

2023 Impact of Inflammatory Bowel Disease in Canada

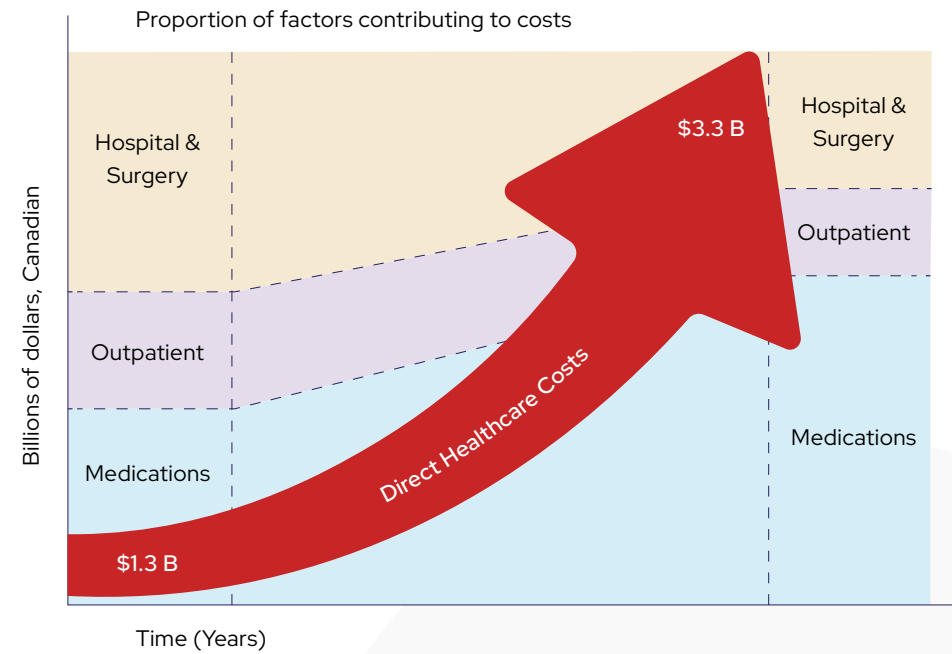
Key Report Findings

Inflammatory bowel disease (IBD) describes a group of conditions, the two main forms of which are Crohn's disease and ulcerative colitis

Key Findings



Increase in cases driven by rising new diagnoses among children, particularly those up to the age of 6. Canada has among the highest rates of pediatric IBD in the world.



Cancer

Colorectal cancer – third most common cancer in Canada

1.5 x
more frequent than general population

up to 15%
of IBD-related deaths

Psychiatric disorders frequently occur among those with IBD – especially adolescents

Children with IBD

IBD Population

General Population



An estimated **21%** have clinical anxiety



An estimated **15%** have clinical depression

Changes over last 20 years

Better treatments mean shift from inpatient to outpatient care.

| | | | | | |
|--|-----------------|---|--|-------------------|---|
| | Hospital visits | ↓ | | Outpatient visits | ↑ |
| | Surgery | ↓ | | Imaging | ↑ |
| | | | | Medications | ↑ |

2018

Estimated costs

\$2.6B total

\$1.3B public healthcare systems

\$1.3B personal out-of-pocket and indirect costs

2023

Estimated costs

\$5.4B total

\$3.3B public healthcare systems

\$2.1B personal out-of-pocket and indirect costs

Increase in costs caused by use of biologic drug therapies – likely make up more than 50% of total cost.

Hope for the future

- New, better treatments being developed – especially drugs
- Introduction of virtual care during COVID-19 pandemic welcomed by those needing services, especially those living far from specialists
- Research into the role of diet and the microbiome (microorganisms living in the human intestine) in IBD
- Crohn's and Colitis Canada study focused on factors that influence development of IBD to identify behaviours and lifestyle choices that can reduce risk of developing IBD or help better control it

Challenges

- Children
 - Few treatment options
 - Few available pediatric gastroenterologists and specialist nurses
 - Worsening access to tests like colonoscopies and MRI since the pandemic started
 - No standard process for transition to adult care
- Groups that face barriers to care have needs that are not well met
 - Low socioeconomic status
 - Living in rural, remote and Northern communities
 - Indigenous peoples
- Need for whole person care including mental health and care for those who are pregnant or trying to get pregnant

