The Burden of Diabetes in Massachusetts

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 Massachusetts.

MASSACHUSETTS’S DIABETES EPIDEMIC:

Approximately 645,000 people in Massachusetts, or 11.1% of the adult population, have diabetes.

- Of these, an estimated 162,000 have diabetes but don’t know it, greatly increasing their health risk.
- In addition, 1,784,000 people in Massachusetts, 35% 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 27,000 people in Massachusetts 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 Massachusetts were estimated at $5.5 billion in 2017.
- In addition, another $2.1 billion was spent on indirect costs from lost productivity due to diabetes.

Diagnosed diabetes costs an estimated $7.6 billion in Massachusetts 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 $178,005,608 in diabetes-related research projects in Massachusetts.

The Division of Diabetes Translation at the CDC provided $2,313,046 in diabetes prevention and educational grants in Massachusetts in 2018.

Sources include:
- Diabetes Incidence: 2016 state diabetes incidence rates, cdc.gov/diabetes/data