

# 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 38 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in Vermont. Obesity is linked to up to 53 percent of new cases of type 2 diabetes each year. Treating the chronic disease of obesity can help prevent, delay, and even result in diabetes remission.

## Vermont Diabetes Epidemic

- Approximately 44,800 adults in Vermont, or 8.4% of the adult population, have diagnosed diabetes.
- Every year, an estimated 3,100 adults in Vermont are diagnosed with diabetes.

## Vermont Obesity Epidemic

- Approximately 142,800 adults in Vermont, or 26.8% of the adult population, have obesity.

## Diabetes is expensive:

Americans with diabetes have medical expenses approximately 2.6 times higher than those who do not have diabetes. And the total estimated cost of diagnosed diabetes in the U.S. in 2022 was \$412.9 billion, including \$306.6 billion in direct medical costs and \$106.3 billion in reduced productivity attributable to diabetes..

In 2017 it was estimated that:

- Total direct medical expenses for diagnosed diabetes in Vermont was \$362 million.
- Total indirect costs from lost productivity due to diabetes was \$158 million.
- Total cost of diabetes was \$520 million.

## Obesity is expensive:

Americans with obesity had related medical care costs of an estimated \$173 billion in 2019. Having obesity more than doubles an individual's health care costs and out-of-pocket cost for care.

- A person with obesity or overweight with employer-provided health insurance had an average of \$12,588 in total yearly health costs, compared to \$4,699 for those without overweight or obesity.
- In 2021, a person with obesity with employer-provided health insurance faced an average of \$1,487 in out-of-pocket costs, compared to \$698 for those without obesity.

## To aid the efforts of improving lives, preventing diabetes, and finding a cure:

In 2024, the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health invested \$437,139 in diabetes-related research projects in Vermont.

The Division of Diabetes Translation at the CDC provided \$1,314,597 in diabetes prevention and educational grants in Vermont 2022.

Sources: [diabetes.org/SFSSources](https://diabetes.org/SFSSources)

## In the United States:

- **Over 38 million Americans have diabetes**
  - **8.7 million Americans have diabetes and don't know it**
- **Nearly 98 million American adults have prediabetes**
- **Obesity affects about 125 million Americans, including nearly 20 percent of children and adolescents**
- **Over 85 percent of adults with type 2 diabetes also have overweight or obesity**