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 Iowa.

IOWA’S DIABETES EPIDEMIC:
Approximately 286,000 people in Iowa, or 10.8% of the adult population, have diabetes.

- Of these, an estimated 75,000 have diabetes but don’t know it, greatly increasing their health risk.
- In addition, 810,000 people in Iowa, 35.2% 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 16,000 people in Iowa 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 Iowa were estimated at $2 billion in 2017.
- In addition, another $650 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 $13,047,216 in diabetes-related research projects in Iowa.

The Division of Diabetes Translation at the CDC provided $994,496 in diabetes prevention and educational grants in Iowa in 2018.

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