



Diabetes and Substance Use Disorder

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Indigenous Services
Canada

Services aux
Autochtones Canada

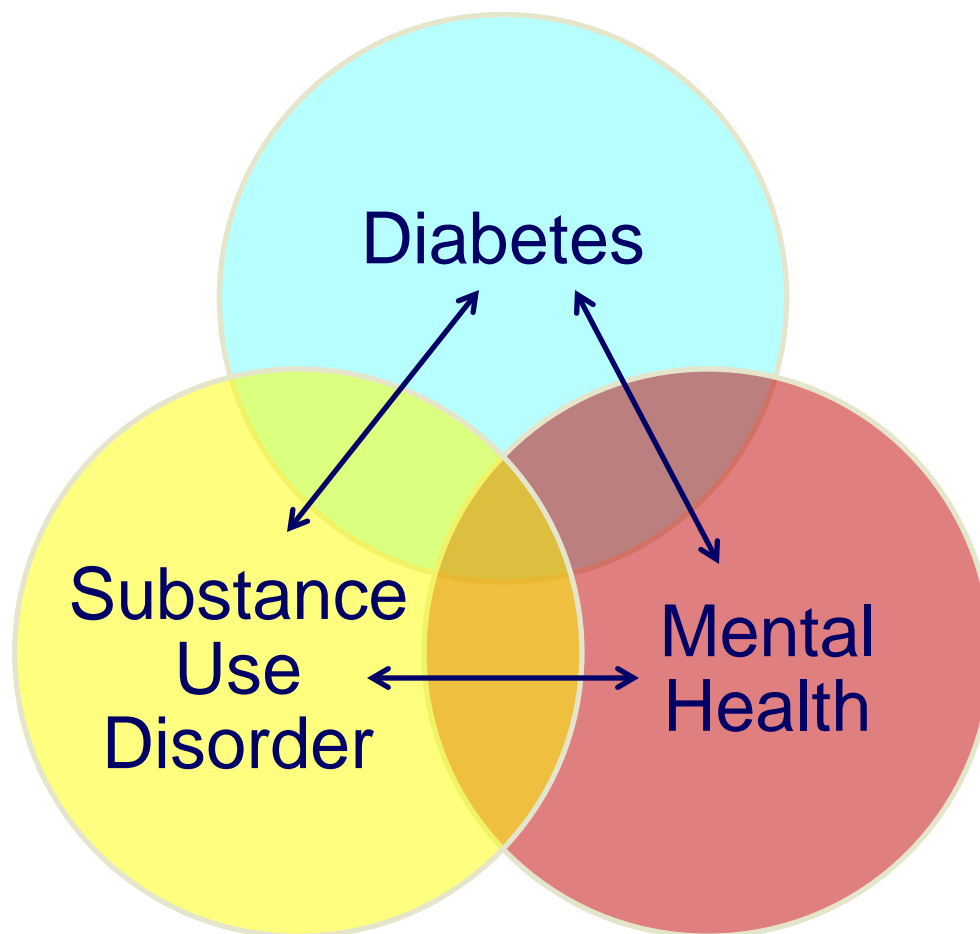
Canada

Today we will talk about the following:

What are...

- Diabetes and Substance Use Disorder?
- The statistics? Why are the numbers what they are?
- The risk factors?
- The signs and symptoms?
- The complications?
- The ways to challenge stigma and break down silos?
- The supports that exist to get help?

Chicken or the egg?



The Big Picture: Diabetes

Indigenous people across the globe have higher rates of diabetes and substance use disorder.

Prevalence rates for diabetes in Canada (from 2011):

17.2% among First Nations people living on-reserve

10.3% among First Nations people living off-reserve

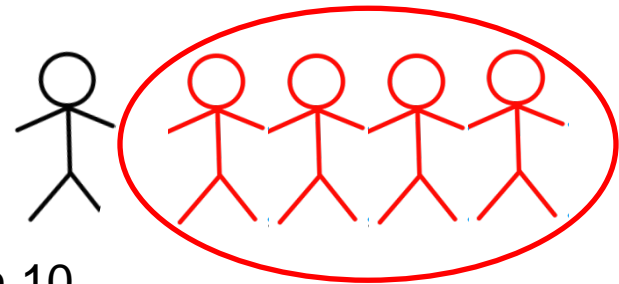
7.3% among Metis people

5.0% among the general population

Alberta lifetime risk of diabetes (from 2016)

First Nations people over 20: 8 in 10

non-First Nations people over 20: 5 in 10



Source: Diabetes Canada, 2018 Clinical Practice Guidelines, Chapter 38: Type 2 Diabetes and Indigenous People;

Accessed from <http://guidelines.diabetes.ca/cpg/chapter38>

The Big Picture: Substance Use Disorder

The Canadian Tobacco, Alcohol and Drugs Survey (2017) asked about **past-year** use of illegal drugs including cannabis, cocaine or crack, ecstasy, speed or methamphetamines, hallucinogens and heroin. The prevalence of using illegal drugs within the past year was:

