The Burden of Diabetes in Vermont

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 Vermont.

Vermont’s diabetes epidemic:
Approximately 58,000 people in Vermont, or 10.2% of the adult population, have diabetes.

- Of these, an estimated 16,000 have diabetes but don’t know it, greatly increasing their health risk.
- In addition, 174,000 people in Vermont, 35.7% 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 2,000 people in Vermont 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 Vermont were estimated at $360 million in 2017.
- In addition, another $160 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 $2,526,310 in diabetes-related research projects in Vermont.

The Division of Diabetes Translation at the CDC provided $1,257,000 in diabetes prevention and educational grants in Vermont in 2017.

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