The Burden of Diabetes in Maine

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 Maine.

Maine’s diabetes epidemic:

Approximately 142,000 people in Maine, or 11.5% 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 8,000 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 diabetes in Maine were estimated at $1 billion in 2017.
- In addition, another $370 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 $6,385,231 in diabetes-related research projects in Maine.

The Division of Diabetes Translation at the CDC provided $740,000 in diabetes prevention and educational grants in Maine in 2017.

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