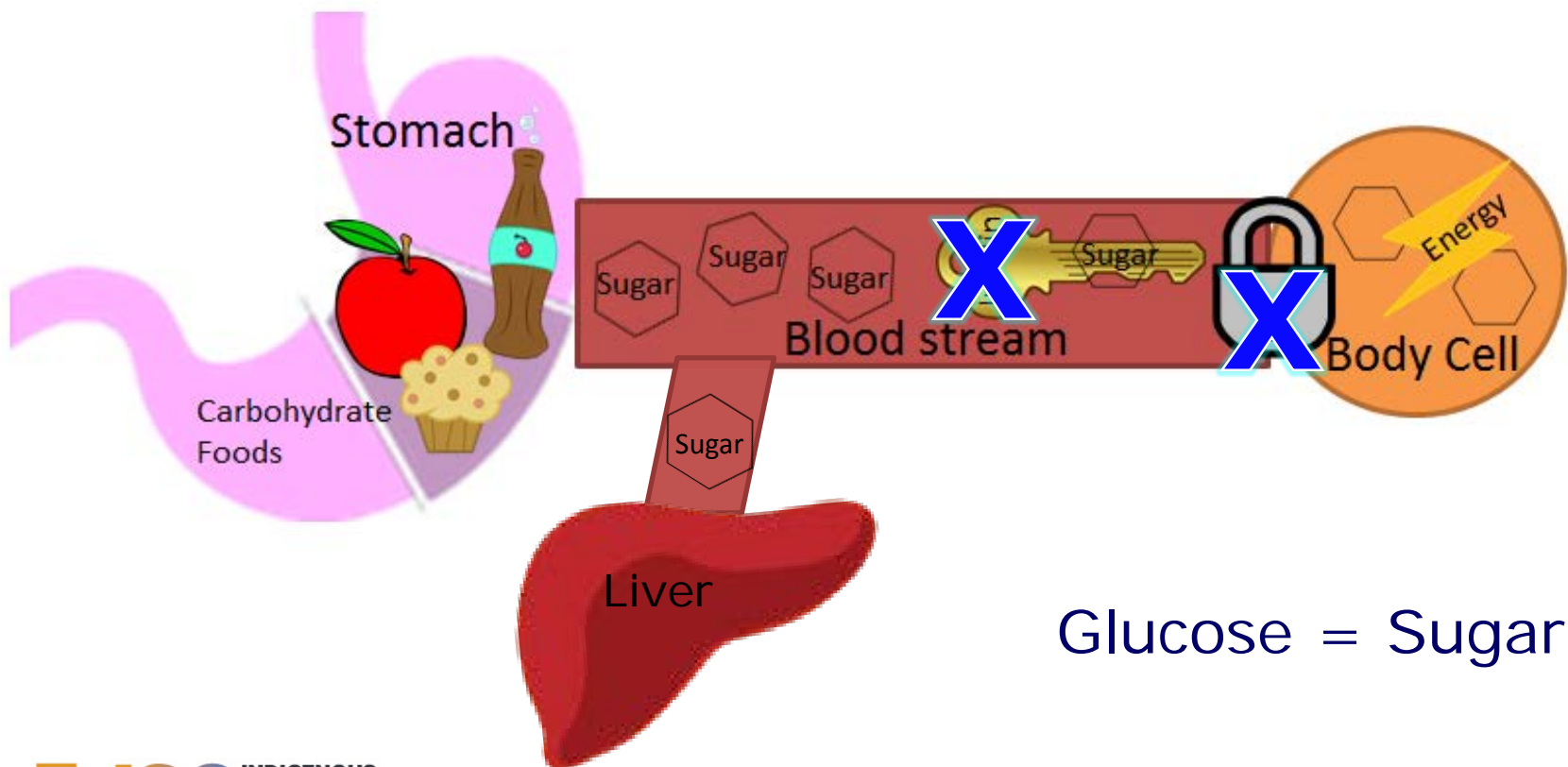
- 4.5 million people, or 15% of the Canadian population.
- Higher among males (19% or 2.8 million) than females (11% or 1.7 million).
- Of those responding to the survey, use was higher among youth aged 15 to 19 (20%) and young adults aged 20 to 24 (35%) than among adults aged 25 years and older (13%).
- Overall, 4% (820,000) of Canadians aged 15 years and older reported experiencing at least one harm in the past year due to their illegal drug use, an increase from 2015 (3% or 819,000).

Why is there so much diabetes and substance use disorder?

- Both are complex conditions. Physical, social and cultural environments all play a role!
- World Health Organization recognizes colonization as the most significant social determinant of health for Indigenous peoples. As a result, it is very important to acknowledge colonialism and practices, like the establishment of residential schools, have a big impact on Indigenous health, including diabetes and substance use disorder.
- Our built environments can either help or get in the way of people's health (e.g., availability of walking paths, sober activities, transportation, local stores, community cooking and/or sober spaces, access to health services, ways to build hope, meaning, purpose and belonging),
- Linkages with adverse childhood experiences and with stress

What is Diabetes?

Diabetes is when you have too much sugar in your blood.



