The Burden of Diabetes in Connecticut

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 30 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in Connecticut.

Connecticut's diabetes epidemic:

Approximately **355,000 people in Connecticut**, or 11.4% of the adult population, **have diabetes**.

- Of these, an estimated **93,000 have diabetes but don't know it**, greatly increasing their health risk.
- In addition, **997,000 people in Connecticut**, 36.5% 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 **18,000 people in Connecticut** are diagnosed with diabetes**.**

Diagnosed diabetes costs an estimated $3.7 billion in Connecticut each year.

The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness – and death.

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 diabetes in Connecticut were estimated at **$2.7 billion in 2017.**
- In addition, another **$960 million** was spent on **indirect costs** from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:

In 2017, the **National Institute of Diabetes and Digestive and Kidney Diseases** at the National Institutes of Health invested **$44,630,234** in diabetes-related research projects in Connecticut.

The **Division of Diabetes Translation** at the CDC provided **$738,000** in diabetes prevention and educational grants in Connecticut in 2017.

Sources include:

- Diabetes Prevalence: 2015 state diagnosed diabetes prevalence, cdc.gov/diabetes/data; 2012 state undiagnosed diabetes prevalence, Dall et al., "The Economic Burden of Elevated Blood Glucose Levels in 2012", *Diabetes Care*, December 2014, vol. 37.
- Diabetes Incidence: 2015 state diabetes incidence rates, cdc.gov/diabetes/data
- Cost: American Diabetes Association, "Economic Costs of Diabetes in the U.S. in 2017", Diabetes Care, May 2018.
- Research expenditures: 2017 NIDDK funding, projectreporter.nih.gov; 2017 CDC diabetes funding, www.cdc.gov/fundingprofiles