The Burden of Diabetes in Arkansas

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 37 million Americans have diabetes and face its devastating consequences. What’s true nationwide is also true in Arkansas.

Arkansas’s diabetes epidemic:
- Approximately 321,645 people in Arkansas, or 13.9% of the adult population, have diagnosed diabetes.
- An additional 70,000 people in Arkansas have diabetes but don’t know it, greatly increasing their health risk.
- There are 796,000 people in Arkansas, 34.6% 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 20,780 people in Arkansas 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 Arkansas were estimated at $2.2 billion in 2017.
- In addition, another $885 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 $1,993,360 in diabetes-related research projects in Arkansas. The Division of Diabetes Translation at the CDC provided $818,679 in diabetes prevention and educational grants in Arkansas in 2018.

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.