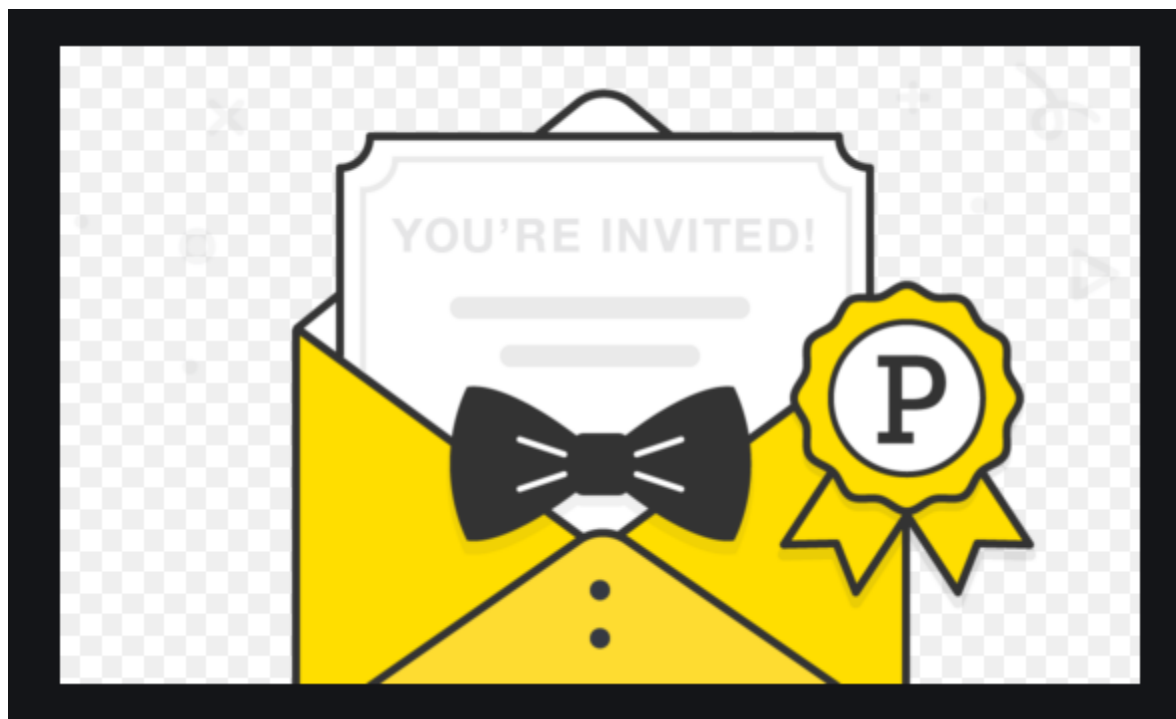
Glucose = Sugar

What is substance use disorder?

Substance use disorder is a chronic condition that affects a person's brain and behaviour and leads to an inability to control the use of a legal or illegal drug or medication.

