

2018 IBD Impact Summary

Highlights:

- **Canada has one of the highest rates of inflammatory bowel disease in the world.**
- **This is the first wide-ranging examination of the disease and its impact on Canada since 2012.**
- **By 2030, the number of Canadians with IBD is expected to rise to 400,000 (approximately 1% of the population).**

Crohn's and Colitis Canada released its *2018 Impact of Inflammatory Bowel Disease in Canada* reported on November 1, 2018. The report provides a comprehensive overview of the burden of inflammatory bowel disease (IBD) – Crohn's disease and ulcerative colitis – on patients, their families, the healthcare system and society. Dr. Gil Kaplan, Scientific Director of the Digestive Health Strategic Clinical Network™ (DH SCN), co-chaired the group of 25 clinicians and scientists who authored the report.

The IBD Impact Report includes sections on epidemiology, the direct and indirect costs of IBD, quality of life, children and seniors with IBD, complications of IBD, and research funding. The report reviews the major challenges facing patients and the Canadian healthcare system, and provides recommendations to Crohn's and Colitis Canada on how to address the rising burden of IBD.

The *2018 Impact of Inflammatory Bowel Disease in Canada* report shows that Canada has some of the highest rates of IBD in the world. Today the prevalence of IBD in Canada is 0.7% of the population with approximately 270,000 Canadians living with IBD – 135,000 with Crohn's disease, 120,000 with ulcerative colitis, and 15,000 with unclassified IBD. Over the next decade, the prevalence of IBD is forecasted to increase to 1% of the population with an estimated 400,000 Canadians living with IBD by 2030. In Alberta, 32,000 are estimated to have IBD in 2018, and this number will rise to 50,000 by 2030. Other highlights include:

- The prevalence of IBD in children has risen more than 50% in the last 10 years.
- Seniors with IBD are the fastest growing demographic with IBD. Today, one out of every 160 individuals over the age of 65 years has IBD.
- Once a disease that predominantly impacted people of European descent, Crohn's and colitis is increasingly being diagnosed in all ethnicities, but particularly South Asians.
- Individuals who live in rural or underserved regions lack access to gastroenterologists, which negatively impacts health outcomes and quality of life.
- The direct healthcare costs in Canada of caring for IBD is \$1.28 billion dollars every year.
- Society loses another \$1.29 billion every year in indirect costs, such as loss in work productivity.
- Crohn's and colitis affect all aspects of quality of life and that multi-faceted impact requires multidisciplinary care.

The Canadian healthcare system must be prepared to face the rising number of individuals living with IBD. The full report can be found at: <http://crohnsandcolitis.ca/About-Us/Resources-Publications/Impact-of-IBD-Report>