The Burden of Diabetes in
Iowa

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 Iowa.

Iowa’s diabetes epidemic:

Approximately **286,000 people in Iowa**, or 10.8% of the adult population, **have diabetes**.

- Of these, an estimated **75,000 have diabetes but don’t know it**, greatly increasing their health risk.
- In addition, **810,000 people in Iowa**, 35.2% 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 **16,000 people in Iowa** 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 diabetes in Iowa were estimated at **$2 billion in 2017**.
- In addition, another **$650 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 **$10,445,830** in diabetes-related research projects in Iowa.

The **Division of Diabetes Translation** at the CDC provided **$524,000** in diabetes prevention and educational grants in Iowa in 2017.

Sources include:
- Diabetes Incidence: 2015 state diabetes incidence rates, cdc.gov/diabetes/data