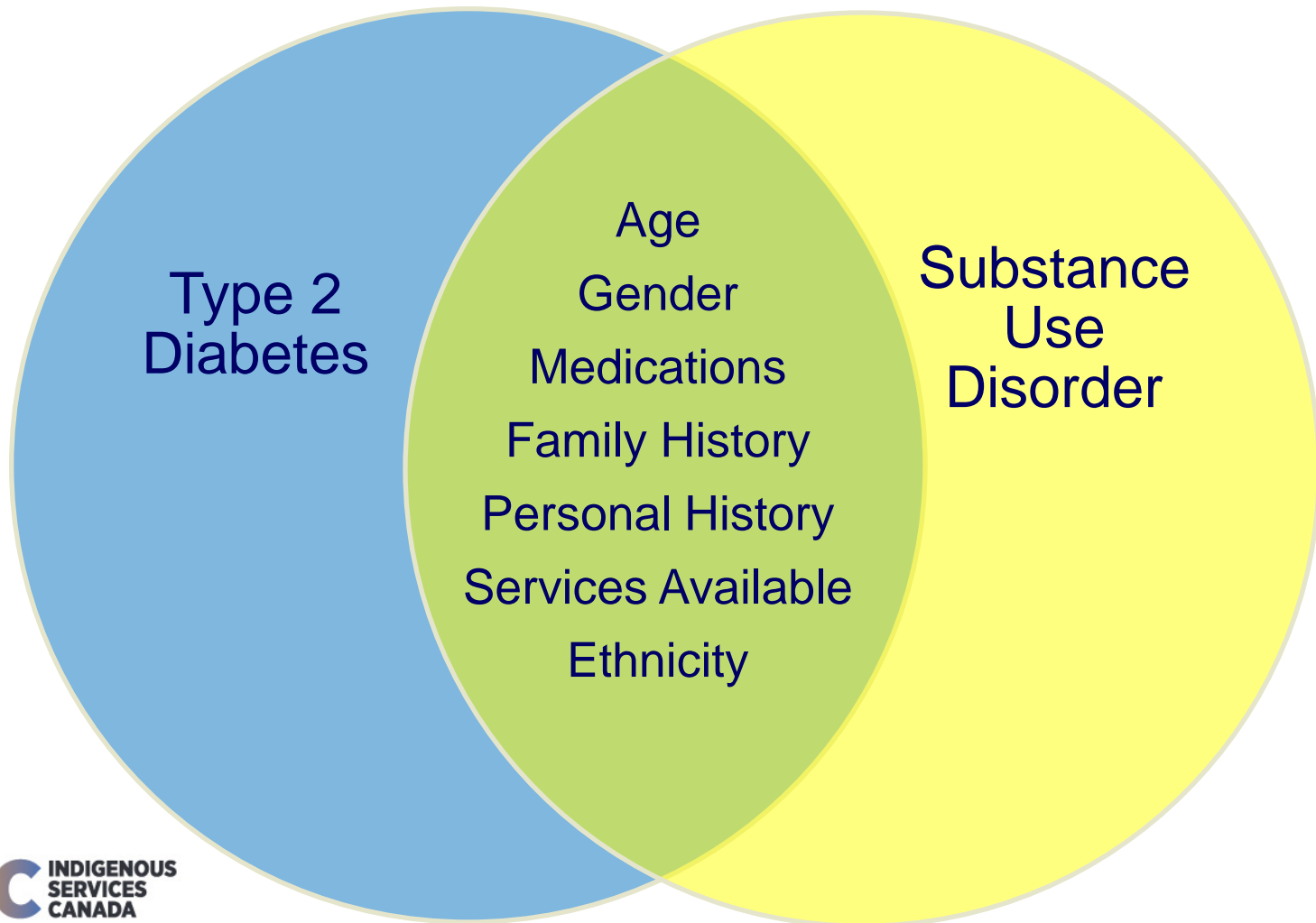


An invitation...



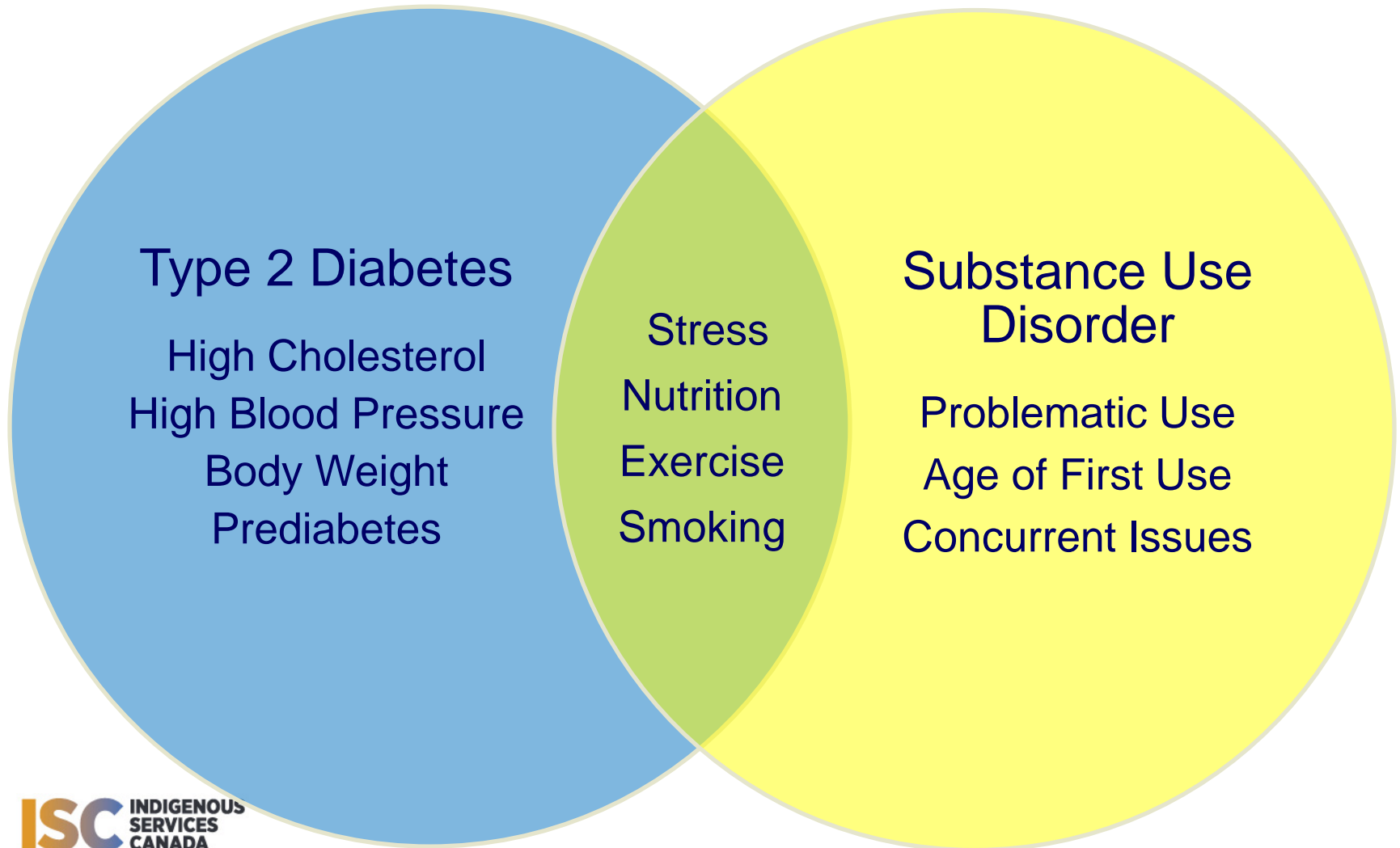
What are the risk factors? How do they overlap?

