Diabetes is growing at an epidemic rate in the United States. According to the Centers for Disease Control and Prevention (CDC), nearly 30 million Americans have diabetes and face its devastating consequences. What’s true nationwide is also true in Alaska.

**Alaska’s diabetes epidemic:**
Approximately 59,186 people in Alaska, or 10.9% of the adult population, have diabetes.

- Of these, an estimated 18,000 have diabetes but don’t know it, greatly increasing their health risk.
- In addition, 194,000 people in Alaska, 36.7% of the adult population, have prediabetes with blood glucose levels higher than normal but not yet high enough to be diagnosed as diabetes.
- Every year an estimated 3,000 people in Alaska are diagnosed with diabetes.

**Diabetes is expensive:**
People with diabetes have medical expenses approximately 2.3 times higher than those who do not have diabetes.

- Total direct medical expenses for diagnosed and undiagnosed diabetes, prediabetes and gestational diabetes in Alaska was estimated at $509 million in 2012.
- In addition, another $159 million was spent on indirect costs from lost productivity due to diabetes.

**Improving lives, preventing diabetes and finding a cure:**
The Division of Diabetes Translation at the CDC spent $879,964 on diabetes prevention and educational programs in Alaska in 2016.

Sources include:
- Cost: Dall et al.