American Diabetes Association®
Connected for Life

The Burden of Diabetes in Maine

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 34 million Americans have diabetes and face its devastating consequences. What's true nationwide is also true in Maine.

Maine's diabetes epidemic:

- Approximately **115,001 people in Maine**, or 10.4% of the adult population, **have diagnosed diabetes**.
- An additional **32,000 people in Maine have diabetes but don't know it**, greatly increasing their health risk.
- There are **373,000 people in Maine**, 35.1% of the adult population, who have **prediabetes** with blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.
- **Every year** an estimated **9,400 people in Maine** are diagnosed with diabetes.

Diagnosed diabetes costs an estimated $1.4 billion in Maine each year.

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

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 Maine were estimated at **$1 billion in 2017.**
- In addition, another **$365 million** was spent on **indirect costs** from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:

The **Division of Diabetes Translation** at the CDC provided **$758,450** in diabetes prevention and educational grants in Maine in 2018.

Sources include:

- Diabetes Prevalence: 2018 state diagnosed diabetes prevalence, cdc.gov/diabetes/data; 2017 state undiagnosed diabetes prevalence, Dall et al., "The Economic Burden of Elevated Blood Glucose Levels in 2017", Diabetes Care, September 2019, vol. 42.
- Diabetes Incidence: 2018 diabetes incidence rate, cdc.gov/diabetes/data
- Cost: American Diabetes Association, "Economic Costs of Diabetes in the U.S. in 2017", Diabetes Care, May 2018.
- Research expenditures: 2020 CDC diabetes funding, fundingprofiles.cdc.gov/FundingProfiles/FundingQuery