Risk Factors You **Cannot** Control



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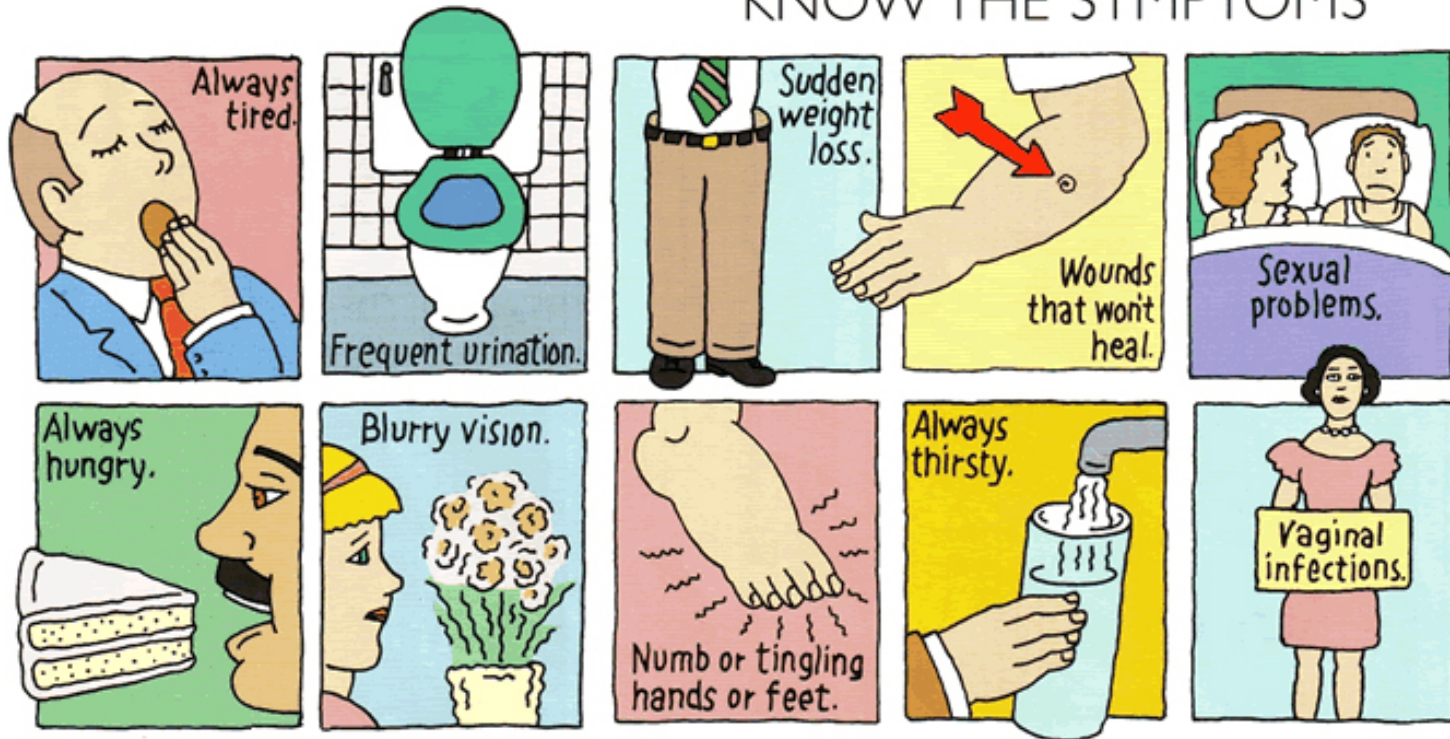
Risk Factors You **Can** Control



What are the Signs and Symptoms?

