Diabetes and prediabetes cost an estimated $1.6 billion in Maine each year. The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness – and death.

### Maine’s diabetes epidemic:

Approximately **137,413 people in Maine**, or 11.1% of the adult population, **have diabetes**.

- Of these, an estimated **36,000 have diabetes but don’t know it**, greatly increasing their health risk.
- In addition, **386,000 people in Maine**, 37.2% 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 **9,000 people in Maine 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 Maine was estimated at **$1.2 billion** in 2012.
- In addition, another **$406 million** 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 **$7,451,131** in diabetes-related research projects in Maine.

The **Division of Diabetes Translation** at the CDC spent **$1,178,807** on diabetes prevention and educational programs in Maine in 2016.

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Sources include:
- Cost: Dall et al.