING



LOW PHYSICAL ACTIVITY LEVELS



UNHEALTHY DIET



OVERWEIGHT OR OBESITY

HEALTH COMPLICATIONS FROM DIABETES

include:



HEART DISEASE &/OR STROKE



KIDNEY FAILURE



EYE DISEASE & BLINDNESS



LIMB AMPUTATIONS

BUT THERE'S GOOD NEWS!



For more resources and information about diabetes visit:

Australian Indigenous HealthInfoNet:

www.healthinfolnet.ecu.edu.au/chronic-conditions/diabetes

Diabetes Australia:

www.diabetesaustralia.com.au

This infographic is based on key facts from the HealthInfoNet's *Review of diabetes among Aboriginal and Torres Strait Islander people*: healthinfolnet.ecu.edu.au/chronic-conditions/diabetes/reviews/our-review

The statistics are from the HealthInfoNet's annual *Overview of Aboriginal and Torres Strait Islander health status*: healthinfolnet.ecu.edu.au/health-facts/overviews

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