DIABETES

KNOW THE SYMPTOMS

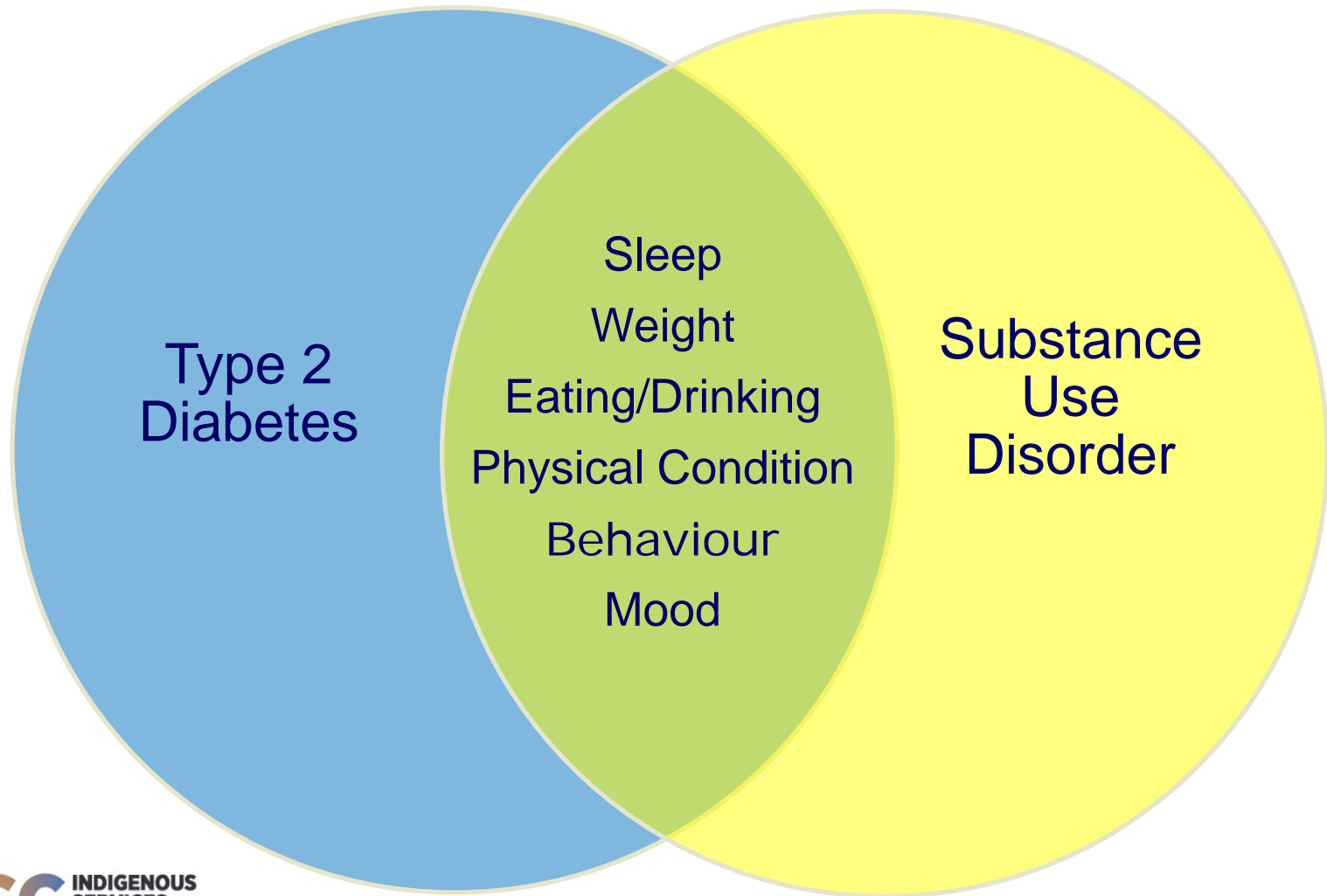


A challenge: Not everyone has signs or symptoms

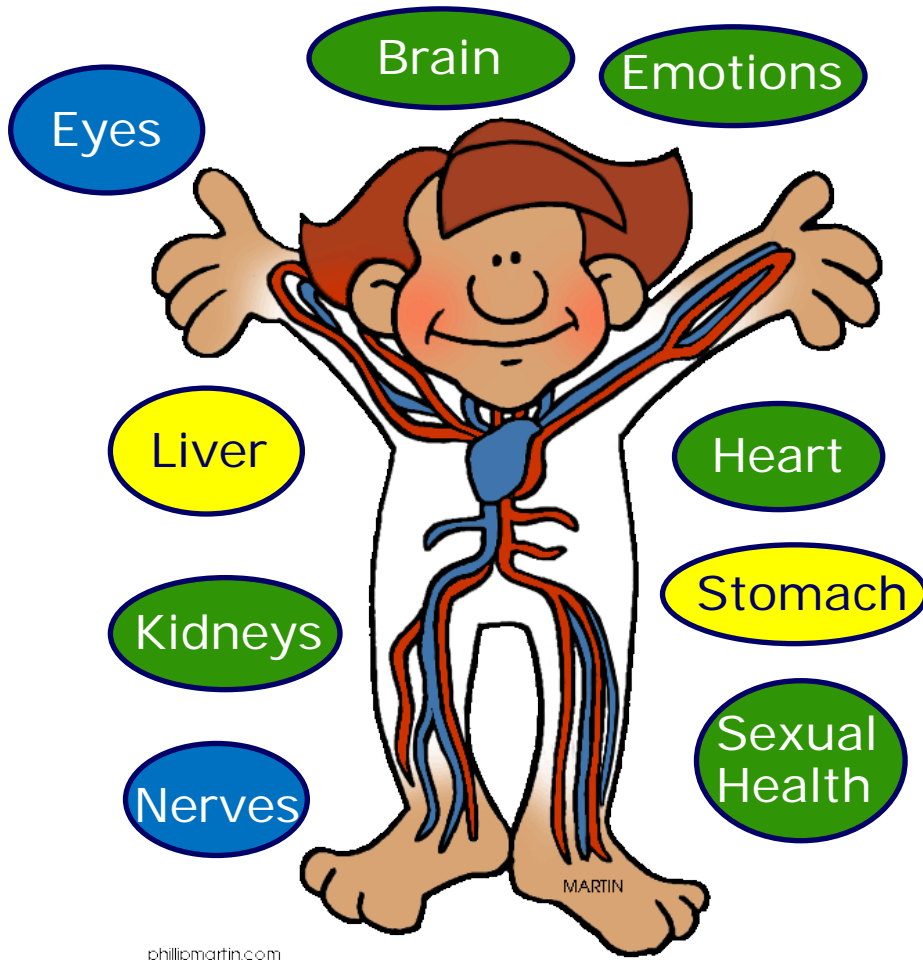
It is important to listen to what your clients are saying about their health.

