The Burden of Diabetes in North Carolina

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 North Carolina.

NORTH CAROLINA’S DIABETES EPIDEMIC:

Approximately 1,077,000 people in North Carolina, or 12.9% of the adult population, have diabetes.

- Of these, an estimated 247,000 have diabetes but don’t know it, greatly increasing their health risk.
- In addition, 2,624,000 people in North Carolina, 36.1% 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 52,000 people in North Carolina 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 North Carolina were estimated at $7.7 billion in 2017.
- In addition, another $2.9 billion was spent on indirect costs from lost productivity due to diabetes.

Diagnosed diabetes costs an estimated $10.6 billion in North Carolina 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 $68,921,042 in diabetes-related research projects in North Carolina.

The Division of Diabetes Translation at the CDC provided $3,174,130 in diabetes prevention and educational grants in North Carolina in 2018.

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