

# The Burden of Diabetes in Hawaii



**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 Hawaii.

## HAWAII'S DIABETES EPIDEMIC:

Approximately **142,000 people in Hawaii**, or 12% of the adult population, **have diabetes**.

- Of these, an estimated **46,000 have diabetes but don't know it**, greatly increasing their health risk.
- In addition, **442,000 people in Hawaii**, 41.5% 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 **8,000 people in Hawaii** 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 Hawaii were estimated at **\$1 billion in 2017**.
- In addition, another **\$460 million** was spent on **indirect costs** from lost productivity due to diabetes.

**Diagnosed diabetes costs an estimated \$1.5 billion in Hawaii each year.**

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

## 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 **\$3,059,624** in diabetes-related research projects in Hawaii.

The **Division of Diabetes Translation** at the CDC provided **\$951,823** in diabetes prevention and educational grants in Hawaii in 2018.

Sources include:

- Diabetes Prevalence: 2015 state diagnosed diabetes prevalence, [cdc.gov/diabetes/data](http://cdc.gov/diabetes/data); 2012 state undiagnosed diabetes prevalence, Dall et al., "The Economic Burden of Elevated Blood Glucose Levels in 2012", *Diabetes Care*, December 2014, vol. 37.
- Diabetes Incidence: 2015 state diabetes incidence rates, [cdc.gov/diabetes/data](http://cdc.gov/diabetes/data)
- Cost: American Diabetes Association, "Economic Costs of Diabetes in the U.S. in 2017", *Diabetes Care*, May 2018.
- Research expenditures: 2018 NIDDK funding, [projectreporter.nih.gov](http://projectreporter.nih.gov); 2018 CDC diabetes funding, [www.cdc.gov/fundingprofiles](http://www.cdc.gov/fundingprofiles)