How do the signs and symptoms overlap?

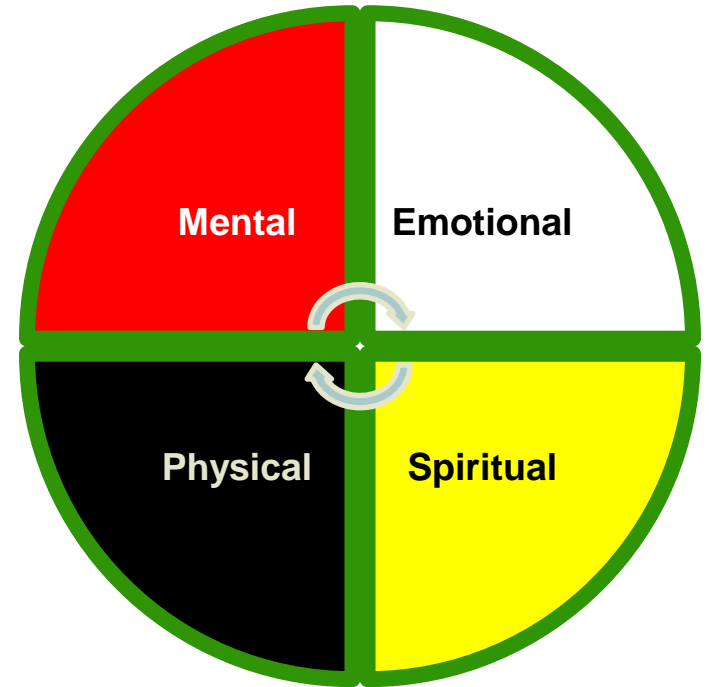
Sudden and/or significant changes in...



