

Diabetes in Nova Scotia

Estimated Prevalence and Cost of Diabetes – Nova Scotia

Prevalence (1)	2024	2034
Diabetes (type 1 + type 2 diagnosed + type 2 undiagnosed)	186,670 / 18%	204,000 / 21%
Diabetes (type 1 + type 2 diagnosed)	140,070 / 14%	168,239 / 15%
Diabetes (type 1)	5-10% of diabetes prevalence	
Diabetes (type 1 + type 2 diagnosed + type 2 undiagnosed) and prediabetes (includes undiagnosed)	345,500 / 34%	384,600 / 35%
Increase in diabetes (type 1 + type 2 diagnosed), 2023-2033	20%	
Direct cost to the Health Care System	\$147 million	
Out-of-pocket cost per year (2)		
Type 1 diabetes costs, % of family income	\$223-\$14,007 / 1%-9%	
Type 2 diabetes costs, % of family income	\$232-\$5,010 / 1%-7%	



Diabetes Canada’s Recommendations to the Government of Nova Scotia



Fund a provincial diabetes framework



Expand access: Put patients at the centre of policy decisions



Protect students with diabetes

Impact of Diabetes

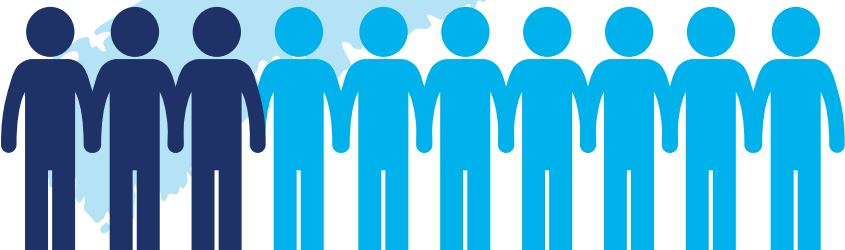
Among Nova Scotians:

34%

live with diabetes or prediabetes;

14%

live with diagnosed diabetes, a figure that climbs to **18%** when cases of undiagnosed type 2 diabetes are included.



Diabetes contributes to:

