

## press release

Embargoed until June 24 2013, at 2 am (EST)

### **Global study: 1 in 4 Canadians with diabetes experience significant emotional distress, 1 in 6 report feelings of discrimination due to their disease**

**CHICAGO (June 24, 2013)** – Results from the global *Diabetes Attitudes, Wishes and Needs 2* study (DAWN2™) show that 28 per cent of Canadians living with diabetes have experienced significant emotional distress and 15 per cent have felt discriminated against due to their disease.<sup>1,5</sup> Results from the DAWN2™ study were presented today at the 73<sup>rd</sup> Scientific Sessions of the American Diabetes Association (ADA).<sup>2-9</sup>

DAWN2™ represents opinions from more than 15,000 people living with, or caring for people with diabetes in 17 countries across four continents. The study assessed a wide range of psychosocial indicators of diabetes care, including discrimination and the impact it has on a person's emotional wellbeing.

Family members<sup>10</sup> and healthcare professionals<sup>4,11</sup> surveyed as part of DAWN2™ in Canada reported similar beliefs. According to the Canadian results, more than 13 per cent of family members believe that their loved ones with diabetes face discrimination,<sup>10</sup> and among the diabetes healthcare professionals surveyed, 12 per cent were concerned about discrimination.<sup>4,11</sup> The healthcare professionals also identified a "major need" for improvement in the acceptance of people with diabetes as equal members of society.<sup>4,11</sup>

The DAWN2™ study found major variations between countries in perceived discrimination, ranging from approximately 11–28 per cent for people with diabetes<sup>1</sup> and 10–40 per cent for family members,<sup>10</sup> suggesting that there are viable pathways for improvement and that countries can look to others for models to follow.

"Through DAWN2™, people with diabetes and their families have been given a voice. In this day and age, no one should face discrimination because of diabetes and people with diabetes have the right to live full, active lives and have an equal role in society. We will use the results of DAWN2™ to educate decision-makers to make changes that are desperately needed to improve the quality of life for people with diabetes," said Sir Michael Hirst, president of the International Diabetes Federation (IDF).

Additional DAWN2™ study results released during ADA highlighted significant opportunities for improvement across countries in relation to care, education, psychosocial support and community support.<sup>2,6-9</sup>

Key Canadian results from the DAWN2™ study include\*:

- More than 12 per cent of Canadians with diabetes had possible depression.<sup>1</sup>
- Twenty-seven per cent of family members reported a significant burden on the family related to diabetes.<sup>3</sup>
- Eighty-nine per cent of Canadian respondents living with diabetes had attended a diabetes education programme/activity.<sup>1</sup>
- More than 35 per cent of family members had ever attended a diabetes education programme/activity.<sup>3-8</sup>

*\*data adjusted according to age and gender to reflect the general diabetes population in each country*

“Although Canada has done an outstanding job providing education to those living with diabetes, we still have work to do,” said Dr. Michael Vallis, Associate Professor, Dalhousie University. “Appreciating the burden of living with diabetes, including the experience of discrimination, will help us better address the emotional aspects of the disease. DAWN2™ will help stimulate much-needed discussion between healthcare providers, patients and their families, and lead to significant improvements in the management of diabetes.”

Three scientific articles were released on June 23, 2013, focusing on benchmarking countries on psychosocial indicators of diabetes care as reported by people with diabetes, family members and healthcare professionals.

### **About DAWN2™**

DAWN2™ is a global Novo Nordisk initiative conducted in collaboration with the IDF, the International Alliance of Patient Organisations (IAPO), the Steno Diabetes Center and a range of other national, regional and global partners. The DAWN2™ results highlight opportunities for improving diabetes care, education and community support by putting people with diabetes and their families centre stage. The DAWN2™ study will be used internationally and nationally to facilitate dialogue among patient organizations, healthcare professionals and other key stakeholders to develop action plans for improvement of the lives of people with diabetes. Further information is available at [www.dawnstudy.com](http://www.dawnstudy.com).

### **About Novo Nordisk**

Headquartered in Denmark, Novo Nordisk is a global health care company with 90 years of innovation and leadership in diabetes care. The company also has leading positions within haemophilia care, growth hormone therapy and hormone replacement therapy. For more information, visit [novonordisk.com](http://novonordisk.com).