Overview of Complications

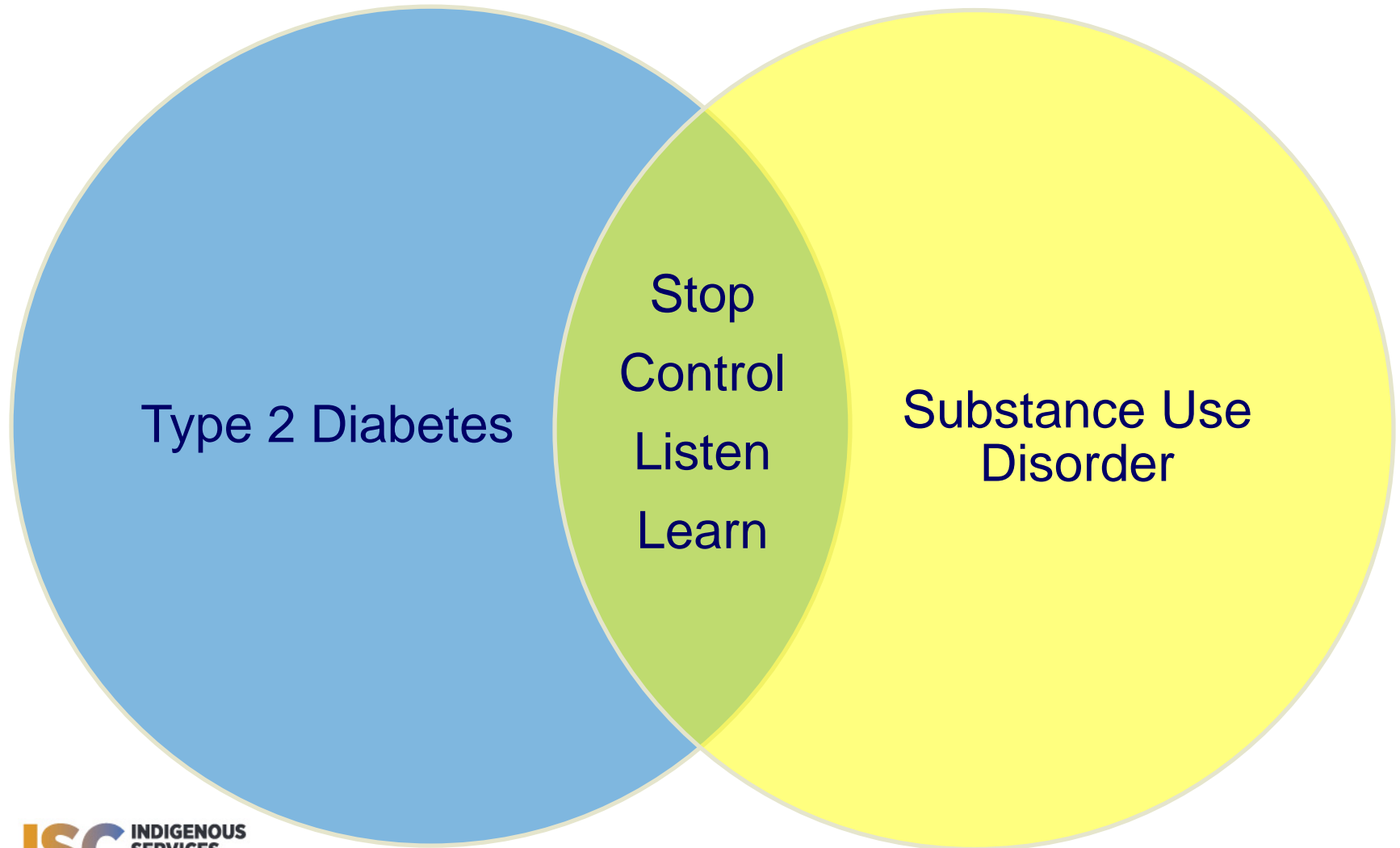


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Stigma

How come you can't just...



Breaking Down the Silos

Make connections and partnerships with programs and services directed at related conditions.

1. Meet your colleagues in programs and services for preventing/living with diabetes or substance abuse disorder, as well as with partners outside the community.
2. Put out another program's pamphlets/materials in your office or while delivering a program (e.g. NNADAP pamphlets put out at a diabetes awareness workshop).
3. Build programs in a way that are sensitive and responsive to the needs of other programs.

Overview – Biggest Takeaways

Risk Factors:

- Be aware of the factors beyond a person's control, which will help to identify individuals who may be at greater risk for developing a chronic condition.
- Recognize the factors within our control are also preventative measures for chronic conditions (e.g. eating healthy, exercising and managing stress).

Signs and Symptoms:

- Can be very similar, so it is important to explore related conditions that could be the cause of symptoms or a compounding factor if both are present.

Complications:

- Can result from either condition and made worse if both are at play, but can be managed in both cases by striving to build a healthy lifestyle.

Overcoming Stigma and Silos:

- We all have a role to play in challenging stigma and breaking down barriers, so that people get the help they need and resources are used efficiently.

Where can I get more help for diabetes?

1. Watch the ISC-FNIHB Diabetes 101 Education series with TSAG
<https://fntn.ca/Home.aspx>
2. ISC-FNIHB: Kathleen Gibson RD CDE kathleen.gibson@canada.ca
3. Alberta Health Services –
 - a. Diabetes Program, Education for Health Care Professionals, 1 day sessions on Diabetes topics (Free) held in Edmonton area. For more information: 780-735-3208 or cdm.providertraining@ahs.ca
 - b. Diabetes Main Page AHS (includes resources on the right side)
<https://www.albertahealthservices.ca/info/Page7732.aspx>
 - c. AHS Indigenous Wellness Program – 780-735-4512, learn more at
<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1009563>
4. Diabetes Canada – www.diabetes.ca
 - a. 2018 Clinical Practice Guidelines: <http://guidelines.diabetes.ca/>

Where can I get more help for substance use disorder?

1. Speaking with the Mental Wellness program staff in your community (e.g. Brighter Futures, NNADAP) and/or NNADAP Treatment Centres.
2. ISC-FNIHB: Bethany Long, Mental Wellness Team Lead (bethany.long@canada.ca / 780-495-6206).
3. Hope for Wellness Line: 1-855-242-3310 or the online chat service at hopeforwellness.ca (24/7).
4. Alberta Health Services Addictions & Mental Health:
 - a. Emergency – 911 or go directly to your nearest emergency department
 - b. Programs and services - <https://www.albertahealthservices.ca/amh/amh.aspx>
 - c. Health Link – 811 (24/7)
 - d. Addiction Helpline – 1-866-332-2322 (24/7)
 - e. Mental Health Helpline – 1-877-303-2642
5. Thunderbird Partnership Foundation: <https://thunderbirdpf.org/>

Questions?

Thank you!

- Thank you for joining this special session on Diabetes and Substance Use Disorder for World Diabetes Day!
- Please feel free to provide feedback or send questions on this session to Bethany Long (bethany.long@canada.ca) and/or Kathleen Gibson (kathleen.gibson@canada.ca).
- Big thank you to Nathan Sunday, FSWEP Student with the FNIHB-AB Mental Wellness unit, for his contributions to this presentation!