The Burden of Diabetes in South Dakota

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 South Dakota.

South Dakota’s diabetes epidemic:

Approximately 82,000 people in South Dakota, or 11.6% of the adult population, have diabetes.

- Of these, an estimated 21,000 have diabetes but don’t know it, greatly increasing their health risk.
- In addition, 218,000 people in South Dakota, 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 5,000 people in South Dakota 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 South Dakota were estimated at $510 million in 2017.
- In addition, another $180 million was spent on indirect costs from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:

The Division of Diabetes Translation at the CDC provided $1,531,000 in diabetes prevention and educational grants in South Dakota in 2017.

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

Diagnosed diabetes costs an estimated $690 million in South Dakota each year.

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