The Burden of Diabetes in Alaska

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 Alaska.

### ALASKA’S DIABETES EPIDEMIC:

Approximately **60,000 people in Alaska**, or 11.1% of the adult population, **have diabetes**.

- Of these, an estimated **18,000 have diabetes but don't know it**, greatly increasing their health risk.
- In addition, **194,000 people in Alaska**, 36.7% 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 **4,000 people in Alaska** 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 Alaska were estimated at **$420 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 2018, the **National Institute of Diabetes and Digestive and Kidney Diseases** at the National Institutes of Health invested **$431,893** in diabetes-related research projects in Alaska.

The **Division of Diabetes Translation** at the CDC provided **$1,426,822** in diabetes prevention and educational grants in Alaska in 2018.

Diagnosed diabetes costs an estimated **$570 million in Alaska each year**. The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death.

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