The Burden of Diabetes in Indiana

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 Indiana.

Indiana’s diabetes epidemic:
- Approximately 640,435 people in Indiana, or 12.3% of the adult population, have diagnosed diabetes.
- An additional 146,000 people in Indiana have diabetes but don’t know it, greatly increasing their health risk.
- There are 1,707,000 people in Indiana, 33.5% 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 46,820 people in Indiana 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 Indiana were estimated at $5 billion in 2017.
- In addition, another $1.8 billion was spent on indirect costs from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:
In 2021, the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health invested $30,452,115 in diabetes-related research projects in Indiana. The Division of Diabetes Translation at the CDC provided $1,184,646 in diabetes prevention and educational grants in Indiana in 2018.

Diagnosed diabetes costs an estimated $6.5 billion in Indiana each year.
The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death.

Sources include:
- Diabetes Incidence: 2016 diabetes incidence rate, cdc.gov/diabetes/data
- Research expenditures: 2021 NIDDK funding, report.nih.gov/award/index.cfm; 2020 CDC diabetes funding, fundingprofiles.cdc.gov/FundingProfiles/FundingQuery