Diabetes and prediabetes cost an estimated $4.8 billion in Kentucky each year. The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness – and death.

Kentucky’s diabetes epidemic:

Approximately 531,646 people in Kentucky, or 14.5% of the adult population, have diabetes.

- Of these, an estimated 108,000 have diabetes but don’t know it, greatly increasing their health risk.
- In addition, 1,168,000 people in Kentucky, 35.5% 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 27,000 people in Kentucky 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 Kentucky was estimated at $3.5 billion in 2012.
- In addition, another $1.3 billion was spent on indirect costs from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:

In 2015, the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health invested $10,845,680 in diabetes-related research projects in Kentucky. The Division of Diabetes Translation at the CDC spent $794,763 on diabetes prevention and educational programs in Kentucky in 2016.

Sources include:
- Cost: Dall et al.