Access to care barriers

- Long wait times for specialty care. Many use hospital Emergency Departments where care can be inadequate
- Slow adoption of clinics with multiple healthcare specialties

Crohn's and Colitis Canada response

The need for new care approaches led Crohn's and Colitis Canada to create the Promoting Access and Care through Centres of Excellence (PACE) Program in 2016. It has identified and implemented best practice pilot projects in Canada's first national network of IBD Centres of Excellence. Some projects include virtual care and a program to help with the transition of pediatric to adult care. The hope is that the projects can be expanded nationally in the coming years to improve care for all – especially those who face extra barriers.

Did you know?

- Since 1974, Crohn's and Colitis Canada has invested \$145 million into world-leading Canadian research that has
 - Led to important breakthroughs in genetics, gut microbes, inflammation and cell repair
 - Laid the groundwork for better treatments that extend lives and improve quality of life

About Crohn's disease and ulcerative colitis

- Crohn's disease and ulcerative colitis are lifelong diseases that inflame the lining of the gastrointestinal tract and disrupt the body's ability to digest food, absorb nutrition and eliminate waste in a healthy manner
- People with these diseases
 - Often experience 6+ months delay in diagnosis from symptom onset
 - Live with severe diarrhea, constipation, fever, rectal bleeding and blood in the stool, unremitting abdominal pain and cramps, fatigue, sleep problems, weight loss, diminished appetite
 - Live with 'flares' - onset of active symptoms after a period of remission
 - Experience multiple surgeries – often to remove part of the intestine and/or surgically create an opening in the abdomen to allow for waste to leave the body
 - Limited treatment options that may stop working
 - Long absences from work and school, frequent early retirement
 - Social stigma of a disease that affects toileting habits
- No cure for these diseases - treatments seek to bring about and maintain remission, reduce complications, prevent permanent bowel damage and improve quality of life. Most people require ongoing medication. When other treatments fail, surgery is often required to remove a section of the intestines
- These diseases usually start in adolescence or early adulthood in otherwise healthy people although 15% of new diagnoses are now among seniors



Crohn's disease – anywhere in the gastrointestinal tract



Ulcerative colitis – affects the colon (large intestine) including the rectum and anus, and only inflames the inner lining of bowel tissue



1 in 5 adults with Crohn's disease and **1 in 8** adults with ulcerative colitis are hospitalized every year



1 in 3 with Crohn's disease needed surgery within **10 years** of diagnosis



Crohn's and Colitis Canada

Improving the lives of people affected by Crohn's disease and ulcerative colitis – at all stages of life, from every corner of the country – is why we are on a relentless journey to

- **Find a cure** for these lifelong diseases
- **Improve the quality of life** of everyone in Canada affected by these diseases

Our 2023-2026 Impact Strategy sets the current targets on our journey

- **Accelerate the impact of research** – address key gaps and success factors; shorten the timeline from discovery to personal impact
- **Reach further** – help more people with Crohn's and colitis and their caregivers with our wide range of programs
- **Boost awareness and understanding** – engage and motivate Canadians
- **Drive system change** – advocate and partner to influence change

Join us to deliver more impact by

- Donating to support our efforts, joining a Gutsy Walk near you, or creating your own fundraiser
- Volunteering to make a difference
- Lending your voice to campaigns to make governments aware of the needs of people with Crohn's and colitis
- Visiting crohnsandcolitis.ca to learn more
- Following us **@getgutsycanada** on Facebook, Twitter, Instagram, Tiktok and at Crohn's and Colitis Canada on YouTube and LinkedIn.

Did you know?

- Crohn's and Colitis Canada has an unmatched range of national programs
 - Camp Got2Go gives kids with Crohn's and colitis a full, fun camp experience
 - Gutsy Peer Support offers online mentoring for newly diagnosed
 - Free apps
 - GoHere washroom locator lets people know of nearby washrooms – no questions asked
 - MyGut helps track daily ups and downs to identify trends and insights
 - Trustworthy information – brochures and educational events to help those with IBD available at crohnsandcolitis.ca



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