The Burden of Diabetes in Vermont

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 Vermont.

Vermont’s diabetes epidemic:

- Approximately **46,377 people** in Vermont, or **8.8%** of the adult population, **have diagnosed diabetes**.
- An additional **14,000 people** in Vermont have **diabetes but don’t know it**, greatly increasing their health risk.
- There are **165,000 people** in Vermont, **33.6%** 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 **4,437 people** in Vermont 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 Vermont were estimated at **$362 million** in 2017.
- In addition, another **$158 million** 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 **$995,218** in diabetes-related research projects in Vermont. The **Division of Diabetes Translation** at the CDC provided **$894,714** in diabetes prevention and educational grants in Vermont in 2018.

Sources include:
- Diabetes Incidence: 2018 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